For Reference

Every person who maliciously cuts, defaces, breaks or injures any book, map, chart, picture, engraving, statue, coin, model, apparatus, or other work of literature, art, mechanics or object of curiosity, deposited in any public library, gallery, museum or collection is guilty of a misdemeanor.

Penal Code of California
1915, Section 623

3 9042 02019627 2

July 1986

Better Homes and Gardens®

July 1986 • $1.50

IS ISSUE

RDENING
VEL
LTH
R CARE
TRITION FOR
ICKY EATERS

JUN 24 1986
LIBRARY



COOL!

ke Refreshing Summer Ices
cious Fresh Fruits

RICH
000 A YEAR

THE FOLKS
Festive Family Get-Togethers

K DECORATING TRICKS
To Add Zip To Your Home

PLUS NEW HELP FOR CLUTTERED CLOSETS

11-LBKPRM-480993 2 15LRX
JUN87 ED 09424 02
BURLINGAME PUBLIC LIBRY
480 PRIMROSE RD
BURLINGAME CA 94010
0055

Thank you for putting us here



Every month, almost half of America goes shopping at K mart. And comes back with value. Being a part of that many lives is something



we're very proud of. We'd like to thank you for bringing us into your homes. And for making us what we are today. America's favorite store.

Kmart®
the Saving Place

Why settle for low?

Choose the lowest.



Now is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

NOW. THE LOWEST OF ALL BRANDS.

Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

©1986 R.J. REYNOLDS TOBACCO CO.

CONTENTS

JULY 1986; Vol. 64, No. 7

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

FEATURES

Editor's Letter 8

Family Network™ *Letters from our readers* 10

What's Happening *New trends and developments* 16

The Man Next Door®
Writes about family, friends, and neighbors 136

MONEY

LIVING RICH ON $30,000 A YEAR 20

HEALTH

Hot-Weather Health Tips 26

Bug Repellents that Work 35

FOOD

DIET and HEALTH *Good nutrition for finicky eaters* 36

BEST OF SEASON: SUMMER ICES 72

FEEDING THE FOLKS
3 fabulous meals for family reunions 74

How to Use Nutrition Information 85

Less-Mess Grill Cleanup 106

Win Money for Your Recipes 107

Prize Tested Recipes® 109
Kids' Snacks
Jams and Jellies

GARDENING

7 GREAT PROJECTS TO DRESS UP YOUR YARD 38

Gardener's Log *Keep your garden growing* 130

BUILDING

Tips, Tools, and Techniques 42

CLOSET CASES
New help for cluttered closets—units to buy and to build 46

Kitchen Cabinet Face-Lifts *Renew, reface, or replace!* 68

continued on page 4

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $14.00 a year by Meredith Corporation, 3600 Wilshire Blvd., Los Angeles, CA 90010. Principal office, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Los Angeles, Calif. and at additional mailing offices. This issue is published in multiple editions. **Subscription Prices:** One year $14.00 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. July, 1986. Vol. 64, No. 7.

© Copyright Meredith Corporation 1986. All rights reserved. Printed in U.S.A.



COVER PHOTOGRAPH: WILLIAM SLADCIK

Best-of-Season Summer Ices

From luscious fresh fruits

PAGE 72



Living Rich

On $30,000 a year

PAGE 20



PAGE 74

FEEDING THE FOLKS

FREE!



24 colorful pages of window and patio door facts.

Here's *the* window and patio door booklet for new homes, remodeling and window replacing. 24 pages of facts and figures in easy to understand question and answer format.

There are full-color photos for window ideas and sections on energy, window planning and new Andersen® High-Performance insulating glass. The complete Perma-Shield® product line is shown installed in homes.

Send me the "Window & Patio Door Answers From Andersen" booklet.
I plan to ☐ build ☐ remodel ☐ replace.
Mail to: Andersen Corporation, Box 12, Bayport, MN 55003.

Name _____ 002-0786

Address _____

City _____ State _____

Zip _____

Phone Area Code ( ) _____

Andersen AW Windows · Patio Doors

Come home to quality.

Andersen®

86010 © 1986 Andersen Corp.

CONTENTS

continued

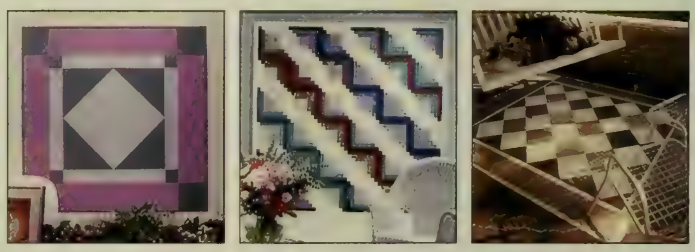
DECORATING



ALL-THUMBS DECORATING
34 quick-and-easy decorating tricks
PAGE 57

Antiques and Collectibles *Victorian cottage furniture* **132**

CRAFTS



No-Sew Quilts *Traditional designs in paint and paper* **50**

CARS

QUICK ON-THE-ROAD FIXES FOR OVERHEATED ENGINES **116**

TRAVEL

CANADA'S MARITIME PROVINCES
Lots to do! Lots to see! Vacation fun for the whole family! **119**

SHOPPING

Magazine Customer Service Information **12**

How to Order **126**
Special offers, project plans, and kits featured in Better Homes and Gardens® *magazine*

Buying Guide **128**
Names and addresses of retailers and manufacturers of products shown on our editorial pages

Shopping Editor's Choice **133**

Whirlpool CORPORATION

Every day, we live up to a promise made 75 years ago.



In 1911, long before the Upton Machine Company had grown into the Whirlpool Corporation, we were building our washing machines with one simple idea: Make them right, or don't make them at all.

Our promise to you has always been simple, too. Build and sell only good quality, honest appliances, designed to give you your money's worth, and stand behind them with pride.

Today, that promise comes with every one of our full line of Whirlpool® quality home appliances. And a lot more.

Expert advice is always as close as your phone.

Whirlpool was the first in the industry to provide customers with a toll-free, Cool-Line® telephone service,* which puts you in contact with an appliance expert who can help with any questions or problems. We also have 42 Consumer Affairs offices located around the country to respond quickly with additional assistance or information that you might need.



Service you can count on is available coast to coast.

If you should ever need service on a Whirlpool appliance you can count on one of our authorized Tech-Care® service companies. You'll find them in the Yellow Pages. They're the experts on making sure your Whirlpool appliance is repaired the right way.

Although the Whirlpool commitment to quality home appliances began 75 years ago, we think of it as only a beginning. We plan to be still building quality appliances and standing behind them 75 years from now. And that's a promise.

*Call 800-253-1301. In Alaska and Hawaii, 800-253-1121. In Michigan, 800-632-2243.

Making your world a little easier.

CUISINARTS® EXPLAINS:

GRIDDLE'S SUCCESS IS NO RIDDLE

The Cuisinart® Grand Griddle has something in common with our food processor: when we first announced it, marketing consultants unanimously predicted it would not sell. Today it is the best seller of our open stock Cuisinart Commercial Cookware.

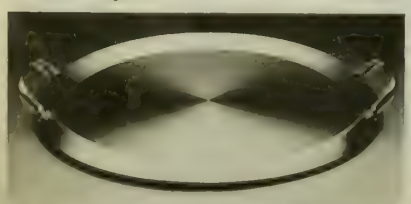
This is the most versatile griddle ever made for home use. It has a copper disc sandwiched between the gleaming stainless steel cooking surface and a stainless steel bottom plate. This disc weighs over 3½ pounds, more than many European copper utensils selling for over $125.00. That's why the cooking surface has both the superior heat conduction qualities of copper and the chemical stability of stainless steel.

The griddle's rim is shaped like an inverted V. The inner part slopes up, so you can easily slip a spatula under foods at its outer edge. The outer rim slopes down, reducing heat transfer to the stay-cool stainless steel handles.

The griddle can be used on gas or electric burners, in the oven or under the boiler. It cooks eggs, pancakes, fish, meats to perfection. It is a stunning serving piece.

You can start a pizza on top of the stove, slide the griddle into the oven, and then under the broiler for final glazing. If you'd like this recipe which is ready for the table ten minutes after you start cooking, I'll be delighted to send it to you. Write to the address below, or call our toll-free number: (800) 243-8540.

Carl G. Sontheimer
President, Cuisinarts, Inc.



Cuisinart®
Commercial Stainless Cookware

Cuisinarts, Inc., Dept. E, P.O. Box 2150, Greenwich, CT 06830-2150

EDITOR'S LETTER

LIVING RICH

Dear Reader,

I was amazed to hear a while back that one in every 100 U.S. taxpayers is a millionaire. I guess this statistic just goes to show that the definition of rich keeps escalating so fast that it keeps us all feeling poor, no matter how much we find in our paychecks.

To alleviate that dismaying feeling, and maybe help find some ways to do something about it, we have for you in this issue an article titled "Living Rich on $30,000 a Year." The stories about three families and their strategies for stretching the bucks have lots of practical tips. But, of a great deal more importance is the spirit these folks bring to the business of everyday living. They know that life is what you make it.

"They lead rich lives because they want to lead rich lives, and never mind what they can't afford."

They lead rich lives because they want to lead rich lives, and never mind what they can't afford.

Reading this article reminded me of another case history. The story goes like this: a young woman from a small town marries right after high school. The new bride goes to work in a factory on an assembly line. She takes time out to give birth to a son, but soon finds her marriage in shambles.

Newly divorced, she's on the job market again during a severe economic downturn for the whole country. She manages to get her factory job back, and moves in with some family members, all of whom are unemployed. A few years later, a small salary increase allows her to rent a house for herself, her son, and her mother. The grandmother looks after the child while the woman works eight hours, every day.

Within a few years, she remarries.



A rich woman and her son, 1939 . . .

By scrimping and saving for many more years, she and her second husband save enough to buy a small house. No sooner do they move, however, than the husband develops terminal cancer.

Pretty tough life, huh? Well, I'm glad to report that the story has a happy ending. That young woman, now in her seventies and still one of the youngest people I know, is living rich. No, she didn't win the lottery. In fact, she worked at her factory job until she retired. She still lives, with two cats, in the well kept little house she and her second husband bought.

But live rich she does, and always has. Friends surround her. She's counted as a member of four or five different families, though kin to none. She reads more books in a week than I read in a year. Her handcrafted gifts bring pleasure to friends and acquaintances, and the children of other working mothers find in her a supportive refuge.

I've never seen her cry, nor have I ever heard her complain. She sails through life's problems as if they didn't exist. And, for me, she's provided a model for living that I can only try to live up to. Thanks Mom. I love you.

David Jordan, Editor



Brach's Pick-A-Mix®. One-stop shopping for candy lovers.

Candy lovers stop at the Brach's Pick-A-Mix candy stand for variety and value. Freshness and fun.

It's the place to find your favorites. Cool Starlight Mints. Juicy Jelly Bars. Chewy Caramels. Delicious assorted Chocolates. Rich Neapolitan Coconuts. And 16 other tempting varieties.

Every piece starts with the finest ingredients. And each is individually wrapped for freshness.



Which makes it easy to pick a little or a lot. Pick all your favorites and everybody else's too.

Pick-A-Mix by the bagful is a money-saving way to have fun.

So head for the Brach's Pick-A-Mix display next time you shop. Candy lovers know it's the best stop to make.

BRACH'S

Nobody treats America like Brach's.®

© 1986 E.J. BRACH & SONS

FAMILY NETWORK

Readers' solutions to family and community problems

Remodeling gone awry

In a weak moment, my husband and I decided to buy and restore a Victorian house. The charm of our "new" home quickly faded as we dealt with heaps of plaster chunks, torn-up woodwork, nonfunctional plumbing, and so on.

We persevered for two years, but couldn't stand coming home to the mess anymore. So we decided to sell.

If you're thinking of buying a fixer-upper, go visit friends who are working on one. Better yet, help them out for a weekend or two. *Then* decide if you—or your relationship—can handle it!

M.B.
Albany, New York

Bicycle built for two

When our two youngest boys fought over who could ride a bike inherited from their older brother, I decided it was a good time to teach them a little bit about sharing.

I took a wrench, removed the front wheel, and gave it to Bill. David got the rest of the bike. It was immediately apparent to both that without a little cooperation, no one was going anywhere.

Lots less arguing now!

S. Hamilton
Phoenix, Arizona

Deciding who gets what

My mother firmly believes in not getting "hung up" on material possessions. She especially gets disgusted when she sees members of friends' families end up not speaking to one another after a funeral because of squabbles over furniture, china, knickknacks, etc.

Mom took first me, then my brother, through the family home, asking each of us what we'd like, should something happen to her. Then she compared notes, made some decisions, and put the final list of "who gets what" into her will. I admit my brother and I were somewhat shocked at first, but now we can see her point. Perhaps this system could work in other families.

Name withheld by request

WRITE TO US

Family Network welcomes letters from you, our readers, describing how you or your friends and neighbors solved problems involving family or community; or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of Better Homes and Gardens.

Go ahead, get close.





You've got the fresh breath Freedent® gum gives. It's the only gum that won't stick to your dental work, and it cleans in between to freshen your breath while you chew.

So go ahead, get close. You've got the fresh breath Freedent gum gives.

Try Freedent. The only gum that freshens breath, without sticking.

©Wm. Wrigley Jr. Co., 1985.



Zap n' Serve.™

What? Great tasting sausage, already browned from the microwave? It's true.

Presenting New Traditions™ Broiled and Browned™ sausages. From Hormel. Now you can serve sausage in less time than it takes to make toast.

We've done all the hard part for you. We start with our finest sausages. Then we broil and brown them. Sealing in all their juicy goodness.

They're fully cooked. All you do is microwave them. And in moments you're serving sizzling sausage. Without all the mess. Without all the hassle.

New Traditions Broiled and Browned sausages. In links or new patties. Original or new Hot and Spicy flavor. There are even new Ham patties, too.

We've made cooking sausage a zap.

Manufacturer Coupon—Expires 6/30/87



20¢ OFF
Any Variety
New Traditions
sausage

Hormel

Grocer: Hormel will redeem this coupon for amount indicated plus 8¢ handling provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing purchase of sufficient stock to cover coupons redeemed must be shown on request. Coupon void where prohibited, taxed or restricted. Customer must pay any sales tax. Offer good only in U.S.A. To redeem coupon, mail to: Processed Products, P.O. Box 1641, Clinton, Iowa 52734. Cash value 1/20¢.

To consumer: Caution! This coupon may be redeemed only with purchase of the items called for. Any other use constitutes fraud. Your grocer may not redeem coupons without your proper purchase.

LIMIT ONE COUPON PER PURCHASE.

37600 453551

©1986 Geo. A. Hormel & Co.

Better Homes and Gardens®

Editorial Director DORIS M. EBY
Editor DAVID JORDAN
Managing Editor KATE GREER Art Director ROBERT C. FURSTENAU

Food and Nutrition Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors LYNN HOPPE BARBARA ATKINS TERRI PAUSER WOLF
Special Interest Publications JANET FIGG
Recipe Development Editor MARION VIALL

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor BARBARA A. LEWIS
Associate Editors GREGORY D. COOK GAYLE GOODSON BUTLER
Special Interest Publications WILLIAM L. NOLAN KAY SANDERS DAVID W. TOHT

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Associate Editor RHODA E. JAFFIN
Special Interest Publications HEATHER J. SCHRADLE ANNE ELIZABETH POWELL

Garden, Projects, and New Products Editor DOUGLAS A. JIMERSON
New Products and 100s of Ideas Editor STEVEN COULTER
Projects Editor C. MICHAEL STOWERS
Associate Editors JANE AUSTIN McKEON NANCY HALL

Money Management, Automotive, and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor PAUL KRANTZ
General Features Editor KATHRYN STECHERT
Associate Editors GEORGE S. BUSH CAROLYN A. McNURLEN MARK A. INGEBRETSEN

Crafts, Needlework, and Tablesettings Editor JEAN LEMMON
Senior Crafts Editor JIM WILLIAMS
Associate Editor REBECCA JERDEE
Special Interest Publications LAURA HOLTORF COLLINS

Editorial Marketing Services Director MARGARET McMAHON
Editorial Management Trainee DAVID S. JOHNSON

Copy Chief ELIZABETH HAHN BROOKS
Makeup Editor LINDA R. THOMAS
Associate Makeup Editors KATHRYN DAVIDSON JUDY HUNSICKER

Managing Art Director GERALD PREATOR
Associate Art Directors KRISTIN FRANTZ BRADFORD W. S. HONG ALISANN DIXON
Senior Graphic Designer JERRY RANK
Graphic Designers ELIZABETH SLOAN BARCUS NANCY N. KLUENDER KEVIN S. LUDGATE

Executive Director Editorial Services DUANE L. GREGG
Director, Editorial Planning DAVID R. HAUPERT
Director, Editorial Research C. RAY DEATON *Research Assistant* SCOTT R. TOLAN
Administrative Editor ROSE ANDERSON *Art Business Office Manager* DIANE BOYLE
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN

MAGAZINE GROUP PRESIDENT **JAMES A. AUTRY**
Magazine Group Vice President DORIS M. EBY, Editorial Director

Vice President–Publisher, Better Homes and Gardens J. WESLEY SILK
Publishing Services Director TERRY UNSWORTH
Advertising Sales Director LENNOX E. H. STUART
Associate Publisher/Development DEL RUSHER

Magazine Group Vice President Adolph Auerbacher, Publishing Director, Special Publications and Development

Special Interest Publications and Country Home® Editor WILLIAM J. YATES
Managing Editor LAMONT OLSON *Art Director* DON NICKELL

Better Homes and Gardens® WOOD *Editor* LARRY CLAYTON

Meredith Publishing Services *Editor* DOUGLAS A. HOLTHAUS
Managing Editor PATRICIA POLLOCK *Design Director* DEETRA LEECH

Books *Editor* GERALD KNOX
Managing Editor DAVID A. KIRCHNER *Art Director* ERNEST SHELTON
Food Editor SHARYL HEIKEN *Furnishings Editor* SHARON NOVOTNE *Crafts Editor* JOAN CRAVENS

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Executive Vice President JACK D. REHM, Corporate Services
Group Presidents: JAMES A. AUTRY, Magazines
FRED STINES, Books
W. C. McREYNOLDS, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents: DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
NEIL KUEHNL, Product Development HERB SCHULTE, Corporate Planning
WILLIAM H. STRAW, Finance GERALD D. THORNTON, Administrative Services
Secretary BETTY CAMPBELL MADDEN Treasurer MICHAEL A. SELL
Corporate Controller LARRY D. HARTSOOK

Have a problem with your subscription?

We want to solve it to your complete satisfaction, and we want to do it fast. Please write to: Robert Austin, Better Homes and Gardens®, P.O. Box 4536, Des Moines, Iowa 50336.

You can help us by attaching your magazine label here, or copy your name and address as it appears on your label. Send this along with your correspondence.

Name
Address Apt. #
City State Zip

Moving?

Simply attach the mailing label from this magazine and write in your new address below. (Please allow 4-8 weeks.)

Your New Address Goes Here

Name

Address Apt. #

City

State Zip

Subscription Rate:

12 issues $14.00. Add $12 a year for Canadian or foreign postage.

☐ Renewal ☐ New Order

For Fast Service...

...it is better to write us concerning your problem and include the magazine label. Also, address changes are handled more efficiently by mail. However, should you need to reach us quickly the following toll-free number is available:

800-247-2504

Better Homes and Gardens®

P.O. Box 4536 • Des Moines, Iowa 50336

Philip Morris Inc. 1986

Merit Ultra Lights



Get a taste of it.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

Kings: 5 mg "tar," 0.5 mg nicotine—100's: 6 mg "tar," 0.6 mg nicotine av. per cigarette, by FTC method.



Put a great looking European chef in your kitchen!

Introducing Euroflair,™ by Frigidaire

It's the high-tech look you'll find in the great kitchens of Europe. Now it's available here. Introducing Euroflair,™ Frigidaire's newest state-of-the-art cooking system.

Traditional electric coils have been replaced by new solid heating elements. These flat, durable surfaces provide more uniform heating for more exact cooking. And, since there are no coils for food or spills to drip through, the entire cooktop is much, much easier to clean.

Backed by a 5-year limited warranty, you'll find these handsome new heating elements on three Euroflair models, including a Euroflair Electric Range with the convenient Electri-Clean™ self-cleaning oven and a Euroflair Electric Cooktop, for built-in countertop convenience.

Euroflair. The design is obviously European, the quality unmistakably Frigidaire.

Frigidaire

Here today. Here tomorrow.

One of the White Consolidated Industries ©1986 W.C.I.

Thimble Collectors Club

Now, at modest cost, you can build your own collection of beautiful collector thimbles.



FREE! Princess Diana bone china thimble by Royal Grafton, for joining now!







This lovely glass-domed display stand and other unusually fine display pieces are offered by the Club to members.

All thimbles shown actual size. (Princess Diana thimble shown larger than actual size.)

Royal Doulton...Wedgwood...Hutschenreuther...Haviland... these and others of the world's greatest porcelain houses will be represented in your collection.

Virtually all of the world's great porcelain houses produce beautiful miniature works of art in the form of collector thimbles.

Delightful to look at and fascinating to own, many of these thimbles are hand-painted, and some are decorated with precious gold.

Build A Collection You Couldn't Acquire On Your Own!

The finest thimbles are produced in limited quantities, with limited distribution. Supplies are scarce. This is why The Thimble Collectors Club was founded. We guarantee members a new thimble every month – created by one of the world's great porcelain houses and crafted to perfection.

Our representatives are in contact with porcelain houses all around the world. They select only the very best thimbles. Many of the monthly selections are created exclusively for the Club's members.

The thimbles in your collection will bear the names and identifying marks of the great houses that created them. They will reflect the different artistic visions of the various nations and porcelain makers. Thus, the individual thimbles will have infinite variety...yet together they will form a harmonious collection.

A card will accompany each thimble describing the motif on it and the porcelain house which made it.

Special Offers of Beautiful Displays – Exclusive to Members

As a member of The Thimble Collectors Club you will be entitled to purchase many fine displays for your collection.

Modest Cost

One of the nice things about collecting thimbles is that besides being beautiful, they don't cost a lot. The Club's regular monthly selections typically cost about $7.50 to $9.50. If you are not delighted with any month's thimble selection, you may simply return it within ten days for a full refund, and you may cancel your membership at any time.

Send No Money Now

To join The Thimble Collectors Club, just send your application to Thimble Collectors Club, 47 Richards Ave., Norwalk, Conn. 06857. Enclose no money now. You will be billed for your first monthly thimble selection.

Free! For Joining Now.... Princess Diana 25th Birthday Thimble

The English porcelain house of Royal Grafton has created a marvelous tribute to Princess Diana to celebrate her 25th birthday. This thimble is available in the United States exclusively to members of The Thimble Collectors Club. And it's available to you free, as our gift for joining now.

Membership Application

Thimble Collectors Club 2003

Thimble Collectors Club
47 Richards Avenue
P.O. Box 5707
Norwalk, Conn. 06857

No Payment Required. Simply Mail this Application.

Please enroll me in The Thimble Collectors Club. Each month I will receive a thimble selected as being one of the very best from the world's great porcelain houses. I am under no obligation. I understand that I may return any thimble within ten days for a full refund, and that either party may cancel this membership agreement at any time. As a new member, I will receive a Princess Diana thimble as a free gift.

Payment Options (check one):

☐ Please bill me, just before shipment, for my first thimble, the Kaiser Country Scene Thimble, priced at $6.80*.

☐ As a convenience, please charge my first thimble (priced as above), and each subsequent thimble, at the time of shipment, to my credit card: ☐ VISA ☐ MasterCard

Credit Card No. _____ Expiration Date _____

*Plus $1.50 for shipping and handling. (Conn. residents pay $8.92 to include tax.)

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State/Zip _____

Signature _____

Allow 6-8 weeks for your first shipment.

WHAT'S HAPPENING

WHAT'S IN, WHAT'S HOT, WHAT'S NEW, WHAT'S NOT: THE TRENDS TO WATCH

By Kathryn Stechert

... OUTDOORS ...

Dressing Up The Backyard

Nostalgia reigns

Homeowners in all parts of the country are transforming ordinary backyards into romantic retreats with the addition of simple, homey architectural and ornamental touches.

Set the mood with a lattice archway, arbor, or trellis. Install a garden seat, gazebo, or perhaps an old-fashioned picket fence.



PANFIELD NURSERY

The backyard mood: simply romantic

For a quick dress-up, introduce to a corner of your yard a birdbath or sundial, a piece of scrolled wrought-iron or twig furniture, even a ceramic bunny. Little touches make all the difference this summer.

... FURNITURE ...

TAKING A FANCY TO COLOR-COVERED WOOD

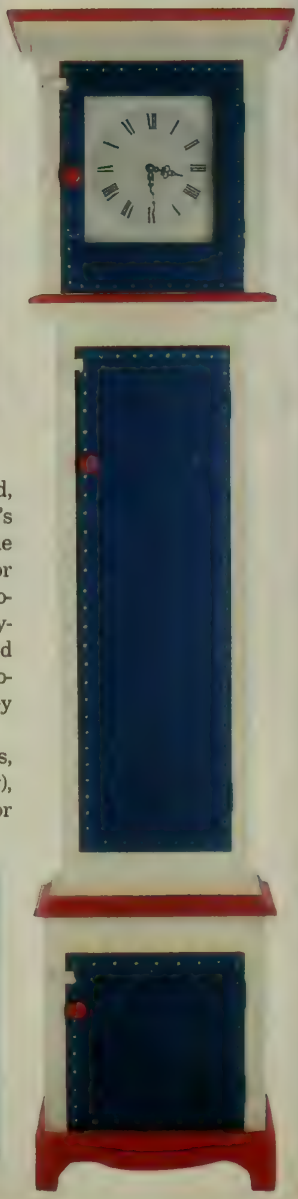
Vintage character in the old and new



SCOTT LITTLE

Painted furniture—whether it's antique, merely old, or brand new—is enjoying a revival. What today's popular pieces have in common is their roots in the folk art tradition. Scout yard sales and secondhand stores for gems like the little painted cupboard (*above*) with its elaborate, stylized artwork, or rescue a dilapidated Victorian daybed by painting it brick red and sponging on a dash of gold pigment. Up-to-date do-it-yourselfers are now applying decorative paint to the very furniture that not long ago they would have stripped and stained.

In new furniture, look for contemporary interpretations, like artist Ivan Barnett's patriotic grandfather clock (*right*), one piece in a stunning new collection of furnishings for Habersham Plantation.



... HOMELIFE ...

GOOD NEWS FOR FAMILIES WITH GO-TO-WORK MOMS

A recent study conducted by Franco-American, the canned pasta makers, turned up some reassuring news. The researchers interviewed 200 children aged 8 to 12, half with and half without working moms, and made some surprising discoveries: Whether their mothers have jobs makes no difference in how often the children's families eat dinner together, in how well the kids like school, or in how much pressure the children feel. That's all especially heartening given that over 60 percent of mothers with children under 18 are in the labor force.

continued

AMERICAN SNAPSHOT

One in every four videocassette recorders purchased this year will be bought by people who already own a VCR, according to RCA.

135 years ago, we took a good idea and improved upon it.



Over a century ago, Singer invented something quite remarkable: the first practical sewing machine. Since that time, we've continued to improve upon it. Introducing the latest innovations year after year. Providing you with the best products available.

Take, for example, our extensive line of Miracle Machines. Built for every sewing skill and budget level. Like the Stylist* Model 6233 with its built-in buttonholer and six-second threading. Or how about our Ultra Unlimited* Model 6268 with unlimited stitch capability, sideways sewing and the ability to monogram and embroider intricate designs automatically.

Singer will always continue its commitment to quality, value and dependable service. Whether it's sewing machines, Ultralocks,* knitting machines, ironing presses or any other sewing-related product, you can count on Singer to bring you the best. Now and for years to come.

So come celebrate our 135th anniversary. See your Singer retailer now for special values on selected Singer* products.



SINGER

*A Trademark of The Singer Company. © 1986 The Singer Company.

continued

..REMODELING..

Classy Cover-ups: Light, Bright Kitchen Cabinets

Pickled pine cupboards

The strongest style in kitchen cabinets these days is the pale monochrome look borrowed from Europe. In European and Eurostyle kitchens, laminates deliver the goods. To get that contemporary appeal from wooden cabinets—the kind Americans like best—home builders and remodelers are pickling them. That's done by stripping the wood, then wiping on a mixture of paint thinner and oil-based enamel undercoat. Wood bleach does the job, too, though it's harder to work with. Other up-to-date kitchen cabinets: light natural woods, gray laminates.



SCOTT LITTLE

.....DECORATING.....

GOOD DESIGN IS FOR KIDS, TOO

No longer content merely to hang cowboy curtains or ballerina wallpaper, today's parents are going all out when it comes to decorating for children. The trend: well-designed rooms with high quality—though not necessarily expensive—furnishings kids can grow up with. Manufacturers of items from teapots to pillowcases are helping by turning out high-style kiddy items. With the shift of a few details—updated bed linens, a rack for audio gear—the room goes from tot to teen.

.....STYLE.....

WICKER AND RATTAN ON THE MOVE

New looks, old favorites

Spiffed up and more polished, wicker and rattan furniture is moving away from its casual roots and becoming sophisticated. The much loved porch and tropical styles are still widely available, but what's new are partial or fully upholstered pieces in both contemporary and traditional styles. In these pieces the glossy, tightly woven wicker works as an accent to richly colored upholstery.



GEORGE CEOLLA

From Sears: rattan detailing



.....TOYS.....

ONLY 6 MORE TOY-SHOPPING MONTHS TILL CHRISTMAS

Are your charge cards at the ready?

Put down your iced tea and ponder this: By toy-maker standards, Christmas is almost upon us. Here's a glimpse of the multitude of introductions heading for stores—and maybe the wish lists of children you know:

- **Cornelia Husk** (*above*) and **Bruce Stringbean**, soft-sculpture veggie characters (K.F. Designs)
- **Furskins,** those "bears with ambition," in two new tiny sizes (Panosh Place)
- **Centurions** (*below*), a 21st century fighting force, and their weaponry (Kenner)
- **Jem,** a dual-identity doll who's a rock star and record company president (Hasbro)
- **Pig Pong,** a tabletop net game played with pink plastic pigs instead of paddles (Milton Bradley)



Centurions: **GOOD GUYS** vs. **BAD GUYS**



NEXT MONTH IN

Better Homes and Gardens®

FOOD

GARDEN-FRESH CUISINE

Recipes for summer's bounty

GARDENING

CARE-FREE HARDY LILIES

A guide to planting

BUILDING

SUPER NEW HOUSES

Today's most-wanted features

DECORATING

MARVELOUS MAKEOVERS

Befores and Afters

PLUS

Remodeling, Money, Health, and much more!



© 1986 General Foods Corporation. Post and Fruit & Fibre are registered trademarks of General Foods Corp.

LIVING **RICH** ON $30,000

Living rich has almost as much to do with attitude and priorities, with style and flair, as it does with money. These three *BH&G* families, who earn from $25,000 to $34,000 a year, don't have it all; they have only what matters most to them.

By Kathryn Stechert



ANN CHIVINGTON, MIKE LAMM . . . $34,000
Indianapolis, Indiana

Four years ago, Mike Lamm, 43, and Ann Chivington, 33, who have been married since 1979, had no children, no mortgage, and a two-paycheck income of nearly $50,000. Today the Indianapolis couple supports their sons, Zack and Corky, and a large, charm-filled house on Mike's income of $34,000 as an advertising producer. Even though they now have less money and many more demands on what they do have, they *feel* richer because they have more of what they want in life. "Emotionally and financially we're better off," says Mike. "Financially, because of the tax advantages of owning a house; and emotionally, because this is how we were raised and how we want to raise our children."



DOUG BIGGERSTAFF

An elegant getaway at a local hotel

Their success in making $34,000 do comfortably for four owes a lot to ingenuity and attitude. Ann could earn about $23,000 annually by resuming her career as a public-school art teacher. Instead, she has chosen to stay at home, begin a part-time free-lance art

MOVING? Now choose the mov









The self-service move...
U-HAUL® TRUCK & TRAILER RENTALS
• Moving Vans–Not Freight Trucks
• One-way & Local Rentals • All Sizes
• Top Maintained

Do-it-yourself...
MOVING AIDS & STORAGE
• Boxes • Furniture Pads • Hand Trucks
• Tow Bars • Tow Dollies • Car-Top Carriers
• Self-Storage Rooms

Get the right products and services at the lowest cost. Pick up a FREE 132-PAGE CATALOG at your nearby U-Haul Center. Find us in the white pages under U-Haul Centers.

business, and make the most of their smaller income. "Because I know I could be *making* money, I work hard at *saving* money," she says.

Ann and Mike's efforts range from using cloth napkins instead of paper to using alternative financing to purchase their house. With characteristic resourcefulness, the couple shopped for two years before selecting their home, a 1942 ranch with cathedral ceiling, 12-foot front window, two fireplaces, and a roomy porch. The long search taught them to spot a good deal. The house, which was on the market less than a week when Mike and Ann snapped it up, came with a five-year mortgage contract from the owner. At the time, interest rates were in the stratosphere; this offer meant a lower-than-market rate immediately and a chance to gamble that when they refinance (in 1987) rates will have dropped.

Put it on the list

In their years before mortgage and children, Mike and Ann grew accustomed to buying most of what they wanted when they wanted it. Shopping for a new sweater or deciding to dine out didn't require a lot of thought. Now, however, they have a whole new set of never-ending wants and needs—far more than their budget can allow. To cope, and to ensure that they spend their money on what they *really* want, they established "want and need" lists.

One list is for toys. When 4-year-old Zack says, "I want a two-wheeler" Ann responds, "OK, let's put it on the list." Before the boys can have any toy, it must be on the list at least two months. By the end of that time many a "must

continued

COST-CUTTING TIPS

Experts at stretching money without making everyone in the family feel pinched often mention the same cost-saving tactics. Consider these:

♦They do little, if any, recreational shopping; and when they shop, they stick to a list. "Every week it's like a treasure hunt," says Ann Chivington, who reads all the advertising circulars on the weekend. "I then go shopping and buy only what's on my list."

♦They prepare their own tax returns with the aid of a free IRS guide.

♦A "gift closet" saves both time and money. Whenever they see something on sale that's appropriate for a gift—a toy for a child's birthday party, a box of stationery, socks—they buy it and put it in the closet until needed.

♦They never borrow with charge cards and pay off all charges monthly.

♦With the purchase of a good set of shears—and a little practice—Ann eliminated family trips to the barber. She clips everyone from Gretel, the dog, to husband Mike. (The three family cats groom themselves.)

♦Ann and son Zach make weekly treats (muffins, pretzels, quick breads) instead of buying prepared ones.

hat's right for you...and save





The work-saver move...
PACKING, LOADING & UNLOADING
• We Pack & Load–You Drive & Save
• We do All or Part of the Job
• Available Nationwide

The full-service move...
MOVERS WORLD® VAN LINES
• Local, Long Distance & Worldwide Moves
• Full-Service or Partial • You Pack & Load the Van, We Drive • Warehouse Storage

More for your money at your U-HAUL® Center

continued

have" has become old hat, but Mike and Ann know that the survivors are toys their sons will truly enjoy.

Another list is for big-ticket house items. Riding there for a number of months was a vinyl-covered chain-link fence for the yard. By watching for sales, Ann and Mike were able to get free installation.

The last list is for personal items and small house goods: shoes, woodworking and gardening tools, a rug.

Family getaways

In their new mode of living well without spending big, Mike and Ann have given up long vacations far from home. Instead, they pamper themselves with short, luxurious getaways nearby. Each winter the whole family takes a beat-the-blahs break: They check in at the Embassy Suites Hotel in downtown Indianapolis. For $74 all four family members can spend the night, use the indoor pool and hot tub, and have breakfast. In the summer, they make good use of a state park right in the city for day outings and spend at least one long weekend at a state park in the country where they rent a log cabin and take their meals at a lodge.

Painless money savers

Ann is the champion money-stretcher in the household. "She keeps me on a budget," says Mike. "She simply handles money better than I do." Among the many cost-cutting strategies the couple employs almost by habit now are these:

Ann says: "I have fun with how I make money go further."

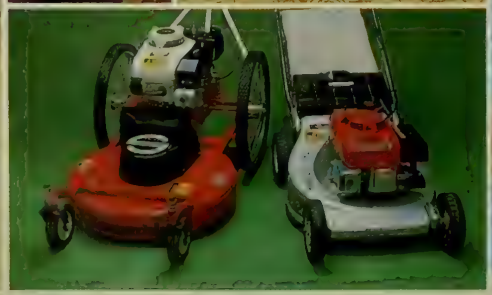
Mike says: "Our funds aren't limitless, but we have what we need."

- They do all their own yard work and are fortunate to have inherited a well-planted, well-planned landscape from the previous owners.
- By letting trees seed naturally, Ann has added to their stock simply by transplanting seedlings.
- All new flowering plants are started inside from seed and then planted outside. A 4-foot grapefruit tree grown from seed makes a fine houseplant.
- Although Ann recognizes the value of coupons, she refuses to be a slave to them and won't spend hours managing them. Instead, she simply files coupons in a 6×12-inch plastic storage box that she carries to grocery and discount stores. Even without working hard at organizing coupons, Ann figures they save her $4 or $5 a week.
- A vegetable garden with raspberries, tomatoes, green peppers, onions, pumpkins, and other goodies keeps the family table well supplied throughout the growing season.

Combine numerous strategies like those with an unflagging optimism ("I have *fun* with how I make money go further," says Ann) and you have the feeling-rich recipe. "Our funds aren't limitless," says Mike, "but we have what we need."

Now rent the right products at th






HOME CARE RENTALS
• Lawn & Garden • Floor & Carpet • Painting & Wallpapering • Plumbing & Electrical • Beds & Cribs

EQUIPMENT RENTALS
• Automotive • Builders' Tools • Hand Tools • Concrete & Masonry • Tractors & Backhoes

Get the right products and services at the lowest cost. Pick up a FREE 132-PAGE CATALOG at your nearby U-Haul Center. Find us in the white pages under U-Haul Centers.



CRYSTAL AND LEMUEL COUSINS . . . $26,000

Jupiter, Florida

Crystal Cousins, 50, and her husband Lemuel, 52, a golf course mechanic, have a small, three-bedroom house in Jupiter, Florida. Only one of their six children still lives there, but all the grown children and eight grandchildren gather regularly. The house, you see, is not only home, but part recreation center, too. It's equipped with a pool table, basketball court, large patio, barbecue grill, four-speaker stereo system, VCR, organ and guitars, and the latest attraction: a brand-new swimming pool.

How do Crystal and Lemuel manage to have such luxuries—*and* monthly contributions to an IRA fund—on a yearly salary of $26,000? "We just don't buy whatever we see," says Crystal. What they haven't bought includes items others might consider essential: clothes dryer, garbage disposal, dishwasher. They prefer acquiring what the whole family can enjoy, like that 30-foot swimming pool. "The children have always said they thought we had money because we have so many things," says Crystal, "but we don't. It's just that we spend our money on our home where the kids see it."



BILL MINARICH

The place for family and fun

> **"The children have always said they thought we had money because we have so many things, but we don't. It's just that we spend our money on our home where the kids see it."**

COST-CUTTING TIPS

♦Barter at times instead of always relying on money exchanges. When Crystal Cousins learned that it would cost $500 to install lights and a pump in her new swimming pool, she swapped labor with an electrician friend. She cleaned his house; he put in the lights and pump.

♦Make ample use of those tried-and-true bargain centers: yard sales and secondhand shops.

continued

owest cost at U-Haul®



RECREATION RENTALS
• Luxury Motorhomes • Vacation Trailers • Tents
• Boats & Motors • Camping Gear

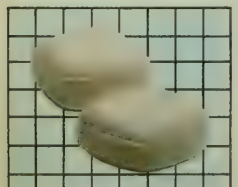
PARTY RENTALS
Tables & Chairs

VCR & MOVIE RENTALS

More for your money at your U-HAUL® Center



WILL A LACK OF CALCIUM DO THIS TO YOU OVER THE YEARS?



2 soft vanilla Suplical squares contain 1200 mg of calcium.

Today, 8 out of 10 women don't get enough calcium in their diets. And with time, that could lead to osteoporosis and its distressing consequences—weak, brittle bones and stooped posture.

But now there's Suplical,® the only calcium supplement that comes in soft, chewy, vanilla-flavored squares. Two Suplical squares give you 1200 mg of calcium daily, and that's what doctors say you need.

Suplical can help replace the calcium the years take away. Help keep bones strong, straight and healthy, start taking Suplical today. It's never too early—and it's never too late. For more information call 1-800-S-T-A-Y-F-I-T, or in New Jersey call (201) 540-2458 weekdays between 9:00AM and 5:00PM EST.



© 1985 Warner-Lambert Co.

Soft calcium for strong bones.™

continued



PEGGY AND DENNIS SUTHERLAND . . . $25,000

Marion, Ohio

In the summertime, the living is easy for the Sutherland family—Peggy, 29, Dennis, 33, and their children, Tracy, 6, and Jeffrey, 7 months. Easy on the budget anyway, because then the family is spared the hefty heating bills that come during the Ohio winters.

The Sutherlands live on 24 wooded acres in the country outside Marion, Ohio, in a four-bedroom, two-story farmhouse. Country living suits them just right—they bought their place in 1977 soon after getting married, and have no plans to move on—but staying put does pose budgeting problems. They have to heat that commodious house to the tune of $1,500 a year, and they must maintain two vehicles so Dennis can commute to his job 15 miles away without leaving Peggy stranded at home.



AL TEUFEN

The comforts of home in the country

They get along comfortably on Dennis' $25,000 annual salary, however, by adapting to the seasonal character of their bills. In the winter budgeting is simple: one week Dennis' paycheck goes for the mortgage, which is less than $300. The next check takes care of utilities; the third is for groceries, and the last check goes for everything else. Car payments are automatically taken out, year around, by Dennis' employee credit union before he gets his check.

During the warmer months the family can loosen its budget belt. It is then that they take a two- or three-week vacation, go out to dinner now and again, make home improvements, and catch up on all their bills. They even begin Christmas shopping, knowing December and heating bills are coming just behind the summer sun. BH&G

COST-CUTTING TIPS

- The Sutherlands seldom spend big on entertainment, preferring to get together with friends for pot-luck dining, VCR movies, Trivial Pursuit—low cost activities that that don't skimp on conviviality.
- They and their friends take turns baby-sitting for nights out alone.
- They're careful with food expenditures, one budget essential that's highly flexible. "We eat out of the garden all summer," says Peggy, and she cans beans and tomatoes for the winter.

Fights bites hours longer.



All mosquito repellents protect against bites. So the one that keeps protecting longer has to be better. And in tests against the leading mosquito repellent, Deep Woods OFF! kept working, kept repelling, kept protecting longer. Hours longer.

©1986 Johnson wax

HOT WEATHER HEALTH TIPS

It's summertime, and the livin' is easy—but watch out for unexpected dangers. Bugs, burns, bacteria, and other baddies could wreck your fun. Here's a roundup of tips to help keep you healthy in warm weather.

Fast Help for Insect Stings

For people allergic to insect stings, time is precious. A sting may trigger a severe, possibly fatal, reaction in minutes. Fortunately, a device called EpiPen makes it easy for the sting victim—or another person—to safely and speedily administer a potentially lifesaving drug, epinephrine.

When held against the outer thigh, EpiPen automatically injects a measured dose of epinephrine through a concealed needle. The pen comes with medication in two strengths: one for adults and one for children. It is available by prescription.

Stay Comfortable in Contacts

Don't let contact lens problems spoil your vacation. Summer days will be more enjoyable if you take these simple precautions.

- **Wear sunglasses** to prevent discomfort from glare.
- **Keep lenses well lubricated.** High altitudes and windy days may cause dryness and irritation.
- **Make certain that hands are clean** when handling the lenses. Bacteria grow faster in warm weather.
- **Keep suntan oils and lotions away** from eyes. These products can easily dirty your lenses.
- **See your eye-care professional** for regular checkups.

Joggers: Listen to Your Body

Outdoor runners who don't make adjustments for hot, humid weather are asking for trouble. Nausea, headache, blurred vision, and less-than-normal perspiring are danger signals that runners should heed immediately. Conditioning expert Denny Miller, head trainer for Purdue University's athletic teams and an avid jogger, notes that when cool spring weather abruptly gives way to summer heat, runners' bodies don't have time to acclimate to the change in temperature.

Miller suggests that noontime joggers switch to early-morning runs for a week or so. This will give their bodies enough time to adjust to the warmer weather. Those who can't run earlier in the day should cut the length of their runs by one-third to one-half and be alert to their bodies' distress signals. Older joggers need to be especially careful: A person's ability to adapt to heat decreases with age, Miller says.

ONE BAD SUNBURN CAN DO IT

It doesn't take a lifetime of tanning to get skin cancer. Just one bad, blistering burn can double your risk of contracting one form of the disease, according to a new study.

Malignant melanoma is a potentially fatal, fast-spreading type of skin cancer. Caught early, the disease has a cure rate approaching 100 percent.

Your odds of developing the disorder are greater if you burn easily, take long vacations in sunny climates, or suffer more than one blistering sunburn during childhood or adolescence, warns Dr. Arthur Sober, associate professor of dermatology at Harvard Medical School.

Dr. Sober recommends that if you've had periods of excessive exposure to the sun, alert your physician so that he or she can watch for such signs of skin cancer as changes in moles or new pigments in the skin.

For maximum protection:

- Avoid sunbathing between 11 a.m. and 2:30 p.m., when sun rays are strongest.
- Use a good sun blocker, preferably one with a sun protection factor (SPF) of at least 15.
- Wear a broad-brimmed hat and beach jacket when lounging around the pool or at the beach.

Prevent "Swimmer's Ear"

When you swim or shampoo your hair, water gets into your ears. It usually runs right out, but some may remain trapped in the ear canal, soaking the skin and providing an ideal environment for infection.

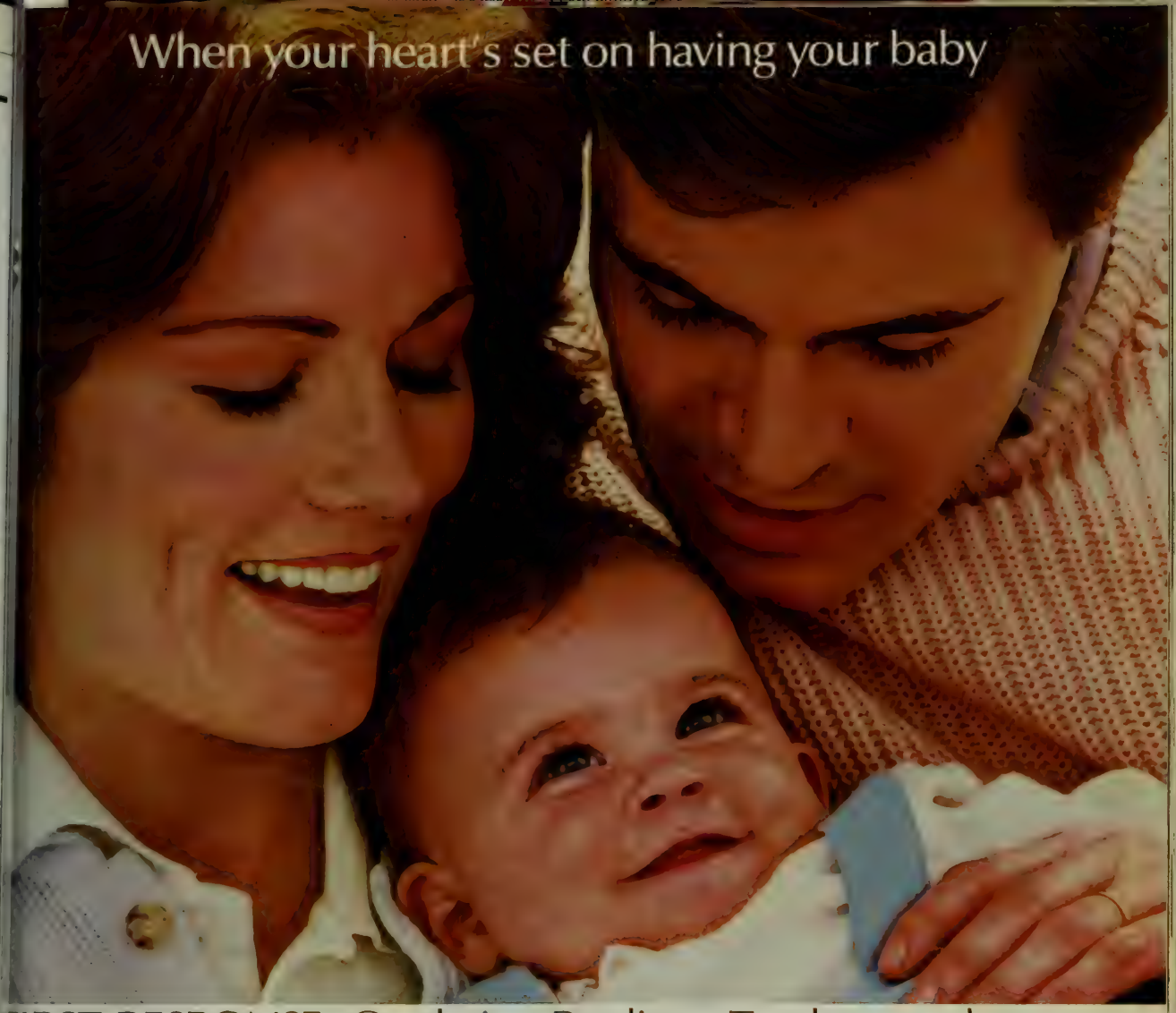
The American Academy of Otolaryngology–Head and Neck Surgery recommends placing a dropperful of rubbing alcohol into the ear whenever you feel that water is trapped after swimming or shampooing. This helps dry the ear and may kill the bacteria and fungi contained in the water. If the alcohol is too harsh, mix it half and half with white vinegar. Or you may prefer to use a premixed swimmer's-ear preparation available over the counter.

Caution: If you already have an ear infection, have undergone ear surgery, or have a perforated, ruptured, or punctured eardrum, consult your physician before swimming or using eardrops.

Keep Your Cookout "Out"

Rain or cold weather may spoil your barbecue plans, but don't bring your charcoal grill into your home, camper, or tent. Not only is having an open fire

continued



FIRST RESPONSE® Ovulation Predictor Test lets you know in advance the day you're most able to become pregnant.

FIRST RESPONSE® can be a big help when you want to have your baby.

That's because there is only one day in the month a woman can become pregnant—the day she ovulates. FIRST RESPONSE predicts that day in advance, so you and your husband will know when to try. This is very important if you're having difficulty conceiving a baby, or don't want to spend months trying.

FIRST RESPONSE® Ovulation Predictor Test is a simple, 20-minute urine test that accurately measures the hormone that triggers ovulation. An obvious color change tells you ovulation will occur in 12 to 24 hours.

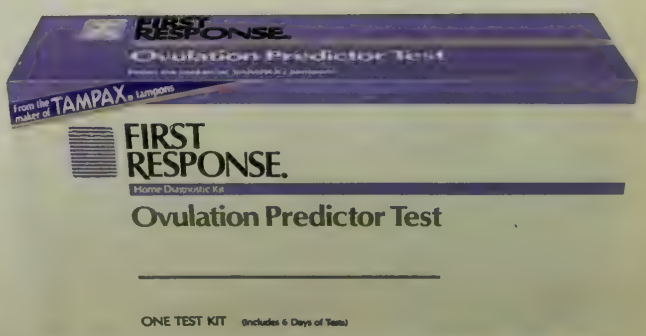
FIRST RESPONSE is far superior to the basal thermometer method that can only indicate ovulation has already occurred, which may be too late.

Each kit covers six consecutive days of testing for the month. If your cycle is irregular and you must test longer, a 3-Test Refill is available.

You can also depend on our medical information staff for answers to any questions you may have about the test. Our toll-free number is listed in every FIRST RESPONSE test kit.

FIRST RESPONSE Ovulation Predictor Test, from the maker of Tampax® tampons. It can make the difference between "hoping for" and "expecting" a baby.

You can always trust your FIRST RESPONSE.



FIRST RESPONSE, a line of professional quality home diagnostic tests, and TAMPAX are registered trademarks of Tambrands Inc. © Tambrands Inc., 1986

From the maker of TAMPAX® tampons

The Princess Diana Bride Doll



The magnificent tiara is authentically recreated and includes a real 1/2 point diamond.



The neckline is accented with a dainty taffeta bow and the bodice is adorned with an abundance of hand-sewn sequins and pearl-like beads.



Each earring contains a real 1/2 point diamond.

Shown smaller than actual size of 18" in height.

VERSITY STUDY WITH MYCITRACIN® TYPE ANTIBIOTIC REVEALS:

Chance of infection cut 68.4% for children with minor skin injuries.

A doctors' study conducted at a leading university used a first aid ointment with a formula such as found in triple antibiotic Mycitracin. It was applied to a variety of minor skin injuries among a group of boys and girls age two to five.

The result? The group using the ointment developed 68.4% fewer incidences of skin infections than a group that did not. Or: those children who did not use the ointment were more than three times as likely to become infected. When minor cuts, scrapes and burns occur, use soothing Mycitracin.



HOT WEATHER HEALTH TIPS

continued from page 26.

inside a fire hazard, but when charcoal burns, it releases substantial amounts of carbon dioxide. This odorless and tasteless gas can suffocate you before you know it.

Leaving the Kids Behind

This summer may be the season you take a vacation without your children. Remember, however, that except in life-threatening emergencies, many state laws prevent hospitals from treating minors without first getting permission from a parent. If you're backpacking in the Rocky Mountains, this could be difficult.

To avoid uncomfortable delays, it may be possible to give permission for treatment in advance. Check with your physician or local hospital.

Don't Hold the Mayo

A common misconception persists that using mayonnaise in meat salads for a warm-weather meal increases the chances of getting food poisoning. Not so, says a study conducted at the University of Wisconsin at Madison. Using commercial mayonnaise in meat salads actually *retards* rather than encourages the growth of *Salmonella* and other bacteria.

Adding mayonnaise, however, does not mean that you can leave your cooler at home. Keep perishable foods cold, and store them separately from uncooked meats, which contain a great deal of bacteria.

Have a Happy Fourth

Fireworks and children are a dangerous combination. Lynne McFarland and colleagues of the University of Washington found in their 1983 study of Seattle-area fireworks injuries that unsupervised children were much more likely to be hurt than those whose parents were paying close attention. The researchers, whose conclusions were reported in the *Journal of the American Medical Association*, also recommend the following practices to help reduce the risk of injury.

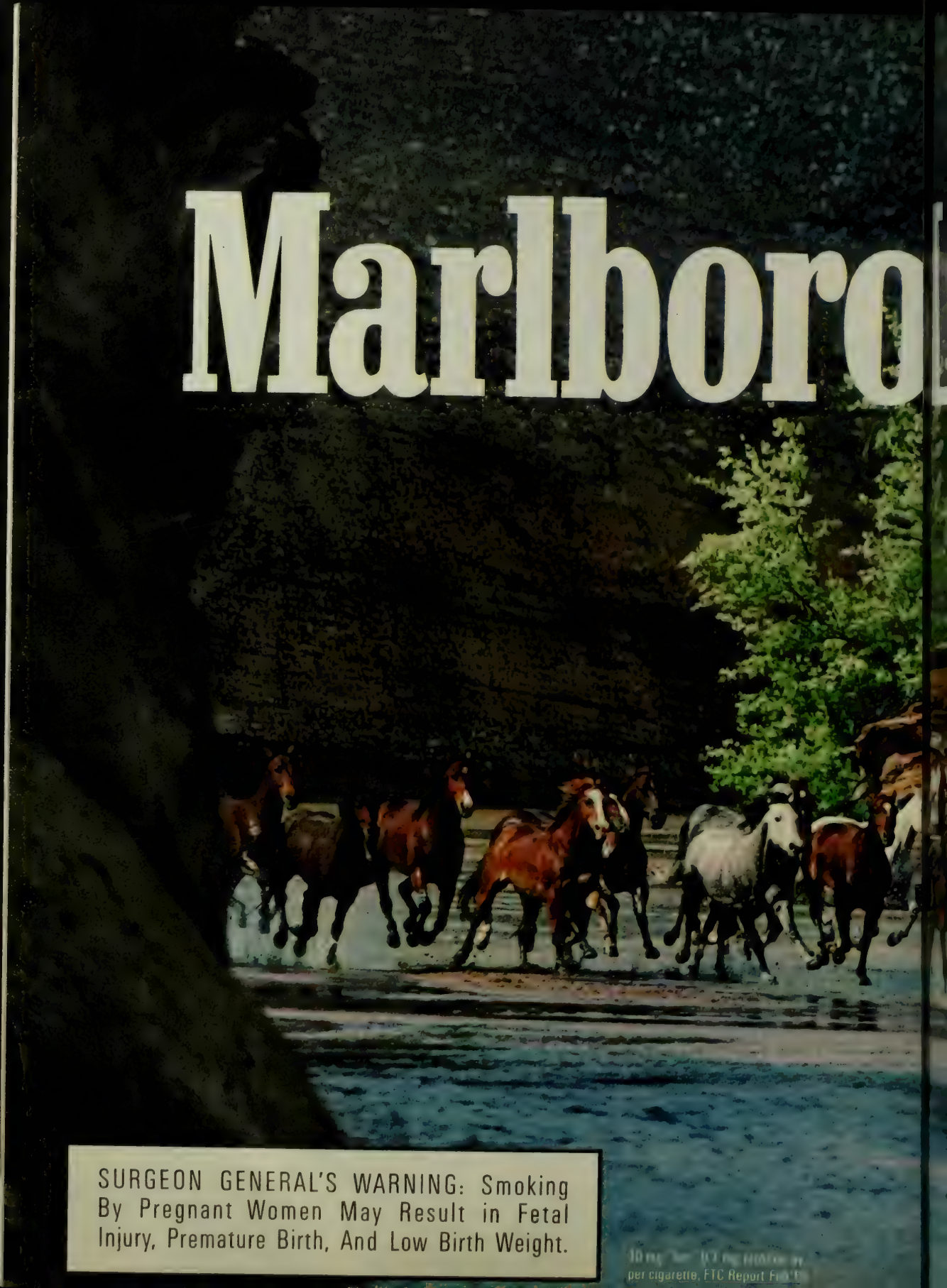
- Don't make another attempt to light fireworks that didn't light the first time you tried.
- Don't throw fireworks.
- Don't carry fireworks in pockets.
- Don't bend over the fireworks to light them. Instead, approach them from the side.
- Don't hold fireworks in your hands.

Sunshine and Drugs Don't Mix

Taking certain types of medications can make you more sensitive to the sun—or to the heat. These medications include: drugs used for high blood pressure, diabetes, and kidney problems; sulfa; tranquilizers; tetracycline antibiotics; and diuretics.

If you are taking any medications, check with your physician or pharmacist to make sure that you can go out in the sun safely. Protect yourself by using sunscreen products and wearing hats and lightweight, light-colored clothing.

—By Carolyn A. McNurlen



SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

per cigarette, FTC Report


Lights
Marlboro
LIGHTS
Marlboro
LIGHTS
100's
The spirit of Marlboro
in a low tar cigarette.

Some comforting thoughts from The Intelligent Window.



The Intelligent Window® is the window made with *Sungate*® coated glass—the glass with the exclusive PPG coating that prevents inside heat from escaping. And that can be a comfort in a lot of ways.

It keeps you warm. You can feel the difference the *Sungate* coating makes with your own hands. The coated glass in the windows actually stays warmer. Which reduces condensation and keeps your home more comfortable. But that's not all.

It keeps your home beautiful. *Sungate* coated glass isn't reflective glass; it has the clear look of traditional windows. And inside, the coating actually reduces the fading of the fabrics in your curtains, carpets and furniture. So your home's good looks last longer. That can save you money. But it's not the only way *Sungate* saves.

It saves energy. Double-paned windows and doors with *Sungate* coated glass are as energy-efficient as triple-glazed. It's because of the special coating. The coating lets light and heat inside, and keeps the heat inside, so you save on heating bills. And all that adds up to something wonderful.

It increases your home's value. A home with *Sungate* coated glass feels warmer, looks great inside and out, and saves money, too. That makes a comfortable difference while you live there. And can make a big difference at resale time. What could be more comforting than that?

THE INTELLIGENT WINDOW
SUNGATE

Sungate coated glass and The Intelligent Window are registered trademarks of PPG Industries, Inc.

Who else could make a yogurt with so much flavor and so little sugar?

Dannon Natural Flavors have 25% less sugar than most fruit yogurts. And with 40% of the adult daily requirement for calcium per cup, they're one of the best sources of calcium around.

They're also made with creamy, low-fat Dannon yogurt and the purest vanilla, coffee, and lemon flavors. Which make them one of the best sources of taste around.



Dannon Vanilla, Coffee & Lemon.

DEALER: Redeem this coupon for a retail customer in accordance with the terms of this offer. We will reimburse you face value plus 8¢ handling charge. Customer must pay tax where it prevails. The Dannon Company, Inc., P.O. Box 1703, Clinton, Iowa 52734. Void where prohibited, licensed, taxed or otherwise restricted. Cash value 1/20th of 1¢. Offer expires 4/30/87.

20¢ OFF

DANNON IS YOGURT.

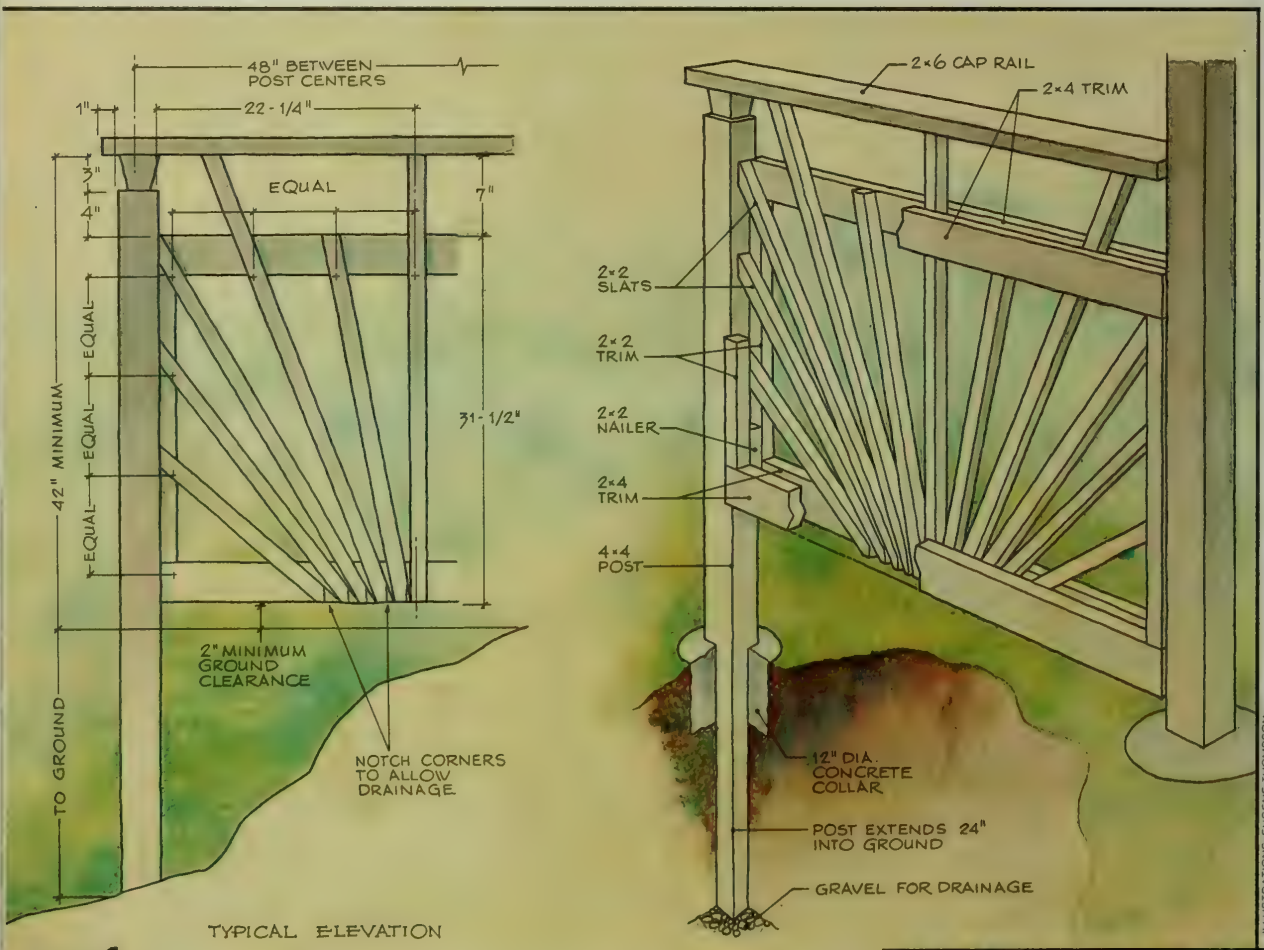
99972 148409

©1986 The Dannon Company

◆ YOU CAN DO IT! ◆

7 GREAT PROJECTS
TO DRESS UP YOUR YARD

By Douglas A. Jimerson



ILLUSTRATIONS EUGENE THOMPSON

1 SUNBURST FENCE

Looking for a way to fence Fido in your front yard without spoiling the view? Our traffic-stopping sunburst fence (*right*) may be the answer. The "rays" of the project are spaced so you can see through, but larger pets can't escape.

Photograph: Ernest Braun. Field editor: Helen Heitkamp. Design: Gary Marsh/All Decked Out

Give Fence Rays a Little Extra Attention

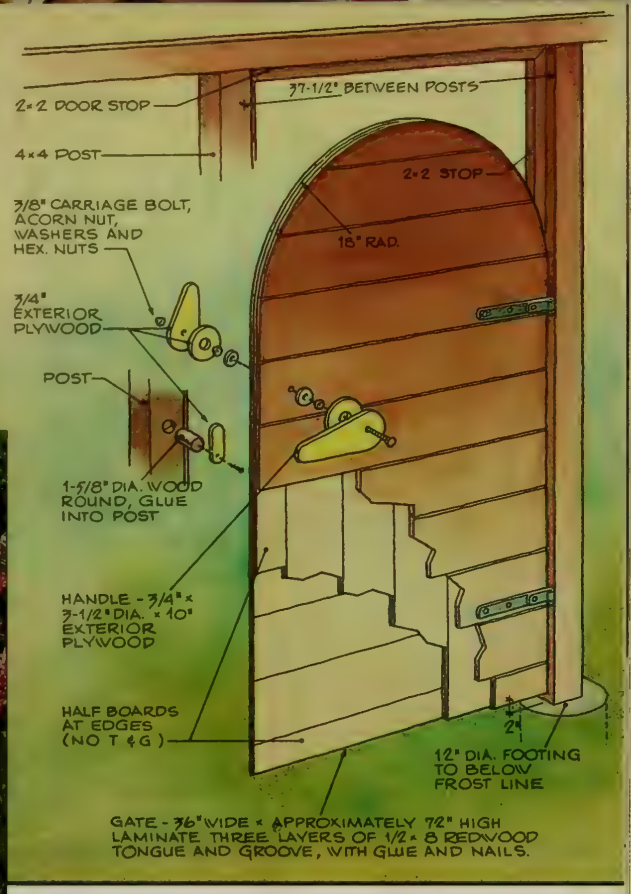
- Cut the inverse bevel detail in post tops. The bevel is ¾×3 inches all the way around the post top.
- Dig footing holes 2 feet deep. Position the 4×4s 48 inches on center.
- After the concrete has set, attach the cap rails and one side of the trim with 4-inch lag screws.
- Mark off equal points around the trim as your guide for cutting the rays.



2 STURDY SIDE-YARD GATE

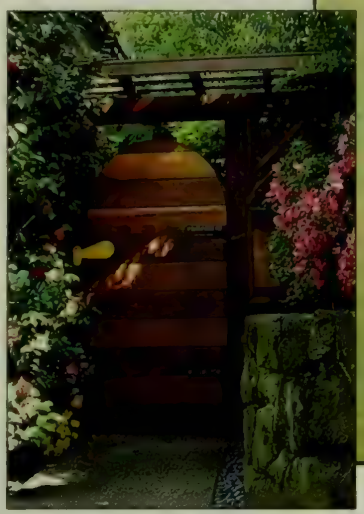
One of the best ways to shape up a neglected side yard is to install an eye-catching gate or screen. A gate will add interest to this otherwise hard-to-landscape portion of your yard. It will also provide security and privacy for your backyard. The all-redwood gate (*below*) fits snugly between the house and a low rock wall along the lot line. Flowering shrubs like camellias and azaleas planted on each side of the pathway help soften the lines of the structure.

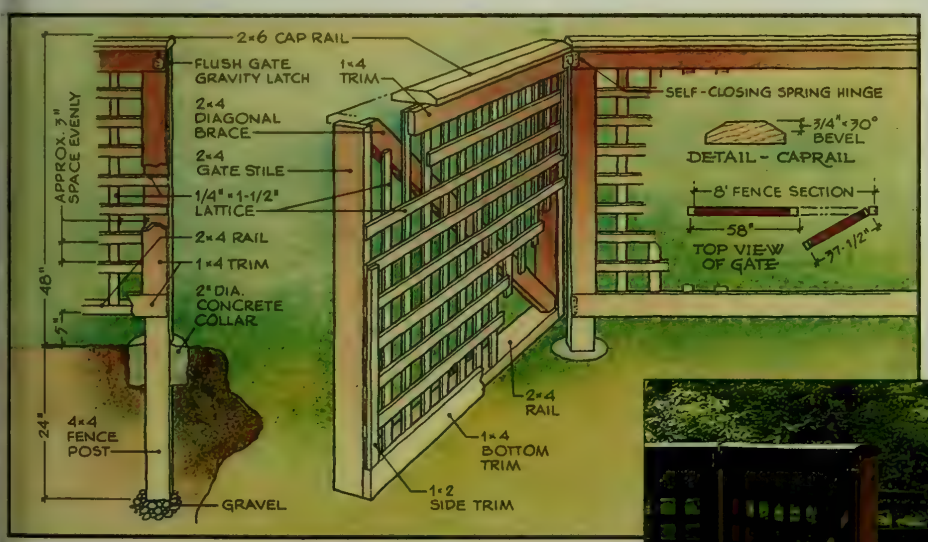
Photograph: Ernest Braun. Field editor: Helen Heitkamp. Design: Gary Marsh



Install One in Your Landscape

- Make the gate from ½×8-inch tongue-and-groove cedar or redwood. Assemble with finishing nails and some waterproof glue.
- Construct the center section of the gate first with six 76-inch boards, then sandwich this center section between outer layers of eleven 48-inch boards.
- Cut to a finish size of 36 inches wide by 72 inches. Then cut the 18-inch arch that forms the gate top.
- Shape a handle and install with washers and a stove bolt. Hang the gate carefully with a 10-inch screw hook and strap hinge.





Set Posts in Concrete

- Use 4×4s for the fence posts and 2×4s for the gate frame. Cap both fence and gate with a 2×6 that has a ¾-inch, 30-degree bevel on both edges of the top side.
- Brace the gate with 1 diagonal 2×4. Square fence sections need no bracing.
- Add ¼×1½-inch lattice. Then trim with horizontal 1×4s and vertical pieces of lattice.

3 FAR EAST FENCE AND GATE

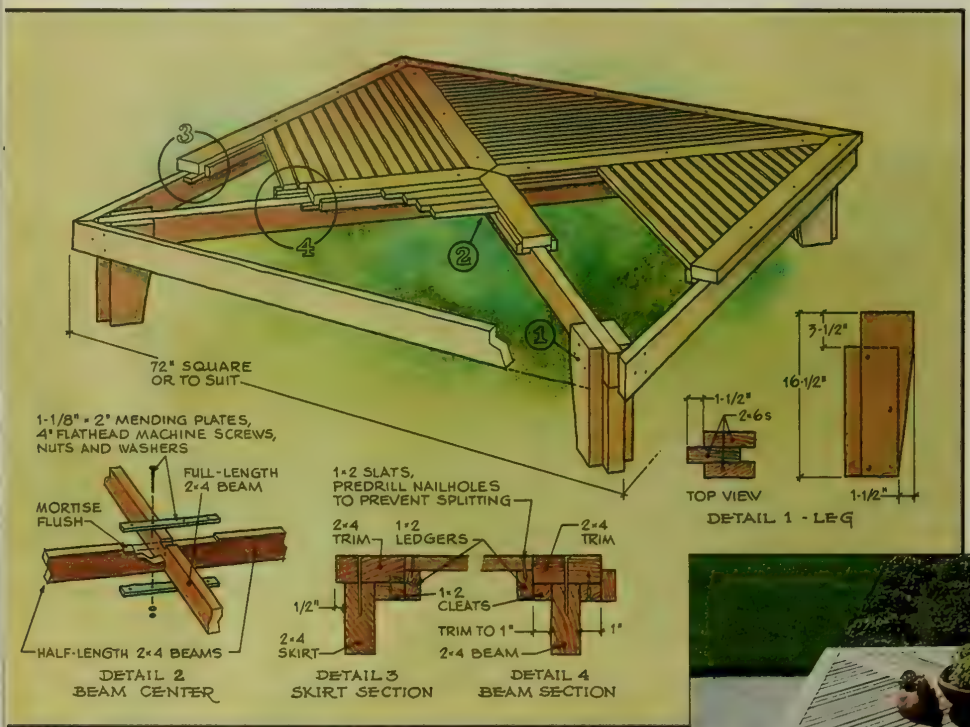
Turn a painfully plain backyard into an exotic, outdoor retreat with this fence and gate (*below*). It looks at home in any landscape.

Photograph: Maris/Semel. Field editor: Bonnie Maharam. Design: Schlick Landscaping



◆ YOU CAN DO IT! ◆

7 GREAT PROJECTS



4 POSH OUTDOOR TABLE

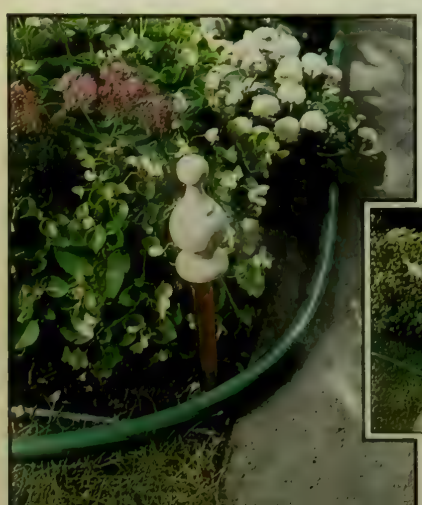
This elegant, low-slung patio table (*left*) is as versatile as it is good-looking. You can use the table to display your favorite potted plants, or as a serving table during your next outdoor party. If you like, you can even add cushions and turn this sturdy project into a bench or sunning platform. The table is built entirely from cedar lumber.

Photograph: Karlis Grants. Field editor: Cathy Howard. Design: Huntington-Kiest

Adjust the Size to Fit Your Yard

- Begin by assembling the 2×6 parts of the legs with 2¾-inch No. 8 wood screws and waterproof glue.
- Assemble the 2×4 frame with miter joints; assemble the crossed beams with mending plates, and then join frame and beams with the top trim.
- Now turn the assembly over on a perfectly flat surface. Attach the legs and the 1×2 cleats and ledgers.
- Turn the table upright and install the 1×2 slats.







5 HANDY GARDEN HOSE GUARD

Flattened flowers are a thing of the past when you install our handy hose guards (*left*) along your garden border. Once on duty, these garden guards won't budge when you yank your hose against them.

Photographs: George Ceolla

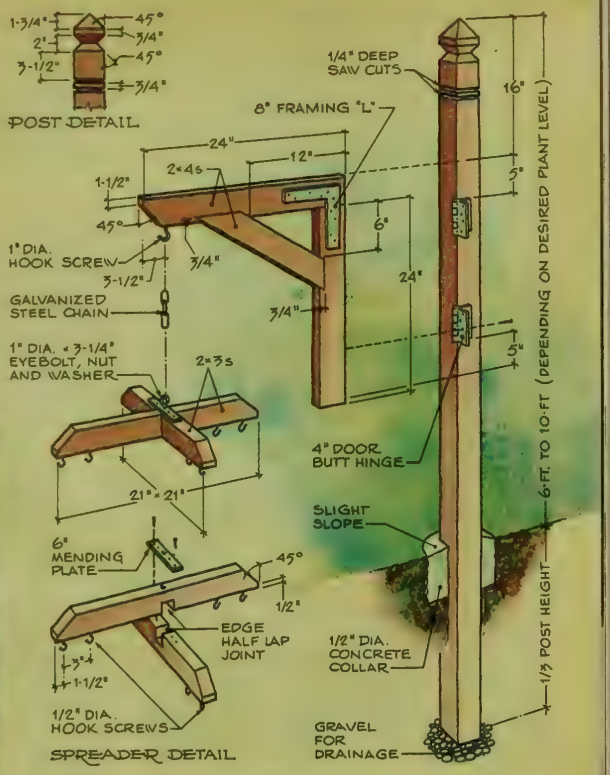
Build More Than One

- Make the hose guard from a 3-inch furniture square of mahogany, 2 feet long; a ¾-inch-diameter dowel, 1 foot long; wood finial; ⅞-inch (inside diameter) copper pipe, 8 inches long; and a large flat washer with a hole slightly larger than ⅞-inch diameter.
- Cut a 7-inch bevel on all four sides of one end of the furniture square to form a point.
- Bore dowel holes in square and finial.
- Insert dowel in square; add washer, pipe, and finial.

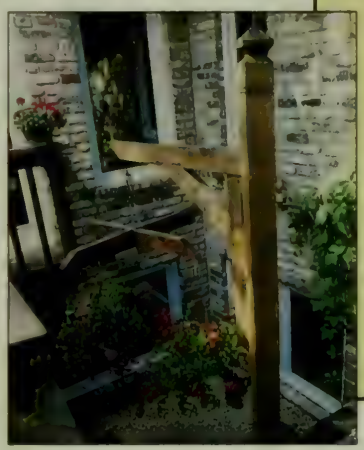
6 NIFTY PLANT HANGER

If the view from your basement windows is blocked by a porch, deck, or wall, you can brighten the outlook with our nifty plant hanger. The hanger (*below*) holds four pots of blooming plants that can be suspended at any level you want. The arm of the planter is hinged so you can swing the flowers closer whenever you need to water or to remove faded blooms. Ivy geranium, trailing petunia, lantana, fuchsia, trailing nasturtium, and lobelia are all excellent choices for hanging basket culture.

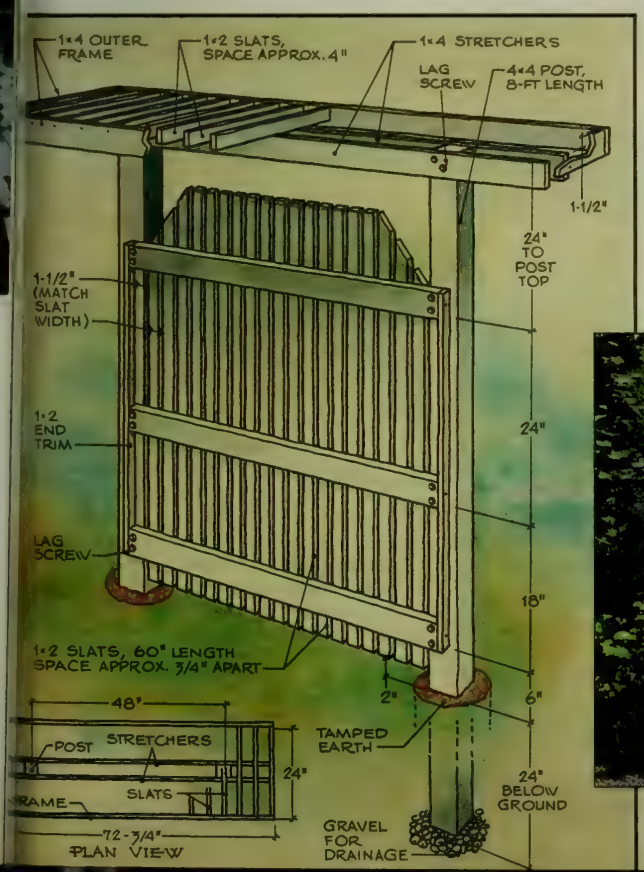
Photograph: William N. Hopkins. Field editor: Pat Carpenter. Design: Brian Ingvalson



Making a Plant Hanger Is Easy



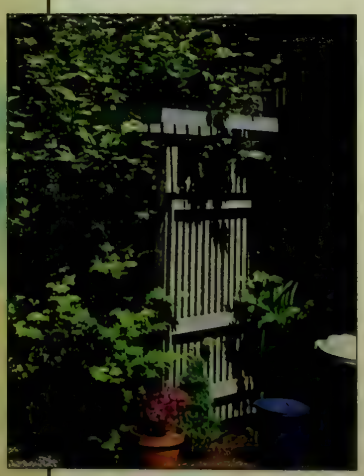
- Cut the top detail in your post and then make the ¼-inch cut details about 6 inches below the top.
- Make the support, then mortise the hinges, and attach the support before you start to bury the post in the ground. Bury the post to a depth equal to one-third its height; fill the entire hole with soil and a 1-foot collar of concrete.
- Join the spreader pieces with a half-lap joint and a mending plate for support.
- Hang spreader with an eyebolt. Add screw hooks.



7 HIDE-IT-ALL UTILITY SCREEN

Keep garbage cans, power meters, garden hoses, and other necessary but unsightly items out of view with this handsome utility screen. The screen (*below*) looks great on its own, or you can team it with a shrub or vine for added color and camouflage. Here, a bright green Japanese maple helps block the view. The top of the structure is also a good place to summer hanging pots of houseplants.

Photograph: Karlis Grants. Field editor: Cathy Howard. Design: John Herbst, Jr.



Try This as a Weekend Project

- Use pressure-treated wood for the screen.
- Attach the slats to their 2×4 rails with 6d galvanized finishing nails. Then attach the rails to the 4×4s with 3-inch lag screws.
- Add the 1×2 trim on the 2x4 ends with 10d galvanized common nails.
- Bury this assembly in the ground 2 feet deep. Use concrete to keep screen in place.
- Assemble the top, keeping the center stretchers 3½ inches apart.
- Attach to post tops with 5½-inch lag bolts and washers.

PLANS FOR PROJECTS 4,5,6 AND 7 AVAILABLE AS A COLLECTION. ORDER NO. 50640, SEE PAGE 126.

The trouble with most replacement windows is they're not enough of an improvement.



Pella Improvement Windows™ are lively exceptions to the notion that any modern replacement window is good enough. Our unrivaled energy values and lifelong easy care let you add all the light and style you want. So be daring while you're being sensible. You may add Slimshade® blinds between panes, disappearing Rolscreen®, exterior cladding that needs no painting...now *that's* an improvement.

For lots of Improvement Window and Door ideas, visit your Pella Window Store listed in the Yellow Pages under "Windows", or mail the coupon.

Pella makes your home a better place to live.

The Pella Window Store®

Windows, Doors, Sunrooms & Skylights

Please send me a free booklet on Pella window and door ideas.
I plan to ☐ build, ☐ remodel, ☐ replace.

Name

Address

City

State Zip

Telephone

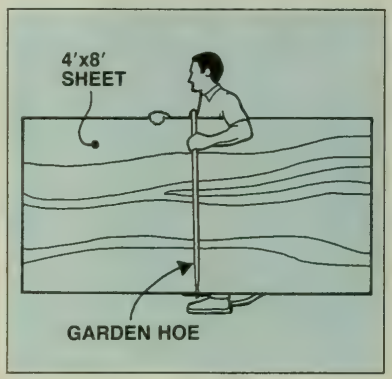
This coupon answered in 24 hours.

Mail to: Pella Windows and Doors, Dept. CO1G6, 100 Main Street, Pella, Iowa 50219. Also available throughout Canada. ©1986 Rolscreen Co

TIPS, TOOLS & TECHNIQUES

This is your column. It's the best of household tips and shop shortcuts that you do-it-yourselfers have discovered. Send us your tip. We'll send you $25 if we publish it. See the box below for details.

HOOK-A-HOE TOOL



Wield the unwieldy with this tip! Just hook a hoe under the bottom edge of 4×8 sheet goods—carry as shown.

H. Whyte, Ill.

DUSTLESS SANDING

Joint compound is great for repairing cracks and holes in plaster or wallboard walls, but there's no need to sand it smooth when it dries. You can do all the smoothing that is necessary with a damp sponge. Let the repaired area set for a day or two before feathering off the edges with the sponge. This technique produces no white dust.

S. Cain, Pa.

SPOTTY CEILING

Spots on acoustical ceilings that have been caused by condensation or a leak in the roof can be handled several ways: Spray a liquid bleach and water solution on the ceiling with a plant mister. Repeat several times if necessary. If this seems to have little effect, let ceiling dry well and then paint the spotted area with a clear shellac. When dry, paint entire ceiling.

M. Duncan, Ind.

MESSY-JOB PAN

Keep a supply of foil pie pans in your workbench. When you need to clean up a mess like paint stripper goo, just cut a pan in half to make two handy scooping pans. Use one and store the other for the next messy job.

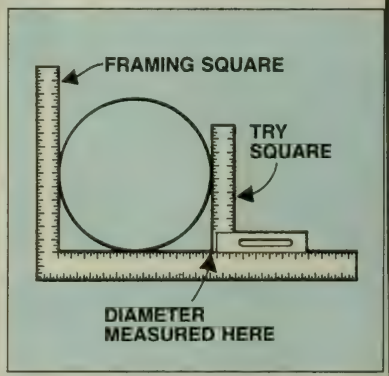
C. Pierce, Ky.

BROKEN-GLASS SAFETY

Before removing a broken or cracked windowpane, glue a sheet of newspaper to both sides of the pane with rubber cement. Now you can chip away the old putty without the danger.

B. Cooley, Ill.

GIANT CALIPERS



Small calipers are common around a workbench, but what do you do when you want to measure the diameter of something as large as a porch column or a wheel? Use a framing square and a combination square.

M. Babcock, N.J.

SEND US YOUR TIP

Do you have handy ideas or shop shortcuts you'd like to share with other readers? Mail them to Tips, Tools, and Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. Your materials will be acknowledged, but not returned. If your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept previously published ideas.



The kitchen...still the heart of the home.

The kitchen...a very special place. A place for family togetherness. It's breakfast on the run...friends over for afternoon coffee. It's peanut butter and jelly sandwiches after school or popcorn late at night. What's for dinner? A pot roast simmering, or maybe tonight it's just leftovers. A place for family talks and happy memories.

The kitchen...where the family meets for loving connections. We at Merillat understand why the family comes together. That's why we design and build our kitchens with care. We want our kitchens to be a part of your life for a long time.

It's the most important room in your home and we feel it deserves the very best kitchen cabinetry at affordable prices.

When you're ready to remodel or build your new dream kitchen...let your family come together in a Merillat kitchen.

Send $3.00 for your "Merillat Kitchen Kit" which contains our Kitchen Planning Guide, Do-It-Yourself Installation Guide and Product Information.

Mail to: Merillat Industries, Inc. BHGSS7/86
P.O. Box 1946, Adrian MI 49221

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP CODE _____

Merillat®
AMERICA'S CABINETMAKER™

M E R I L L A T





Space for a Spa

Where the Designer Solarian® II floor creates a look that's inviting and relaxing.

The Room



Here, an everyday bathroom and under-used back bedrooms become a very private spa that offers the greatest luxury of all—space.

There's space for an exercise area and a soothing whirlpool bath.

There's space for a twin-sink vanity with a well-lit makeup mirror.

There's convenient built-in storage for toiletries and cosmetics and a generous linen and towel closet.

And a frosted skylight fills the room with the soft glow of natural light.

This master bath is full of exciting and useful ideas. We've mentioned only a few here. If you'd like additional photos, a complete floor plan, and product information, fill out the coupon below.

The Designer Solarian II Floor

The striking contemporary look of this Armstrong Designer Solarian II floor begins with Inlaid Color™. With most no-wax floors, the color and design are just printed on. Designer Solarian is different.

Its uncommon richness is the result of Inlaid Color, an exclusive Armstrong process that builds up the design with thousands of vinyl granules—creating a crafted look no printed floor can match.

And Designer Solarian II floors have another beautiful difference—Armstrong's extra-durable Mirabond® XL surface that keeps its like-new look far longer than ordinary vinyl no-wax floors.

See Designer Solarian floors at your Armstrong retailer, listed in the Yellow Pages under "Floor Materials." Floor Fashion Center® stores offer the widest selection of Armstrong floors.

Armstrong

so nice to come home to



FREE OFFER. For additional photos, a complete floor plan, and product information, write or call the toll-free Armstrong Consumer Line. Ask for Dept. 6FBH 1 800 233-3823

Send to: Adventures in Space, Dept. 6FBH, PO Box 3001, Lancaster, PA 17604

Name _____

Street _____

City _____ State _____ Zip _____

Fiber-design copyrighted by Armstrong

TABLETOP DRESS-UPS

TO CHANGE THE LOOK OF YOUR TABLEWARE

By Jim Williams

A quick change of accessories gives your tableware a whole new image. Instead of an expected floral arrangement, be inventive and substitute a surprise of everyday objects. Search your house for small antiques or interesting collectibles, or check your garden or grocery store for items that will make innovative table decorations that are easy on the wallet.

Here's how to define different moods—and captivate guests—with a variety of table linens and inexpensive and imaginative centerpieces.



Evoke a European flavor for an elegantly formal affair.

European Elegance

Crisp white linens (*right*), starched and pressed, could be family heirlooms or finds from last Saturday's flea market. Here, a bountiful arrangement of red cabbage, grapes, and a single lily stars as a centerpiece reminiscent of the great masters' paintings.

Rustic Naturals

Dried grasses and pretty, smooth stones (free for the taking) set the tone for this rustic tabletop (*right*). An antique Indian basket and a hand-carved goose decoy continue the theme. For an eye-catching bit of color, spark the setting with bright turquoise napkins and a pair of pomegranates.



PHOTOGRAPHS SCOTT LITTLE

For a relaxed gathering, try low-key, natural textures.

Buying Information

"Damascene" dinnerware, Fitz and Floyd
P.O. Box 81537, Dallas, TX 75381
"Josephine" water goblet, Villeroy & Boch
41 Madison Ave., New York, NY 10010
"Pantheon" glass, Riedel Crystal
Box 446, 24 Arco Rd., Bohemia, NY 11716
"Indulgence" dessert bowl, Crown Corning
3041 Tanager Ave., Los Angeles, CA 90040
"Morning Gold" flatware, Kirk Stieff
800 Wyman Park Rd., Baltimore, MD 21211

continued



THE STAINLESS WASH™... IT'S MORE THAN JUST CLEAN CLOTHES.

We think a washer should do more than get your clothes clean. And that's what the Stainless Wash™ is all about. Clean clothes that look better longer, because they're washed in the Speed Queen stainless steel tub.

Our stainless steel tub lasts a lifetime without chipping, corroding or getting rougher with use, unlike porcelain tubs. In fact, our exclusive stainless steel tub gets smoother every time you do your wash. Because it doesn't ever get abrasive, there's less fading and less fraying. That means your clothes look their best longer.

When you buy a Speed Queen, you'll get more than clean clothes. You'll get a Stainless Wash,™ and all the dependability and durability that Speed Queen guarantees.



Speed Queen's side-by-side pair and the Speed Queen Ultra-Mate.

MADE TO RUN AND RUN AND RUN AND...

©1986 Speed Queen, A Raytheon Company

Speed Queen

A **Raytheon** Company

continued

TABLETOP DRESS-UPS

Whether you're planning a festive party or just tonight's supper, you can add a special touch to dinnertime. Change the look of your table decoration to complement your dishes by using different objects that you have on hand. Let your imagination guide you to discovering a multitude of both fancy and everyday looks. Once you begin, you'll find it easy to create exciting tabletops.

French Romance

Pile on lots of coordinating florals—from china to place mats and table skirt (*right*). Then add the surprise of an oversize plaid napkin.

Color and scale are the key. Similar hues and pattern sizes keep things neat. A centerpiece of simple baskets with dyed eggs sets up the not-too-fussy and extra-fast focal point.

American Country

If Americana and anything that's country is your love, add a dash of blue denim and homespun linen to your flower-sprigged dishes (*right*).

To further carry out the theme, add a favorite country collectible, such as these ceramic and antique sheep to share center stage with fresh, fresh daisies in a vintage yellowware bowl.



A subtle, romantic French air complements flower-patterned china.



Add an American country touch with homespun linen and denim.

PHOTOGRAPHS: SCOTT LITTLE

Buying Information

"Frijsenborg" china, Royal Copenhagen
Holland Ave., White Plains, NY 10603
"Tulipa" wineglass, Block
11 E. 26th St., New York, NY 10010
"Tennyson" flatware, Oneida
Oneida Silversmiths, Oneida, NY 13421



DRESS·IT·UP!



CELEBRATE YOUR STYLE WITH GOOD SEASONS.®

It all starts with our special blend of herbs and spices that you mix up fresh.

Make it exotic. Substitute ¼ cup red-wine vinegar for your usual vinegar in the Good Seasons® recipe. Try raspberry or balsamic vinegar, too.

Mix it creamy. Blend Good Seasons Salad Dressing Mix with 1 cup sour cream, ½ cup mayonnaise and ½ cup of milk. Great on pasta salad, too.

Create a marinade. Combine ⅓ cup of lemon juice with 1 envelope of Good Seasons. Add ⅔ cup of salad oil and mix well.

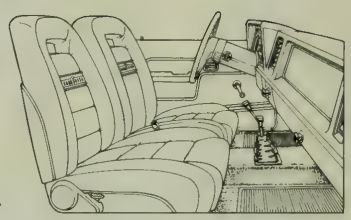


Just think what you can do with it.

© 1986 GENERAL FOODS CORPORATION

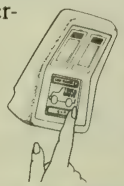
Ford Bronco II. You can wear it anywhere.

Bronco II's combination of design and toughness lets you take it anywhere. And for '86, it offers new "Touch-Drive" 4WD shift option... the most powerful V-6 in its class... and high-style Eddie Bauer editions.



The Bronco II boasts a heritage of tough Ford quality. Its smart but practical design is enhanced by the Eddie Bauer model's special interior luxury and exterior styling.

Yet it has all the power and toughness you need to go 4-wheeling through rough terrain. And 4-wheel traction is always available to help get you and the family through winter snow.



Touch & Go!

Just push a button and Ford's new electric "Touch-Drive" option automatically kicks from two-wheel drive into four high. The traction you want in all-weather driving is there instantly. You don't have to stop, get out, or shift.

New V-6 power!

Ford pours on the power with the new 2.9L fuel-injected V-6 engine. It makes the '86 Bronco II most powerful in its class. You can climb high mountains or join fastpaced freeways with assured power, ready at your command.

Comfort with style.

Sit back and surround yourself in first class luxury. In the Eddie Bauer Bronco II, styling starts where it counts—with dual Captain's Chairs, for the ultimate in riding comfort.

There's also special two-tone paint, cast aluminum wheels, tilt steering wheel, cruise control and more. Plus Eddie Bauer tote and garment bags. And Ford's Extended Maintenance and Limited Warranty coverage. Ask to see this warranty when you visit your dealer.

Best-Built American Trucks.

At Ford, Quality is Job 1. A 1985 survey established that Ford makes the best-built American trucks. This is based on an average of problems reported by owners in the prior six months on 1981-1984 models designed and built in the U.S.

Lifetime Service Guarantee.

Participating Ford Dealers stand behind their work, in writing, with a free Lifetime Service Guarantee for as long as you own your Ford car or light truck. Ask to see this guarantee when you visit your participating Ford Dealer.

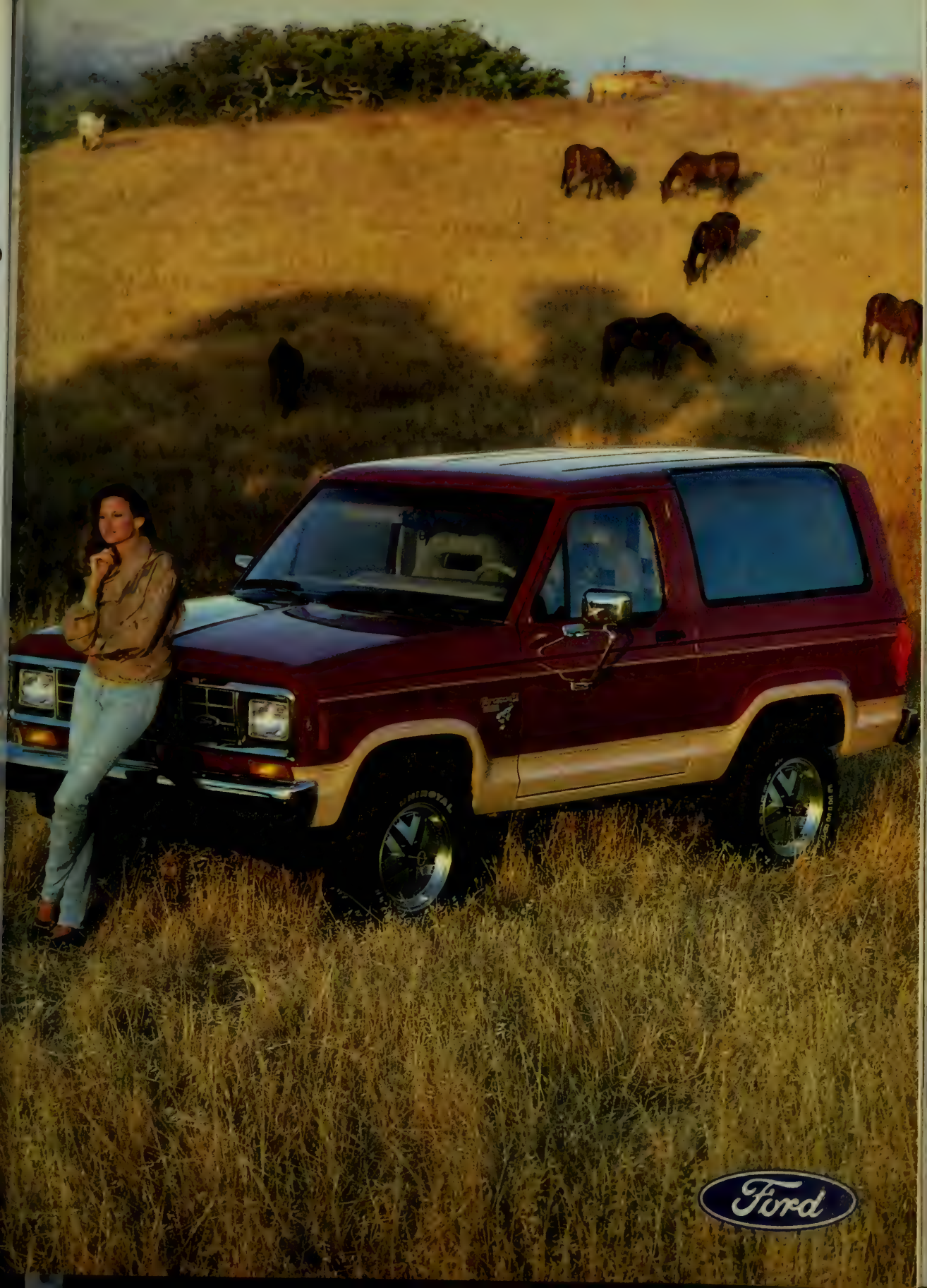
Buckle up—together we can save lives.



FORD BRONCO II

BEST-BUILT AMERICAN TRUCKS

Built Ford Tough


Ford



Now, a revolutionary new way to prepare turkey.

Slice it.

Sharpen your knife. That's all the preparation you'll need to have turkey at its most tender and juicy.

You see, at Louis Rich,™ we roast the turkey for you. To perfection. But more important, we've taken the time to hand-carve that lean, white meat whole from the bird (each piece looks a little different but, then again, no two turkeys look alike). Our natural shape tells you we're always juicy and naturally delicious.

Now that we've made our Breast of Turkey so easy to prepare, you can't help but notice how easy it is to serve. Any day of the week. And for a savory change of pace, try the recipe we've included below. It's yet another great way to have turkey at its best.

It took Louis Rich to make turkey so luscious, so light. It took Louis Rich to make turkey so right.

Turkey in Tarragon Cream

1 pound Louis Rich Oven Roasted Breast of Turkey
1 tablespoon butter 1 tablespoon flour ¾ cup milk
2 tablespoons chopped fresh parsley ½ teaspoon tarragon
½ cup sour cream 1 tablespoon Dijon mustard

Cut turkey into ¼-inch slices; set aside. Melt butter on medium in large skillet. Stir in flour, parsley and tarragon. Gradually add milk, stirring constantly until thickened. Add turkey. Bring to a boil; turn down heat. Cover. Simmer 10 minutes. Place turkey on platter. Stir sour cream and mustard into sauce. Do not boil. Serve with turkey. 4 servings.

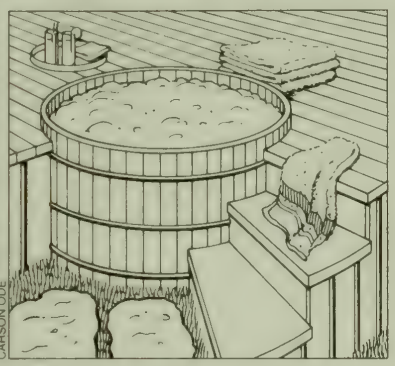


Louis Rich™

Turkey so right.

Care Tips for Hot Tubs and Spas

Your hot tub or whirlpool spa will give you years of enjoyment if you pay some attention to upkeep. Even the hardiest materials suffer from exposure to water, chemicals, and weather (for outdoor units). Regular care will minimize the damage.



CARSON ODE

Routine maintenance for hot tubs

Nearly all hot tubs are made of wood, and wood requires special care.

- Always keep the tub at least partially filled, a little less during wet times of the year, a little more when the weather is hot and dry. That way, you'll preserve the natural tightening effect water has on wood. (Tubs that have dried out—especially more than once—often leak and are difficult to repair.)
- Every two or three months, drain the tub and clean every square inch with a scrub brush. Be sure to clean hard-to-get-at areas around seats and valves.
- If the tub is exposed to weather, brush on a coat of exterior finish three or four times a year. A solution of linseed oil works well on most tubs. (Never seal the interior; it must remain porous to preserve its watertightness.)
- Protect the metal hoops with an occasional coat of rust-fighting paint.

Routine maintenance for spas

Most spas are made of fiberglass, a material that's tougher than wood. They nevertheless require upkeep.

- To prevent scale buildup, test periodically for mineral balance. Many experts now think that scale is caused by water that's too soft, not too hard, so don't rely on water softeners to eliminate scale problems.
- As you would with a hot tub, drain the spa every second or third month for a complete cleaning. Brush away any mineral deposits and algae (you should do this routinely in any case), and then scrub the whole spa with a detergent—preferably a liquid cleaner.
- While the tub is drained, remove water stains from the tiles along the water line by washing them with a weak acidic solution (muriatic acid is a good cleaning agent). Be sure to flush out the interior thoroughly before refilling it.

Special maintenance problems

Eventually, too much chlorine or overly acidic water can damage the wood in hot tubs. The resulting deterioration shows up as white streaklike strands on interior surfaces.

The remedy isn't complex, but it does require some work. After draining the tub, allow it to dry for a day and a half, then sand it thoroughly. Use a power sander first, then finish with hand sanding.

Even water-tightened wood will leak occasionally. Use string caulk to stop leaks between staves, applying it either inside or outside the tub. To plug leaks where the staves and floor meet, do the job on the inside only. If leaks persist, the tub may not be sitting level.

After prolonged neglect, a fiberglass spa loses its glossy appearance, and getting the sheen back is very difficult. To preserve it, apply a coat of wax to the surface every six months or so—sooner if you notice the inside looking dull or faded. Most retailers keep on hand a supply of a special wax for fiberglass.

Though fiberglass is a remarkably tough customer, its finish also may blister or crack after a while. Unless you're an expert at repairing fiberglass, hire a professional to do this kind of work.



Cruise The Chesapeake Bay

Featuring Colonial Williamsburg

American Cruise Lines invites you and your family to come aboard for 7 glorious days this summer. Sample 18th century life in historic Williamsburg. Have a fun-filled day at Busch Gardens-The Old Country; old-time European villages, thrill rides, magic shows and much more.

American Cruise Lines will show you Colonial America like no one else can. Aboard the M/V AMERICA, your family will enjoy more public space per passenger than any other cruise line!

For reservations, call 1-800-243-6755, in CT 345-8551 collect. Or see your travel agent.

Reservations office open 7 days a week, including Sundays. CALL NOW!

AMERICAN CRUISE LINES INC
HADDAM, CONNECTICUT 06438

Please send me your free deluxe brochure on Mississippi River & East Coast Cruises.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ BHG-786

The Only Automatic Pool Cleaner That Does It All...

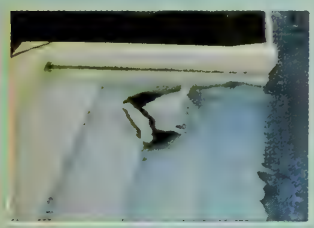
VACUUMS - FILTERS - SCRUBS
POOL BOTTOMS, SIDEWALLS AND STEPS

AquabotPlus™
by AQUAPRODUCTS®

NEVER AGAIN WILL YOU HAVE TO SCRUB OR VACUUM YOUR POOL BY HAND



The Aquabot knows when to climb the sidewalls; and steps, scrubbing and vacuuming them until they're free of every type of fine and coarse dirt.



The Aquabot Plus is a totally self-contained, automatic pool cleaner with built-in suction pump, computer controlled drive motor and its own filter bag. It operates totally independently of your pool filtration system.

- **Built in Filtration System —** Removes pebbles, hair and even dust and algae. Filters up to 4500 gallons per hour.
- **No installation required —** No special pumps or connections to your pool filter are needed.
- **Lightweight —** Even a ten-year-old can pull the unit out of the pool and clean its filter bag (approx. once a week).
- **Cleans any size and shape pool –** The Aquabot Plus is powerful enough to vacuum and scrub any sized residential pool.



- **Cleans any type —** Gunite, tile, vinyl, fiberglass or concrete are all vacuumed and scrubbed easily and safely.
- **Scrubbing Action —** Heavy-duty polymer brushes loosen stubborn dirt and even algae growth.
- **Low voltage —** Operates on only 24 Volts for complete safety and efficiency (costs less than 2 cents per hour to operate).
- **Totally automatic —** Pre-programmed, just drop the Aq bot Plus in the pool. It will clean yo entire pool while you sleep, and sh itself off when done.
- **Save energy and money —** Due to its high filtration rate and e ciency, you can cut the running tim of your pool filter by several hours day. You will save hundreds of dolla each year.

AQUA PRODUCTS, INC.
946 Main Street, Hackensack NJ 07601
In New Jersey - 201-487-0900
In Canada - 416-886-2120

For Further Information or the Dealer Nearest You, Call Toll Free:

1-800-526-4203

If Busy or After 5pm Eastern Standard time
1-800-554-5656

REMODELING

HIS-AND-HER

DRESSING CENTER

Master the art of luxurious living with an elegant dressing room for your bath. This center, with its well-planned vanity, is full of ideas for grooming in style.

Once a spare bedroom, the dressing area (*right*) now forms part of a gracious master suite. An L-shaped vanity wraps one side of the room; closets line the opposite wall. Slatted oak cabinets and ceramic tile countertops add a touch of old-world charm.

Thoughtful amenities cater to a couple's grooming needs. The oversize sinks feature swing-away faucets, soap dispensers, and pullout-sprayers—extras that make it easy to shampoo or rinse out delicates by hand. To keep the vanity clutter-free, a central section of the countertop flips up to reveal a magnifying mirror and cosmetics storage. A graceful stool slides underneath for seating.

Tall, wraparound mirrors spark the design with lively reflections. Because careful grooming requires lots of light, there are recessed fixtures both above and below the glass.



His-and-her sinks flank a classic dressing table.

Photographs: William Hopkins. Architect: Baer & Hickman. Design: Masterplan Design. Field editor: Margo Plemone

We build our stoves without compromise.



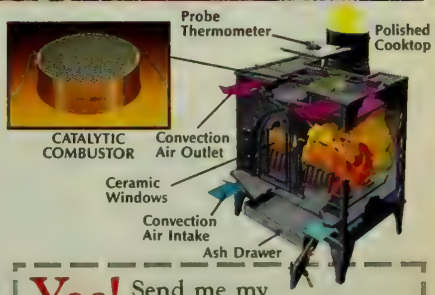
/hen considering a stove or fireplace insert, it's difficult to know what atures are important. At Consolidated Dutchwest, our approach is very raightforward. We build our stoves without compromise. All the important atures are built-in. We start with safety. Each unit exceeds all safety stanards. All models, including every fireplace insert, are clean-burning and mploy the latest catalytic technology. To very safe operation we add efficieny. Using our stoves, our customers consistently report fuel savings of 50%, 0%, even 90%. You too can expect exceptional savings.

All Cast-Iron, Airtight Construction

)ur cast-iron stoves are carefully built from ure, virgin gray iron. They are airtight to ne point that even our smallest stoves can old a fire through the night. All models, inluding inserts, have polished cooktops. Most urn both wood and coal, load from front nd side, and have ash drawers for easy leaning. Ceramic glass windows are standard, s is a screen for open-hearth burning. Styling is classic, elegant Federal.

Free Corning Catalytic Combustor

To encourage everyone to take advantage of the most important advance ever in the technology of safe, clean woodburning, we are giving away a free Corning Catalytic Combustor with every stove purchased this season. A combustor can increase the efficiency of your stove as much as 50%, while reducing creosote build-up and pollution 90%. It's a must for clean safe wood burning.



Yes! Send me my free information package.

I plan on purchasing a stove:

☐ within the next 60 days ☐ in the next 6 months
☐ in the next year ☐ in more than one year
☐ uncertain

Name_____

Address _____

City/State_____ Zip_____

Write or Call Today for your free information package!

Including the 76-page color Stove Catalogue, "The Stovebuyer's Guide," Installation Planner, and pricing details.

1-800-225-8277
(in Massachusetts 617-747-1963)

Consolidated Dutchwest

Box 1019, Dept. 6BH7, Plymouth, MA 02360

YOU CAN DO IT!

CLOSET CASES

By Denise L. Caringer, Robert E. Dittmer, and Gayle G. Butler



BILL HOPKINS, SCOTT LITTLE

BUY 'EM!

Get rid of closet clutter! Our pick of buyable and buildable organizers will help you store more—in style.

RAISE YOUR SIGHTS
Replace a lone closet pole with a *Closet Doubler* ($80 from *J.C. Penney*), and long dresses and coats finally will have a home. Vertical bins and shelves stow other gear.

CLUTTER CUTTERS



HINGE HOOK—Turn the back of your bedroom or closet door into a mini closet. Just remove the hinge pin, add the hook, and replace the pin. Two for $6, from *Hold Everything.*



HANGERS—These will get you organized! One hanger holds five pairs of trousers; others corral belts, scarves—even slippery spaghetti-strap dresses. $4.50 and up, from *Hold Everything.*



MINI CEDAR CLOSET—Hang one over the closet pole to protect your woolens from destructive insects. The cedar fragrance is a nose-tingling bonus. $105, from *Hold Everything.*



PULLOUT RACKS—Don't lose your belts and ties amid closet chaos! These racks put them within easy reach, yet consume only a few inches of closet space. $15 each, from *XTENDABLES.*

CREATE A CEDAR CLOSET—at a minimal cost—with aromatic red cedar particleboard panels (package of six 16×48 panels, $22, from *Sears*). Simply cut as needed and glue into place. Cedar-front drawers ($25 and $37, from *Sears*) stack to stow folded clothing or linens beneath hanging shirts.



HAMPER ON WHEELS—It glides smoothly in and out of any closet. Vertical partitions ease laundry sorting; durable canvas means no-fuss convenience. $30, from *Hold Everything.*



BINS—Made of colorful, sturdy plastic, they stow lots of kids' toys. Roll them out for child's play; slide them back into the closet to keep clutter out of sight. $18 each, from *Hold Everything.*



HAT BOXES—They protect more than hats today. Use them for scarves, lingerie—whatever. Pretty colors and patterns beautify your closet, too. $60 a pair, from *Hold Everything.*



GRID RACK—Hang it on the back of a closet door to gather a clutter of "readables" or "wearables" into two neat and handy baskets. About $28, from *Hold Everything.*

Buying information, page 128.

YOU CAN DO IT!

CLOSET CASES



PERRY STRUSE

BUILD 'EM!

For truly custom storage, build it yourself! Make our simple units in the workshop, then slip them in a closet for instant order.

JUST FOR KIDS

Open shelves, low rods, and clear storage bins encourage children to dress themselves. Thanks to adjustable hardware, you can raise the rods as kids grow.

HOW-TO HELPERS



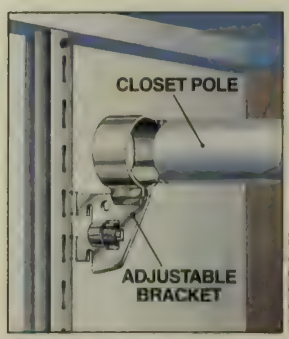
● Size the units to your closets; leave clearance for them to fit through closet doors. Make the kid's unit of ½-inch plywood, using glue-and-nail butt joints. Add the top shelf once unit is installed.



● See-through plastic bins stow clothes for little ones, then convert to extra shoe storage as children get older. A 15-inch-wide shelf is just right for two side-by-side bins.



● Anchor the unit to the closet floor with 1½-inch corner braces, two on each side. Now, add the top shelf, and nail through its apron into the back and sides of the closet wall.

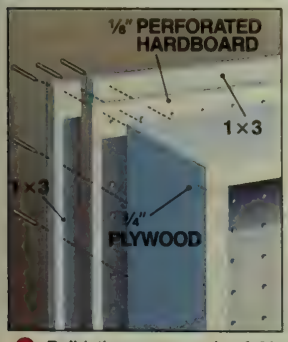


JIM BUCKELS LTD.

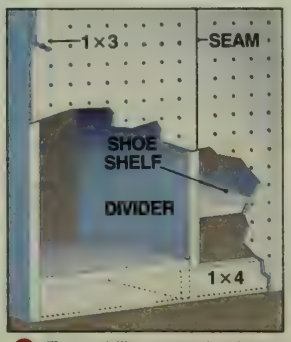
● Adjustable hardware clicks and tightens into heavy-duty shelf standards. For extra support, notch out the baseboard and set the end of the shelf standard flat on the closet floor.

To order Project No. 50637, see page 126.

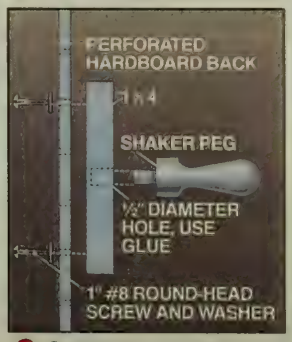
NITTY-GRITTY SPORTS CLOSET—Our ventilated design welcomes sweaty jogging suits and grimy sports equipment you wouldn't *dare* store elsewhere. Perforated hardboard lets air circulate around damp clothes; generous shelves handle bulky gear.



● Build the sports unit of ¾-inch plywood and perforated hardboard, again using butt joints. On the back, three 1×3s hold the unit away from the wall to let air circulate.



● For stability, run a 1×4 support rail across the base at the back of the unit. Notch out the center vertical dividers to accept the rail; abut the rail against the unit's sides.



● Construct a peg rail out of 1×4 hardwood and purchased Shaker pegs. When the unit is complete, anchor it to the floor and back wall of the closet with corner braces.

MORE TIPS

- **In sizing the sports unit, allow 2 inches clearance from both sides of closet.**
- **For closets with narrow doors, recess insert at least 9 inches from front of closet.**
- **Mount rods 12 inches from back of closet for adults; 8 inches for kids. For rods over 4 feet long, add a center support brace.**
- **To store heavy items, support shelves with 1×2 cleats.**

Buying information, page 128.

◆ YOU CAN DO IT! ◆

NO-SEW QUILTS

Traditional Designs in Paint and Paper

By Rebecca Jerdee



PAINT A SMALL AMISH-INSPIRED QUILT

This 24-inch square design is an inexpensive substitute for the real thing.

●SELECT A DESIGN from a quilt book. Before you begin painting, work out the design's measurements on a piece of scratch paper. Then, plan the placement of colors.

Using a metal yardstick and a light pencil, draw the shapes on a newly painted wall (*right*). When you establish the lines, check them with a level. Or, if you have a metal level, use it as a straightedge for drawing the lines of the design.





●TAPE THE AREAS of the design, starting with the lightest. Smooth the edges of the tape securely along the drawn lines with your fingertips. (Avoid pressing entire width of tape onto wall.) With high-quality latex paints, brush on the lightest color. Pull the tape away gently within three minutes of painting. Repeat for the medium and dark colors (*left*), drying between coats. Remove tape and touch up.

Imagine sleeping with one of these in your bedroom.



When you buy a ceiling fan these days you never know what you're getting.

Even at lowest speeds, some can sound a bit noisy. At high speeds they can shake and rattle like an old biplane.

So how can you be sure of getting a quiet, smooth-running fan? Buy a *Hunter Original.*

Hunter's cast-iron construction and precision-balanced hardwood blades prevent wobbling. And the motor comes with a written limited lifetime warranty.

But more important, our unique "oil bath" lubrication keeps it running silently as a whisper. Year after year after year.

Granted, you may pay a little more for a Hunter. But you'll sleep a lot better, too.



Hunter.
The Quiet Fan.

Hunter... Building The Best For Over 100 Years.

© 1986 Hunter Fan Co. 2500 Frisco Ave., Memphis, Tenn. 38114. (901) 743-1360.

continued

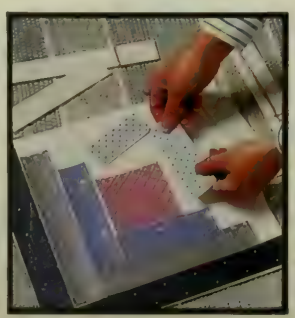
NO-SEW QUILTS

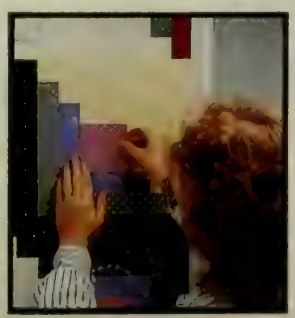


PAPER A LOG CABIN DESIGN ON A WALL

Gather wallpaper books, map the design on paper, and fit it to your wall.

PLAN ALL PIECES by number, sizes, and colors you will need to cut for the completed design. Tear pages from wallpaper books and cut pieces on a paper cutter. Or, use a crafts knife and metal straightedge, if a paper cutter is not available. (You may need to piece strips.) Measurements must be exact for a perfect fit. Arrange each block on a paper "tray" cut to the size of the quilt block design (*right*).





MARK "BLOCKS" with a pencil. (Use a level to check lines.) Paint *vinyl* wallpaper paste in the lower left corner block. Beginning with the lightest strips and lowermost corner, lift strips one at a time from the paper tray and press onto the paste. Finish blocks quickly to prevent glue from drying. Work diagonally across design, placing dark "furrows" of one quilt block next to dark "furrows" of another (*left*).

Only our best. We guarantee it.

For quality you can count on, it's Pittsburgh Paints.

Discover Pittsburgh Paints today. They're the ones with the customer satisfaction guarantee printed on every can.

Pittsburgh Paints is the leader when it comes to appearance, ease of application, durability and the development of colors that last!

We satisfy all your painting needs.

PITTSBURGH PAINTS

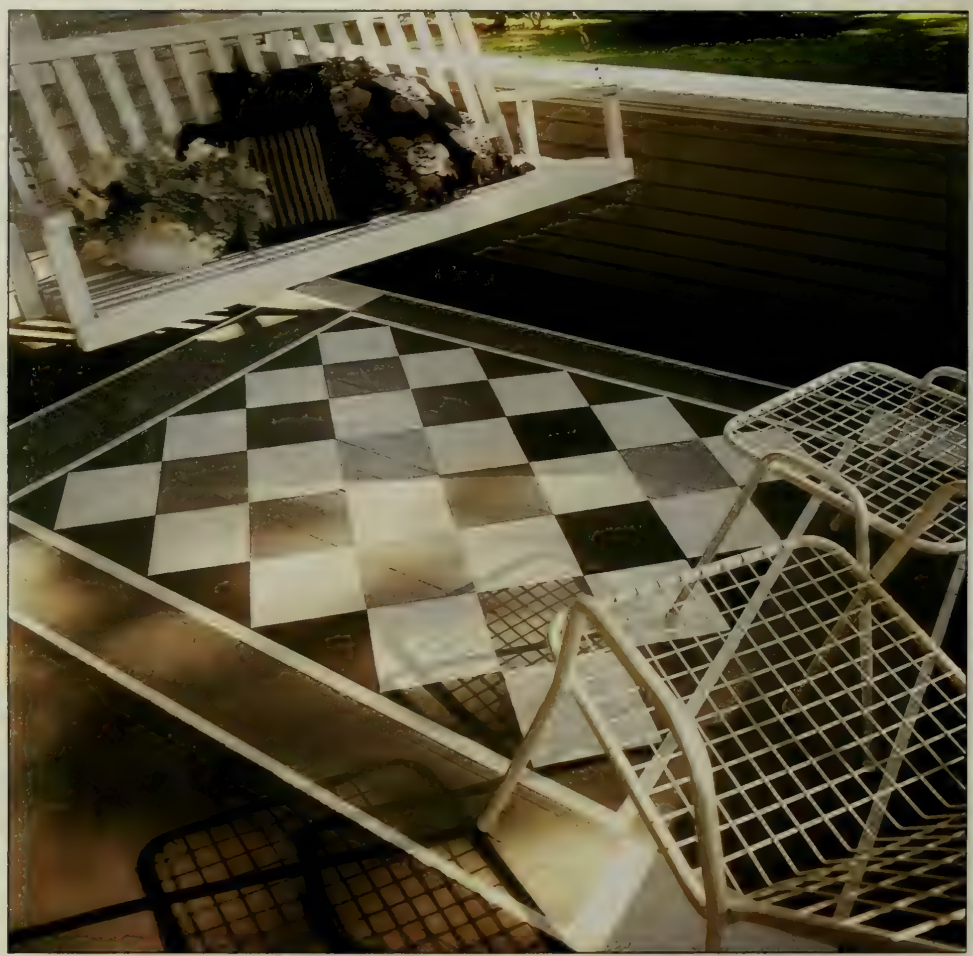
Only our best. We guarantee it.



continued

◆ YOU CAN DO IT! ◆

NO-SEW QUILTS



TURN A QUILT DESIGN INTO A PORCH RUG

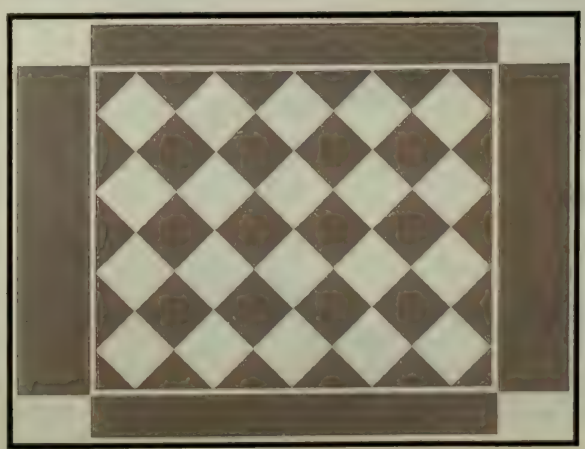
Mix gray and white deck paint in different proportions for various shades.

MARK THE PERIMETER OF THE RUG on the floor using a pencil and a metal yardstick. (Use a right angle to keep corners square.) Paint the rug area white after taping its edges with masking tape; allow to dry thoroughly.

Follow the diagram (*right*) to draw the design, fitting the patchwork to your rug area. (Fasten lengths of string with tape from one side of the design to the other to establish straight lines.)

Select several patches from the rug that are not adjacent to each other; tape off and paint with one of the gray shades you have mixed. Pull tape away and dry thoroughly. Repeat for several more patches using another gray shade. Repeat again until all gray patches are filled.

When all of the masking tape has been pulled away and the paint is completely dry, touch up the lines with an artist's brush.



Buying information, page 128.

Design: Rebecca Jerdee. Photographs: Scott Little

THANKS FOR MAKING US AMERICA'S FIRST CHOICE IN VALUE.

You've done it America.
You've discovered that you don't have to pay more for quality.
You've discovered Purex. America's first choice in value.



Another good place to find what's in NutraSweet®



Over half the food you eat today will contain what's in NutraSweet. It's nothing mysterious. NutraSweet® brand sweetener is made from two building blocks of protein (amino acids, in more scientific lingo).

They're just like those found in fruits, vegetables, grains, meats and dairy products. And your body treats them no differently than if they came from a peach or a string bean or a glass of milk.

Which is all the more remarkable considering that NutraSweet tastes just like sugar. That's sweetness you can enjoy. And feel good about.

NUTRASWEET® BRAND SWEETENER

YOU CAN DO IT!

ALL-THUMBS DECORATING

Even if you're "all thumbs" around the house, you can customize furnishings and give your home one-of-a-kind style! Here's how.

By Denise L. Caringer and Robert E. Dittmer



PHOTOGRAPHS: BILL HOPKINS, SCOTT LITTLE

PAINT OLD FURNITURE

With elbow grease—but little money—you can create the cottage-style charm of white-painted furniture.

Scout secondhand stores for pieces with chunky, turned legs and scrolly carving. Next:

- Glue any loose veneer.
- Fill where needed.
- Sand, sand, sand!
- Spray with two or more coats of glossy white enamel.
- Wrap chair pads with fabric; staple on back.

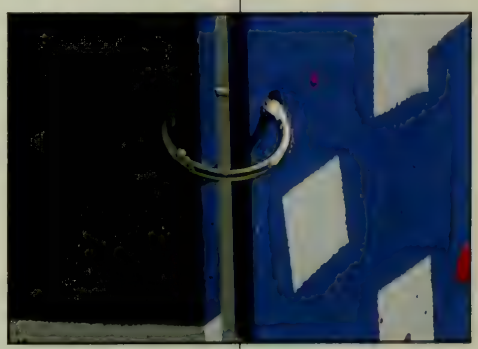
ALL-THUMBS DECORATING



FENCE IN A RADIATOR

A handful of pickets equals one great radiator cover. For kid-pleasing style, add fire-engine-red paint and *Collage*'s fabric and wall covering. (Hint: for the valance, snip fabric into random "pickets," then treat edges with a liquid "no-fray" product. It's as easy as, well, "one, two, three!")





DESIGN AN ARTSY SCREEN

If you have something to hide, camouflage it in style. The artful demeanor of this low screen belies its simplicity:

- Cut fiberboard into four pieces; drill holes 6 inches apart.
- Paint the panels white, using two coats if needed; let dry.
- Use masking tape to create boldly geometric patterns.
- Now paint the panels blue. When dry, peel off the masking tape and sprinkle the panels generously with red paint.
- Assemble with book rings (from an office-supply store).



BUILD COLUMNS AND A MIRROR "WINDOW"

Dramatize a dull wall—and wow your friends—with this Palladian put-on. It takes an hour and some tape (from an art-supply store) to turn the *Sears* mirror into a neoclassical "window." (Hint: overlap 1-inch snippets of tape to create the rounded portions.)

These columns require little skill, ordinary lumber, and round plumbing caps.

Column how-to, page 127.

YOU CAN DO IT!

ALL-THUMBS DECORATING

LET BORDERS ADD DRAMA

Cross the border between ho-hum decorating and eye-stopping style. A gutsy paint job and *Laura Ashley*'s checkered wallpaper border dramatize a humble, unfinished storage unit and a blank wall. For a knockout finale, display low-cost cardboard masks (from a costume shop or theatrical store) within a homemade picture frame.



USE READY-MADES FOR FAST RESULTS

With ready-made furnishings, you can "romance" any room—fast! Turn-of-the-century charm materializes today in *Ralph Lauren*'s curlicued wicker table (in foreground) and armchair, both made by *O'Asian*. If you can sew a straight seam, you can pull the room together with coordinating *Ralph Lauren* fabrics. Wrap the seat cushion, stitch up a simple shirred valance, and make toss pillows for the sofa. The complementary table skirt requires no sewing: just cut whatever size circle you need from a sheet, then treat the raw edges with a liquid "no-fray" product.



YOU CAN DO IT!

ALL-THUMBS DECORATING



TIE UP SOME BANDANNA PILLOWS

Create an armful of fresh toss pillows—in a flash—with ready-made fabric squares, such as napkins or bandannas. Just sandwich a pillow form between two squares. For an easy, no-sew finish, gather the fabric at each corner and tie with the appropriate cording or ribbon.

BUY AN ARMOIRE, CRAFT A "WINDOW"

Flank a mattress and box spring with *Sears'* unfinished pine armoires, and you have the makings of a great sitting spot. For rustic ambience, leave the armoires unfinished, wrap the bedding with *L.L. Bean*'s buffalo plaid blankets, and add lots of pillows. No window? No problem! Screw acrylic mirror to the back of new or salvaged window sash. A basic box of plywood and paneling (nothing fancy—use butt joints) creates the display ledge.

MAKE A BOWLING BALL TABLE

In some *fancy-schmancy* Italian furniture shop, a table like this might cost hundreds of dollars. In our tongue-in-chic version, ½-inch acrylic tops four used bowling balls that rest on homemade open-ended squares of wood. Unpainted canvases complete the, uh, spare setting.






NORTHAMPTON

ALL-THUMBS DECORATING



BUILD VERSATILE PLYWOOD BOXES

Anchor a kid's bed with homemade plywood boxes. Use tall boxes to harbor a mattress that floats on a boxy platform. Set the theme with *Marimekko* linens and wallpaper border; sew pillows from an extra sheet. For nautical windows, paint a porthole on canvas; insert a grommet in a lower corner. To open, fold back diagonally and slip the grommet over a hook on the opposite side of the window.



CREATE AN INSTANT SLIPCOVER

Refresh any old ottoman *fast!* Cut a square from *J.P. Stevens'* paisley sheet; hem or treat edges with a liquid "no-fray" product. Lay fabric over the ottoman, wrap pretty cording around the sides, and tie. (The cording may show, depending on the ottoman's style.) The finale: pin a satin bow to each corner.



TURN RAG RUGS INTO PILLOWS

Kids—who inevitably end up on the floor—will love these rag-rug pillows. Roll one around foam sheeting and tie with rope. Or, fold the rug in half, whipstitch the sides, and stuff with an old pillow or pillow form. (The open end makes laundering easy.)



PAINT YOUR OWN FLOORCLOTH

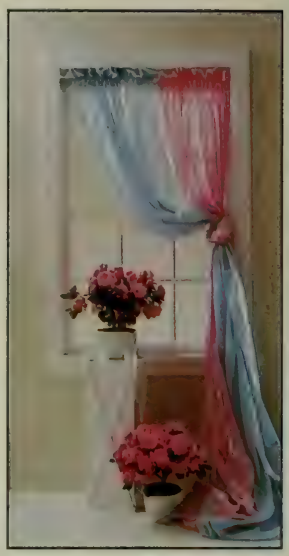
Here's a recipe for a tangy floorcloth using acrylic paints and a humble drop cloth. Hem the canvas to the size you want, paint it black, crumple it for texture, then lay it flat to dry. Now, dip disposable cups into paint and "garnish" the cloth liberally with citrusy lemon and orange "rinds."

YOU CAN DO IT!

ALL-THUMBS DECORATING







PIN UP A TABLECLOTH SWAG

Make this casual, countrified swag in five minutes. Fold a square tablecloth in half, tie the edges together with string or ribbon, and tack to the window trim with pushpins.

TURN LACE RUNNERS INTO CURTAINS

Old-world charm appears instantly when you use *Sears* table runners as curtains. Just clip the lacy runners to cafe rings and slide them over a tension rod. For a frilly fillip, loop one side back.



DRAPE A WINDOW

Here's a budget solution to your knotty window problem. First, sew rod pockets into two lengths of gauzy fabric. Now, gather onto a tension rod, loop to one side, knot, and hold in place with a tack or pushpin.

PAINT A LADDER

Bibliophiles, you'll want to check out this "library ladder." Start with an unfinished pine stepladder ($10 or less), then paint it to suit your style. (Or, stain it and paint the exposed hardware black.)

In no time at all, you'll be able to review all of those hard-to-reach books on the top shelf.

Buying information, page 128.



MAKE SHUTTERS AND A HEADBOARD

Stop dreaming about that country home or barn. Create the fantasy—now—with a bucolic headboard "fence" (of crating lumber) and shutters (of cross-braced, rough-sawn boards). For finesse, domesticate these "barnyard basics" with a wash of white stain, raspberry walls, and *Martex*'s romantic botanical-inspired linens.

YOU CAN DO IT!

KITCHEN CABINET FACE-LIFTS

By Gregory D. Cook

RENEW, REFACE, OR REPLACE!

RENEW WITH PAINT AND STENCIL

Take up brush and roller for an inexpensive overhaul.



BEFORE
This entire kitchen was streaked with paint from an amateur attempt at "antiquing," so popular in the '60s.

AFTER
Now, the same kitchen sports a fresh face. Deep blue lower cabinets and off-white uppers set a stylish backdrop for classic stenciling. You can do it, too!



GEORGE CEOLLA

HERE'S HOW!

PAINT POINTERS

Before stenciling, we carefully prepared the surface, then painted for a whole new look.

- **WASH** away the grease with trisodium phosphate (TSP) or a heavy-duty floor cleaner.
- **SAND** well by hand or with a vibrating sander.
- **WIPE ON** liquid sandpaper (a deglosser that helps prepare the surface for paint).
- **FILL** any defects with a nonshrinking wall repair compound. Sand smooth.
- **PRIME** with a quick-dry, oil-base primer. Sand lightly when dry.
- **FINISH** with two coats of satin latex. Now you're set to stencil!

Buying information, page 128.



1 POSITION STENCIL and mark boundaries with a pencil line.



2 DAPPLE by tapping with a roundhead brush.



3 PEEL BACK THE MASK to reveal the finished product.



4 REPLACE OLD HARDWARE for a new look.

◆ YOU CAN DO IT! ◆

KITCHEN CABINET **FACE-LIFTS**

REFACE WITH PLASTIC LAMINATE

Cover up problem doors with slick new laminate.

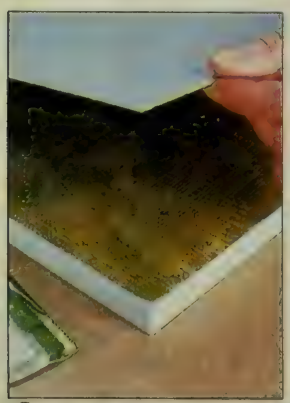


▲ BEFORE
Badly in need of updating, this kitchen featured old, molded doors that were beat up and hanging off center.



AFTER ▶
Can you believe the difference? Knocking off the molding and refacing with plastic laminate really changes things. New ceramic tile helps too.

HERE'S HOW!



1 SOLID-COLOR LAMINATE costs more, but produces an edge that looks seamless. Cut pieces ½ inch oversize with a carbide-tipped cutting tool or on a table saw. Use contact cement to glue the edge strips and faces.



2 HANDY LAMINATE TRIMMER scores a line for the final cut. Break off the laminate along the line and use a double-cut hand file to smooth the edge. Or, if you have a router, use a laminate cutting bit to trim.



3 REFACE THE BOXES by sanding all surfaces well so that the glue adheres. Brush contact cement on the back of the laminate and the front of the cabinet rails. Let dry, then carefully position and stick the pieces.



4 FILE THE EDGES by hand or trim them with a router. If you use a router, keep it moving to prevent burning as you cut. Hand-file edges where the router can't reach. With either method, be sure to follow with a light sanding.

KITCHEN CABINET **FACE-LIFTS**

REPLACE CABINET DOORS

Pull off a super transformation with new door fronts and glass inserts.



▲ BEFORE
This kitchen needed some zip. The hardware and door fronts were dingy and in need of repair.

AFTER ▶
Replacement doors with glass inserts liven up these cabinets and enhance their traditional look. Solid wood doors are an alternative.



HERE'S HOW!



1 ORDER YOUR OWN replacement doors and install them yourself at half the cost. Give the retailer or manufacturer a diagram locating all doors and drawer fronts. Include the size of all openings measured rail to rail.



2 PREPARE THE OLD cabinet boxes by washing them with a heavy-duty cleaner. Then paint, refinish, or cover with matching hardwood veneer backed with adhesive. Applying this new product requires no contact cement.



3 LEADED GLASS fits neatly into a cutout on the back of frame-only doors. Silicone caulk applied to the edges bonds the glass permanently. Clear, translucent, and etched-glass inserts are available.



4 REPLACEMENT DOORS shown here mount fully on top of the existing frames. These are the easiest to install. Hang doors with overlay cabinet hinges. Lipped or flush-mounted doors require their own type of hinge.

SUMMER ICES!



COOL!

PAPAYA ICE

A warm-weather pleasure that's lighter than ice cream, sherbetlike in texture.

PAPAYA ICE

1 cup sugar
2 fresh papayas (about 1 pound total), peeled, seeded, and cut up *or* two 15-ounce cans mango slices, drained
2 tablespoons lemon juice
Several drops yellow food coloring (optional)

In a 2-cup measure stir sugar into 1 cup warm *water* till dissolved. In a blender container or food processor bowl combine *half* of the sugar mixture, *half* of the fruit, and *half* of the lemon juice. Cover and blend or process till smooth. Remove. Repeat. Stir in food coloring.

Pour into a 9x5x3-inch loaf pan. Cover; freeze for 4 to 5 hours or till almost firm. Transfer to a chilled large mixer bowl. Beat with an electric mixer on medium speed about 2 minutes or till fluffy. Return to cold pan. Cover and freeze 6 hours or till firm. Serves 8.

Nutrition information per serving: 127 cal., 0 g pro., 33 g carbo., 0 g fat, 0 mg chol., 3 mg sodium. U.S. RDA: 31% vit. A, 81% vit. C.

Buying information, page 128.

PHOTOGRAPH: WILLIAM P. SLADEK FOOD STYLIST: FRAN PAULSON

By Lynn Hoppe

Add to your summer fun with one of these frosty, fruity treats. As summer cool-downs, they're great. They start with two of the season's best—papayas and berries.



BERRY ROSÉ SORBET

Wine and cinnamon add elegance to this refreshing summer dessert.

BERRY ROSÉ SORBET

- 1½ cups fresh *or* frozen strawberries *or* raspberries
- 2 cups rosé wine
- ½ cup sugar
- ¼ teaspoon ground cinnamon
- 4 teaspoons cornstarch

Thaw frozen berries. In a blender container combine berries and wine. Blend till nearly smooth. If using raspberries, strain, if desired; discard seeds.

Bring wine mixture, sugar, and cinnamon to boiling, stirring to dissolve sugar. Reduce heat; boil gently for 2 minutes, stirring often. Stir 2 tablespoons *water* into cornstarch. Stir into the wine mixture. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Cool for 1 hour. Turn into an 8x8x2-inch pan. Cover; freeze 4 to 5 hours or till almost firm. Break into chunks. Turn into a chilled large mixer bowl. Beat with an electric mixer on medium speed till fluffy. Return to cold pan. Cover; freeze 6 hours or till firm. Makes 6 servings.

Nutrition information per serving: 167 cal., 0 g pro., 25 g carbo., 0 g fat, 0 mg chol., 6 mg sodium. U.S. RDA: 35% vit. C.

YOU CAN DO IT!



FEEDING THE FOLKS

3 COMPLETE MEALS FOR FAMILY REUNIONS

By Barbara Atkins

PICNIC LUNCH

Laughing, crying, hugging, kissing, reminiscing—and eating! That's the heart of family reunions!

A fun-filled picnic in the park is a classic way to gather generations. Make it fun for all with these easy-to-pack foods. They'll delight gramps and babes alike!

For a pleasin' brunch and dinner, read on.

RECIPES BEGIN ON PAGE 67.
Buying Information, page 128.

MENU
FOR 20

EASY ANTIPASTO TRAY

▲

BUILD-YOUR-OWN STEAK SANDWICHES

▲

SUMMER VEGETABLE BAKE

▲

TRIPLE-BEAN CASSEROLE

▲

GINGERED FRUIT SLAW

▲

GAZPACHO PASTA TOSS

▲

NO-CHOP POTATO SALAD

▲

TOTABLE BERRY TARTS

▲

ON-THE-SPOT SPICE CREAM

MAKING IT WORK FOR 40 OR 60

ROASTS REPLACE STEAKS

● For the sandwiches, cook beef rump roasts. Then, slice and marinate the meat before serving.

EXTRA SALAD IS EASY

● There's no peeling or chopping when you use frozen hash brown potatoes to make potato salad. Just cook an extra bag or two of them and increase the dressing.

TARTS TURN COBBLER

● From the pastry, make stars instead of tarts. Pour the berry filling into a pan and top with the stars.

ICE CREAM IN THE PARK

● Gather up extra ice-cream makers—two to serve 40; three to serve 60. Bring all the ingredients to the picnic site and crank the ice cream right outdoors.

FOOD PHOTOGRAPHS: MYRON BECK. FOOD STYLIST: MABLE HOFFMAN


ON-THE-SPOT SPICE CREAM
TOTABLE BERRY TARTS
TRIPLE-BEAN CASSEROLE
BUILD-YOUR-OWN STEAK SANDWICHES
SUMMER VEGETABLE BAKE
EASY ANTIPASTO TRAY
GINGERED FRUIT SLAW
GAZPACHO PASTA TOSS
NO-CHOP POTATO SALAD

CRISPY CHEDDAR CRACKERS
A rich, cheesy snack that'll keep 'em reaching for more.

VEGETABLE BARLEY SALAD
Toss together vegetables, barley, and a tangy dressing.

MAKE-AHEAD HAM 'N' EGG BAKE
A gussied-up version of scrambled eggs.



YOU CAN DO IT!

FEEDING THE FOLKS

BRUNCH

Celebrate your generations with a sunny midmorning feast. Keep hosting simple with this make-ahead menu.

RECIPES BEGIN ON PAGE 94.

MENU
FOR 15

CRISPY CHEDDAR CRACKERS
▲
MAKE-AHEAD HAM 'N' EGG BAKE
▲
VEGETABLE BARLEY SALAD
▲
ON-CALL FRUIT COMPOTE
▲
SPICY BRAN SCONES
▲
MIX-AND-SERVE APPLE PUNCH



MAKING IT WORK FOR 40

MAKE ROUND CRACKERS SQUARE

● To make a bunch of crackers fast, roll out the dough directly on the baking sheet. Then, use a fluted pastry wheel to cut the cheesy dough into attractive squares.

FINDING FRIG SPACE

● Clear out your refrigerator before your get-together to make room for the scrumptious brunch foods you'll be serving. If you still need extra space, see if a neighbor has an empty refrigerator shelf you can fill.

DOUBLE-BATCH EGGS

● You'll need two 2½-quart casserole dishes to hold the egg casserole. If you have only one, put half of the recipe in a 13x9x2-inch baking pan.

MIX A HEFTY SALAD

● Make the 40-serving-size barley salad the night before the brunch. Cook the barley in an 8-quart Dutch oven, then stir together the salad right in the same pan. Divide the mixture between two large serving bowls and place the bowls in the refrigerator to chill.

ONE-READY, ONE-WAITING COMPOTE

● Divide the fruit and topping for the doubled fruit compote between two serving dishes. Serve one of the dishes and keep the other chilled till the first one is gone.

ONE-PAN SCONES

● Make, freeze, and reheat the scones in pie plates.

PITCH-IN PUNCH

● Ask a cousin to bring the chilled punch ingredients. You can mix it up right on site.

CREAMY HERB DIP
Serve pattypan and yellow squash slices with this dip.

SAVORY PITA CRISPS
Bake seasoned pita pieces till crisp and crunchy.

GRILLED SPICED HENS
Rub hens with seasonings that mimic barbecue sauce.

DILLED CORN AND PEA PODS
Cook this colorful side dish at the last minute.



YOU CAN DO IT!

FEEDING THE FOLKS

DINNER

They're your family! Go all out and treat them to this elegant yet easy-to-make dinner.

RECIPES BEGIN ON PAGE 98.

MENU
FOR 10

SAVORY PITA CRISPS
▲
CREAMY HERB DIP
▲
GRILLED SPICED HENS
▲
DILLED CORN AND PEA PODS
▲
GREENS WITH PARSLEY DRESSING
▲
PECAN CORN MUFFINS
▲
SLICED MELON WITH LIME-POPPY DRIZZLE
▲
CHOCOLATE LADYFINGER LOAF



MAKING IT WORK FOR 30

DIP AND CRISPS FOR ALL

● Fill two cabbage-leaf bowls with the herb dip, then surround each with plenty of pita crisps. Set the plates around the room so your relatives can nibble while they reminisce.

TIMESAVING BREAD

● Instead of baking 30 muffins, spread the batter in round baking pans. To serve, cut into wedges. Want to save even more time? Bake this nutty bread ahead. Then, freeze and reheat right in the pan.

GRILL TWO TURKEYS

● To serve a crowd, grill turkeys instead of Cornish hens. You'll need two covered grills, so plan to borrow one from a friend, relative, or neighbor. (*Or,* grill one turkey and roast the other in your oven.)

GLAZE THE TURKEYS

● Transform the spice rub for the hens into a glistening glaze by adding a jar of orange marmalade. Brush over the turkeys during the last few minutes of grilling.

TUNNEL CAKES FOR DESSERT

● To simplify making dessert, start with two white angel food cakes from your bakery. Hollow them out and fill with the decadent chocolate mixture from the ladyfinger loaf.

CUSTOMIZE A DELI MELON BOWL

● Order a carved melon shell filled with a colorful assortment of melon balls from your local deli. Make the drizzle ahead of time, then pour it over before serving for your own custom fruit bowl.



FEEDING THE FOLKS

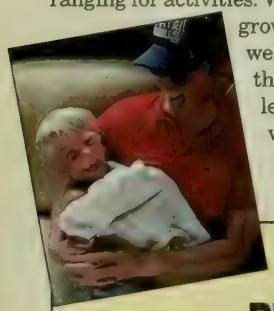
HINTS FOR HOSTING A FAMILY HOMECOMING

THE PLAN Enlist a committee of relatives! Have them write the foods and cleanup chores on slips of paper. Let each family draw an assignment from a hat. Don't forget to draw for the families not represented at the planning session, then mail their slips.

- A rental store is a great resource for reunion gear. You can rent dishes, flatware, chairs, tables, barbecue grills, small refrigerators, and ice chests.

- Capitalize on colorful paper plates, cups, napkins, and plastic flatware. They add a festive touch to your gathering *and* short cut cleanup.

THE FUN If your family is blessed with lots of young ones, plan ways to keep them busy. Put high-school-aged nieces and nephews in charge of arranging for activities. Who knows? The grown-ups very well might join in the fun of three-legged contests, water balloon tosses, and gunny sack races.



- Color-code your immediate family! Have them all wear green shirts. If a cousin wants to know which kids are yours, say, "The two in green shirts."

- They'll want your recipes! Remind relatives to bring copies of their recipes to hand out. You may want to compile a family recipe book afterward.

THE FOOD Invite nearby relatives over a day before the big event for a cook-a-thon.

- When marking pans and utensils, keep in mind there'll be others with the same name—even initials—as you. Assign each family a certain color.

- Set mealtime; let everyone know it.

- Stock up on munchies and beverages to keep volley- and softball players energized before the main food event. See the chart below for amounts to buy.

- Let the deli save your day. Take advantage of their cheese trays, assorted bread baskets, fresh fruit plates, and salad bowls to round out your menu.

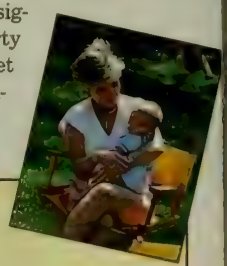
- Freeze jugs of water or fruit juice and use them as ice packs in coolers. Drink them when they thaw.

- Keep cold foods cold! Ask relatives who are bringing cold dishes to supply ice-filled coolers. That way, there'll be a place to store the food till serving time, even if your refrigerator is full.

- Keep hot foods hot! Wrap the dishes in foil or a towel and place in a plastic foam cooler (without ice, of course!) to tote. On the table, use slow cookers, electric frypans, and warming trays to keep food hot throughout the meal.

THE CLEANUP Be prepared with plenty of large plastic garbage bags. Keep several cousins busy passing around the bags as people finish eating.

- If you aren't using disposable dishes and flatware, designate a place for dirty table service. Set aside one whole table or counter specifically for this.



HOW MUCH FOR HOW MANY

BEVERAGES

Orange juice—1 gallon	32 (4-ounce) servings
Lemonade—2 gallons	32 (8-ounce) servings
Iced tea—2 gallons	32 (8-ounce) servings
Beer—8-gallon keg	85 (12-ounce) servings
Coffee—1 pound (using 1½ tablespoons per serving)	56 (6-ounce) servings
Wine—1.5-liter bottle	10 (5-ounce) servings

SNACKS

Potato chips—16-ounce package	16 servings
Cheese curls—12-ounce package	24 servings
Pretzels—12-ounce package	12 servings
Corn or tortilla chips—16-ounce package	16 servings
Sour cream dip—8-ounce container	8 servings
Mixed nuts—56-ounce container	56 servings


HOW'D YOU MAKE THOSE PIES?
VANILLA
JELL-O
instant pudding
and pie filling
Cool Whip
Non-Dairy
QUICK & EASY!





PEACHES-N-CREAM PIE

PREP TIME: 15 min.

- 1 package (8 oz.) cream cheese, softened
- 2 tablespoons sugar
- 2 tablespoons milk
- 3½ cups thawed BIRDS EYE® COOL WHIP® Whipped Topping
- 1 baked 9-inch pie shell, cooled
- 2 medium peaches, peeled, pitted and diced
- 1 package (4-serving size) JELL-O® Vanilla or Lemon Flavor *Instant* Pudding and Pie Filling
- 1 cup cold milk
- ¼ teaspoon almond extract

Beat cheese until smooth; blend in sugar and 2 tablespoons milk. Fold in 2 cups of the whipped topping and spread in crust. Top with diced peaches, pressing down lightly. Chill. Prepare pie filling mix with 1 cup milk as directed on package for pie. Add extract and let stand 5 minutes. Fold in remaining whipped topping and spoon over cheese mixture. Freeze 1 hour or chill in refrigerator 3 hours before serving. Garnish with remaining whipped topping and peach slices, if desired.



JEEPERS!

BLUEBERRY BOTTOM PIE

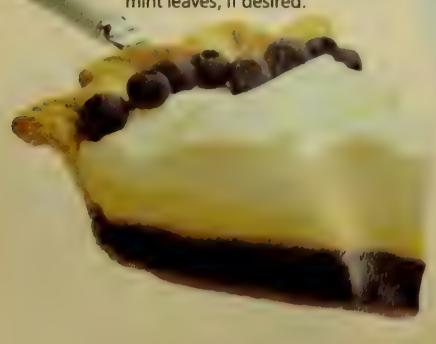
PREP TIME: 15 min.



- 2 packages (4-serving size) JELL-O® Vanilla Flavor Pudding and Pie Filling
- 1¼ cups milk
- 1½ cups blueberries, pureed (1 cup)
- ½ teaspoon cinnamon
- 1 baked 9-inch pie shell, cooled
- 2 teaspoons grated lemon rind
- 3½ cups thawed BIRDS EYE® COOL WHIP® Whipped Topping

Combine 1 package pie filling mix, ¼ cup of the milk, the pureed berries and cinnamon in saucepan. *Cook* and stir until mixture comes to a *full boil*. Pour into crust; chill. Prepare remaining package pie filling mix with remaining milk as directed on package for pie. Add 1 teaspoon of the lemon rind; pour into bowl and cover with plastic wrap. Chill about 1 hour, until cold. (Or place in freezer for 30 minutes.) Fold in 1 cup of the whipped topping and spoon over blueberry layer. Combine remaining whipped topping and lemon rind. Spoon over filling. Freeze 1 hour or chill in refrigerator 3 hours before serving. Garnish with blueberries and mint leaves, if desired.



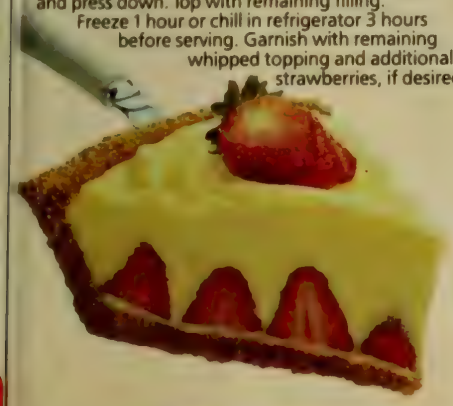


STRAWBERRY CREAM PIE

PREP TIME: 10 min.

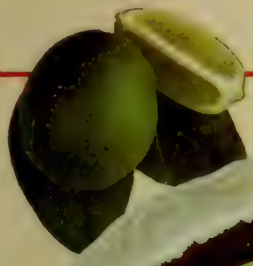
- 1 pint strawberries
- 1 package (4-serving size) JELL-O® Vanilla Flavor *Instant* Pudding and Pie Filling
- 1 cup (½ pint) sour cream
- ¼ cup milk
- 2 teaspoons grated orange or lemon rind
- 3½ cups thawed BIRDS EYE® COOL WHIP® Whipped Topping
- 1 prepared 9-inch graham cracker crumb crust

Hull berries and set aside. Combine pie filling mix, sour cream, milk, rind and 2 cups of the whipped topping in bowl. Beat with wire whisk until well blended, about 1 minute. Spoon half the filling into crust; arrange berries, stem down, in filling and press down. Top with remaining filling. Freeze 1 hour or chill in refrigerator 3 hours before serving. Garnish with remaining whipped topping and additional strawberries, if desired.





CREEPERS!





COOL LIME PIE

PREP TIME: 15 min.

- 1 package (4-serving size) JELL-O® Vanilla Flavor Pudding and Pie Filling
- 1 package (4-serving size) JELL-O® Brand Lime Flavor Gelatin
- 2 cups water ¼ cup sugar (optional)
- 1½ teaspoons grated lime rind
- 2 tablespoons lime juice
- 3½ cups thawed BIRDS EYE® COOL WHIP® Whipped Topping
- 1 prepared 9-inch chocolate crumb crust

Combine pie filling mix, gelatin, sugar and water in saucepan. *Cook* and stir over medium heat until mixture comes to a *full boil*. Add lime rind and juice. Pour into bowl, cover with plastic wrap and chill until cold and slightly thickened. Fold in 2½ cups of the whipped topping. Spoon into crust. Freeze 1 hour or chill in refrigerator 3 hours before serving. Garnish with remaining whipped topping and lime slices, if desired.



VERY STRAWBERRY PIE

PREP TIME: 15 min.

- 1 package (4-serving size) JELL-O® Brand Strawberry Flavor Gelatin
- ¾ cup boiling water
- ½ cup ice cubes
- 1 package (4-serving size) JELL-O® Vanilla Flavor *Instant* Pudding and Pie Filling
- ¾ cup milk
- 3½ cups thawed BIRDS EYE® COOL WHIP® Whipped Topping
- 1 pint strawberries, hulled and sliced
- 1 baked 9-inch pie shell, cooled

Completely dissolve gelatin in boiling water. Add ice cubes and stir until melted. Prepare pie filling mix with ¾ cup milk as directed on package for pie; let stand about 2 minutes. Blend in gelatin. Chill, if necessary, until thickened. Fold in 2 cups of the whipped topping and strawberries. Pour into crust. Freeze 1 hour or chill in refrigerator 3 hours before serving. Garnish with remaining whipped topping and additional strawberries, if desired.





Jeepers, creepers! Thanks to Jell-O® Pudding and Cool Whip,® spectacular summer pies have never been easier!

Watch your family's eyes light up to our Peaches-n-Cream and Cool Lime Pie. Cure their summertime blues with our Blueberry Bottom Pie. And watch their eyes sparkle when they see our



Very Strawberry and Strawberry Cream pies! And once your family tastes these luscious pies... Jeepers, creepers!

THAT'S HOW YOU MAKE THOSE PIES!

Birds Eye, Cool Whip and Jell-O are registered trademarks of the General Foods Corporation.

GENERAL FOODS

NUTRITION INFORMATION WITH EVERY RECIPE

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

TRACK THE BASICS

- To help you keep track of the calories, protein, fat, cholesterol, and sodium you consume each day, we include the amounts of these nutrients by gram weight per individual recipe serving for every recipe we publish.
- Check the levels of vitamins and minerals in each serving of a recipe—we state these amounts in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts.
- The U.S. RDAs are standards developed by the Food and Drug Administration. Use them as a guide to see how recipes meet your nutritional needs.

HOW WE FIGURE THE NUTRITION INFORMATION

- When ingredient options appear in a recipe, we use the first ingredient choice for the analysis.
- We omit optional ingredients from the nutrition analysis.
- We base the nutritional analysis on the first serving size if a recipe gives variable serving sizes.

USE THE NUMBERS

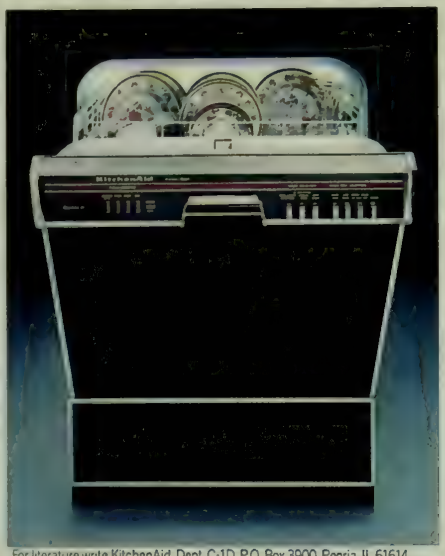
- Start by looking at the nutrients each recipe provides. Then decide that recipe's importance to your diet.
- Here are some simple guidelines based on daily needs of females, 23 to 50 years old (in general, males and teenagers need more calories):

calories—2,000
protein—45 to 65 grams
fat—85 grams
cholesterol—300 milligrams
sodium—1,100 to 3,300 milligrams

Use these as approximate figures—there's no real harm in going over or under them in any single day, but you should aim for a balanced diet overall.

continued

YOU JUST RINSED YOUR LAST DISH.



That's because KitchenAid® dishwashers have the unique Triple Filtration System with a hard-food disposer. It's so tough it can grind up food, even an occasional olive pit.

This way, dishes go straight from the dinner table to the dishwasher without the mess and bother of hand rinsing. And they still come out dazzling clean.

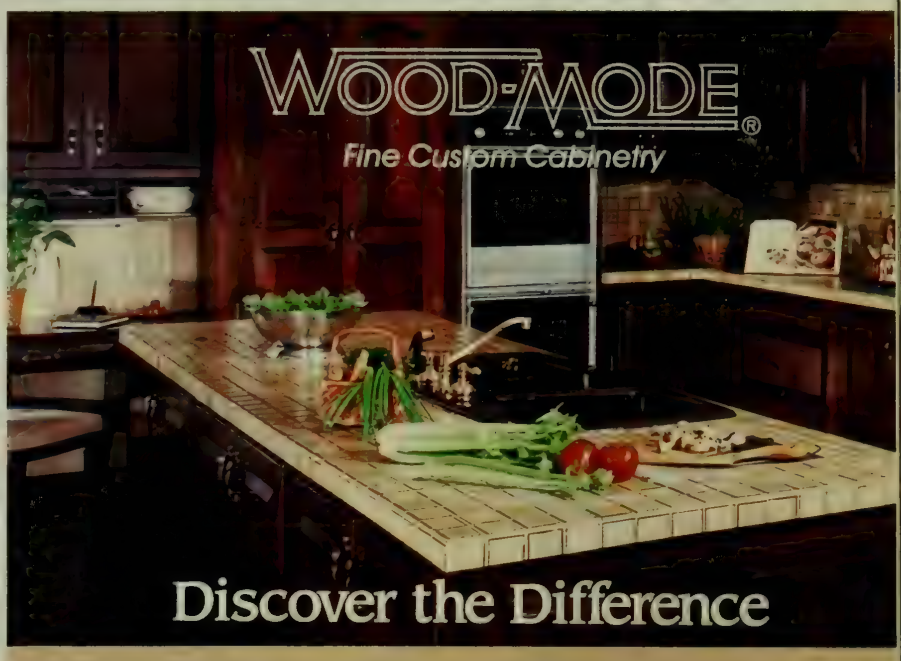
And because it's built by KitchenAid, it's built to last.

Now, doesn't it make sense to have a dishwasher that does all the dishwashing?

KitchenAid

For literature write KitchenAid, Dept. C-1D, P.O. Box 3900, Peoria, IL 61614

KITCHENAID® FOR THE WAY IT'S MADE.™



The Wood-Mode difference. Beauty. Quality. Value. Each is built into every style, every finish, every cabinet we offer. One look, one touch and you'll discover the difference for yourself. And, like so many others, you'll discover why Wood-Mode has become the best selling line of custom-built cabinetry in America.

Send today for our new catalogs; 92 pages featuring beautiful color photographs of actual installations from across the country.

Send name, address and $5.00 to: Wood-Mode Cabinetry, Dept. 4B, Kreamer, PA 17833.

KINGSFORD'S BEST BARBECUES

For great barbecue flavor, trust your best barbecue recipes to the tried and true cooking fires of Original Kingsford® and Kingsford® With Mesquite Charcoal.

BARBECUED BEEF SKEWERS

1½ to 2 lbs. flank steak	1 cup water	½ tsp. ground ginger
1 cup finely chopped onion	¼ cup brown sugar	½ tsp. grated lemon peel
1½ tsp. minced garlic	3 Tbsp. soy sauce	Dash of hot pepper sauce
3 Tbsp. vegetable oil	2 Tbsp. peanut butter	3 lbs. Kingsford Charcoal

Cut steak across grain into ¼-inch thick slices. Saute onion and garlic in oil. Stir in remaining ingredients and cook until slightly thickened. Thread meat on skewers; brush with sauce. Place skewers on grill rack over Kingsford® charcoal briquets. Cook 8-10 minutes, basting with sauce.

Discover over 50 more great barbecues in *Kingsford's Best Barbecues Cookbook*, a full-color guide to America's regional barbecue favorites. Send name, address and a $2.00 check or money order to:



KINGSFORD'S BEST BARBECUES P.O. BOX 1097 Maple Plain, MN 55348.

Please allow 4 to 6 weeks for delivery Offer expires 12/31/88

©1988 THE CLOROX COMPANY

continued

PICNIC LUNCH

EASY ANTIPASTO TRAY

Use a combination of pickled peppers and olives for visual appeal—

1 6½-ounce can tuna, drained and flaked
1 hard-cooked egg, chopped
¼ cup mayonnaise *or* salad dressing
1 teaspoon dried oregano, crushed
1 teaspoon lemon juice
2 4-ounce packages sliced Genoa salami *or* 15 slices turkey salami, halved
1 6-ounce block mozzarella cheese, cut into thirty 2-inch julienne strips

• • •

Red *or* green leaf lettuce leaves
1 10-ounce jar whole pickled yellow *or* green chili peppers, *or* sweet red cherry peppers
1 6- *or* 6½-ounce can pitted ripe *or* pimiento-stuffed green olives, drained
1 6-ounce jar marinated artichoke hearts, drained and halved

In a small mixing bowl with a fork mash together the tuna, egg, mayonnaise or salad dressing, oregano, and lemon juice. Spread *1 rounded teaspoon* of the tuna mixture over *each* salami piece. Place *one* of the cheese strips in the center. Roll up; secure with wooden toothpicks, if necessary. Cover; chill up to 24 hours.

To transport, line the bottom or top of a 12- or 13-inch pie carrier, or the bottom of a 13x9x2-inch moisture- and vaporproof container with lettuce leaves. Arrange salami rolls, peppers, olives, and artichoke hearts around. Cover tightly. Pack on ice or with several frozen ice packs in a well-insulated cooler. Serve within 3 hours. Makes 20 appetizer servings.

For 40 servings: Double recipe for Easy Antipasto Tray; use 2 containers.

For 60 servings: Triple the recipe for Easy Antipasto Tray; use 3 containers.

Nutrition information per appetizer roll and 3 tablespoons condiments: 105 cal., 7 g pro., 2 g carbo., 8 g fat, 33 mg chol., 274 mg sodium. U.S. RDA: 34% vit. C.

BUILD-YOUR-OWN STEAK SANDWICHES

Make this marinated meat up to 48 hours ahead so it's ready to tote—

4 1- to 1¼-pound beef flank steaks
1 cup olive *or* cooking oil
⅔ cup lemon juice
2 tablespoons snipped fresh rosemary *or* 2 teaspoons dried rosemary, crushed
5 cloves garlic, halved
2 teaspoons seasoned salt
½ teaspoon pepper
20 sandwich buns
Desired condiments (such as catsup, mustard, and mayonnaise)

With a sharp knife, score meat ¼ inch deep and at ½-inch intervals on both sides. Place meat in a 2-gallon plastic bag; set in a 13x9x2-inch baking pan. For marinade, in a small mixing bowl combine oil, lemon juice, rosemary, garlic, seasoned salt, and pepper. Pour over meat. Close the bag. Place in the refrigerator for several hours or overnight, turning occasionally.

Remove meat from marinade, reserving marinade. Place *half* of the meat on an unheated rack in a broiler pan. Broil 3 inches from heat for 6 minutes. Brush with reserved marinade; turn and brush with marinade again. Broil 6 minutes more for medium rare or till meat is of desired doneness. Remove from rack. Repeat broiling with remaining meat. Cool slightly. Carve diagonally across grain into very thin slices. Wrap in foil or place in a 13x9x2-inch moisture- and vaporproof container and cover tightly. Chill thoroughly.

To transport, pack wrapped meat on ice or with several ice packs in a well-insulated cooler. Serve within 3 hours. To serve, let diners assemble their own sandwiches by placing meat on sandwich buns and adding desired condiments. Makes 20 servings.

For 40 servings: Place two 5-pound *boneless beef round rump roasts,* fat side up, on a rack in a large shallow roasting pan. Insert a meat thermometer. Roast in a 325° oven for 3 to 3½ hours or till thermometer registers 150° to 170°. Remove from oven and cool. Carve into very thin slices. Divide meat evenly between two 13x9x2-inch moisture- and vaporproof containers.

For marinade, in a medium mixing bowl stir together 2 cups *cooking oil;* 1⅓ cups *lemon juice;* 1 teaspoon *garlic powder;* ¼ cup snipped *fresh rosemary or* 4 teaspoons *dried rosemary,* crushed; 4 teaspoons *seasoned salt;* and 1 teaspoon *pepper.* Pour *half* of the marinade over the cooked meat in *each* container. Cover tightly. Chill overnight, turning meat occasionally. Transport as above. Serve with 40 *sandwich buns* and condiments.

For 60 servings: Prepare the Build-Your-Own Steak Sandwiches as directed for 40 servings above, *except* use *three* 5-pound boneless beef round rump roasts. Place *two* of the roasts, fat side up, on a rack in a 13x9x2-inch baking pan. Place remaining roast, fat side up, on a rack in a 9x9x2-inch baking pan. Insert a meat thermometer. Roast in a 325° oven for 3 to 3½ hours or till thermometer registers 150° (medium-rare) to 170° (well-done). Remove from oven and cool. Carve into very thin slices. Divide meat evenly between three 13x9x2-inch moisture- and vaporproof containers.

For marinade, in a large mixing bowl stir together 3 cups *cooking oil;* 2 cups *lemon juice;* 1½ teaspoons *garlic powder;* ⅓ cup snipped *fresh rosemary* or 2 tablespoons *dried rosemary,* crushed; 2 tablespoons *seasoned salt;* and 1½ teaspoons *pepper.* Pour *one-third* of the marinade over the cooked meat in *each* container. Cover tightly. Chill overnight, turning meat occasionally. Transport as at left. Serve with 60 *sandwich buns* and condiments.

Nutrition information per sandwich: 263 cal., 22 g pro., 21 g carbo., 9 g fat, 60 mg chol., 274 mg sodium. U.S. RDA: 13% thiamine, 14% riboflavin, 21% niacin, 19% iron, 13% phosphorus.

SUMMER VEGETABLE BAKE

You needn't always bring extra servings as the reunion crowd grows—just bring a greater variety of recipes to appeal to different tastes. This sophisticated casserole is good for 10 to 20 servings—

1 pound green beans, cut into 1-inch pieces (3 cups)
½ of a 12-ounce package frozen chopped onion (1½ cups)
2 10-ounce packages frozen chopped spinach *or* broccoli

• • •

2 tablespoons butter *or* margarine
⅛ teaspoon minced dried garlic
2 tablespoons all-purpose flour
½ teaspoon salt
⅛ teaspoon ground nutmeg
⅛ teaspoon pepper
1¼ cups milk
1 3-ounce package cream cheese, cut up

• • •

1 cup soft bread crumbs
¼ cup grated Parmesan cheese
2 tablespoons butter *or* margarine, melted

In a large saucepan bring 2 cups *water* to boiling. Add beans and onion; cover and simmer for 10 minutes. Add spinach or broccoli; cook, stirring occasionally, till thawed. Simmer, covered, for 5 minutes more. Drain well.

Meanwhile, for sauce, in a small saucepan combine 2 tablespoons butter

continued

No preservatives. No cholesterol. No nitrates. No kidding!



Bac*Os adds great bacony taste to your meal without adding preservatives, cholesterol, or nitrates. Also, Bac*Os has ¼ less sodium than real bacon.

H242 | MFR COUPON | NO EXPIRATION DATE

Save 20¢

on your next purchase of

BacOs®

or

Consumer: Limit one coupon per purchase, no other coupon may be used in conjunction with this coupon. **Retailer:** You are authorized to act as our agent and redeem this coupon at face value plus 8¢ handling, in accordance with our redemption policy, copies available upon request. Send coupons to: GMI COUPON REDEMPTION, P.O. Box 900, MPLS., MN 55460, or our authorized clearing houses.

Void if copied, and where prohibited, licensed, or regulated. Good only in U.S.A., A.P.O's, F.P.O's. Cash value 1/100 cent upon presentation for payment.

0786

General Mills

16000 56120

© General Mills, Inc. 1986

REUNION RECIPES

continued

or margarine and garlic. Heat till butter is melted. Stir in flour, salt, nutmeg, and pepper. Add milk all at once. Cook and stir till thickened and bubbly. Stir in cream cheese till melted. Stir sauce into vegetable mixture. Turn into a 2-quart casserole. Bake, uncovered, in a 350° oven for 30 minutes.

In a bowl toss together bread crumbs, Parmesan cheese, and 2 tablespoons melted butter or margarine. Sprinkle over casserole. Bake, uncovered, 20 to 30 minutes more or till heated through.

To transport, cover hot casserole and wrap in foil, then in a terry cloth towel. Place in foam cooler *without* ice. Serve within 3 hours. Makes 10 servings.

For 20 servings: Prepare Summer Vegetable Bake as directed on page 87 and above, *except* double all ingredients. Cook vegetables in a 4- or 5-quart Dutch oven, and prepare sauce in a large saucepan. Turn mixture into a 4-quart casserole. Bake for 60 to 65 minutes total or till heated through.

Nutrition information per ¾-cup serving: 153 cal., 6 g pro., 12 g carbo., 10 g fat, 28 mg chol., 303 mg sodium. U.S. RDA: 82% vit. A, 26% vit. C, 12% riboflavin, 17% calcium, 11% phosphorus.

TRIPLE-BEAN CASSEROLE

Lima, navy, and kidney beans make this juicy version of baked beans special—

- **4 slices bacon**
- **1 large onion, sliced**
- **1 16-ounce can lima beans, drained**
- **1 16-ounce can pork and beans in tomato sauce**
- **1 15½-ounce can red kidney beans, drained**
- **1 7½-ounce can tomatoes, cut up**
- **¼ cup packed brown sugar**
- **1 tablespoon Worcestershire sauce**
- **½ teaspoon dry mustard**

In a medium skillet cook bacon till crisp. Remove bacon, reserving 2 tablespoons of drippings in skillet. Drain bacon on paper towels; crumble. Set aside.

Cook onion in reserved drippings till tender but not brown; drain. In a 2-quart casserole or bean pot combine crumbled bacon, onion, lima beans, *undrained* pork and beans, kidney beans, and *undrained* tomatoes. Stir in brown sugar, Worcestershire sauce, and dry mustard. Bake, covered, in a 375° oven for 40 minutes. Uncover; bake 20 to 25 minutes more or till of desired consistency. To transport, cover hot casserole and wrap in foil, then in a terry cloth towel. Place in a foam cooler *without* ice. Serve within 3 hours. Serves 20.

continued

"My Uncle Louie taught me how to pick fresh vegetables in the winter."



My Uncle Louie is the "Freezer King" of Brooklyn.

Every summer he gathers the finest assortment of fresh fruit and vegetables he can find. Most of which he grows in his back-yard which he calls his "garden of eatin'."

He then packs some of them away in the freezer all nice and snug in Ziploc® brand freezer bags. That way Uncle Louie can enjoy his fresh fruit and vegetables all year round.

DOM'S SUCCOTASH

(Serves 10-12)

2 cups dried lima beans
3 cups corn cut from cob
1¾ cups chopped ham
2 cups green beans
1 sm. onion, chopped
1 sweet red pepper, chopped
2 tbsps. cornstarch
½ cup chicken stock
1 cup milk
2 tbsps. sugar
¼ tsp. each: salt, white pepper and nutmeg

Soak the lima beans overnight; drain. Place limas, corn, ham in 8-qt. saucepan. Add water to cover by 2 inches. Bring to boiling; reduce heat to medium and cook until limas are tender (about 45 min.). Stir occasionally. Add green beans, onion, red pepper; cook 15 min. Drain. Dissolve cornstarch in chicken stock in another saucepan. Stir in remaining ingredients. Cook over medium heat until smooth and thickened; whisk constantly. Stir into vegetables.

Hint: Freeze fresh vegetables or leftover succotash in Ziploc Freezer Bags to enjoy homemade succotash any time of the year.

And Ziploc Freezer Bags are the only bags my Uncle Louie trusts with his precious harvest. You see, they're thick and tough for maximum freezer protection.

What's more, they have a unique zipper seal. And once that seal is locked, it stays locked.

But most important, Ziploc Freezer Bags are the best protection I've found against freezer burn. And like Uncle Louie always told me, "Dom, it's one thing to burn a steak in the oven but in the freezer, it's unforgivable."

And for our other food protection needs, we also use Ziploc Storage Bags and Sandwich Bags.

The "Freezer King." He taught me how to turn a freezer into a summer garden.



ZIPLOC. WE'VE GOT THE LOCK ON FOOD PROTECTION.

® Trademark of Dow Consumer Products Inc

No preservatives. No cholesterol. No nitrates. No kidding!



Bac*Os adds great bacony taste to your meal without adding preservatives, cholesterol, or nitrates. Also, Bac*Os has ¼ less sodium than real bacon.

H242 | MFR COUPON | NO EXPIRATION DATE

Save 20¢

on your next purchase of

Bac*Os®

or

Consumer: Limit one coupon per purchase, no other coupon may be used in conjunction with this coupon. **Retailer:** You are authorized to act as our agent and redeem this coupon at face value plus 8¢ handling, in accordance with our redemption policy, copies available upon request. Send coupons to: GMI COUPON REDEMPTION, P.O. Box 900, MPLS., MN 55460, or our authorized clearing houses.

Void if copied, and where prohibited, licensed, or regulated. Good only in U.S.A., A.P.O's, F.P.O's. Cash value 1/100 cent upon presentation for payment.

0786

General Mills

16000 56120

© General Mills, Inc. 1986

continued

or margarine and garlic. Heat till butter is melted. Stir in flour, salt, nutmeg, and pepper. Add milk all at once. Cook and stir till thickened and bubbly. Stir in cream cheese till melted. Stir sauce into vegetable mixture. Turn into a 2-quart casserole. Bake, uncovered, in a 350° oven for 30 minutes.

In a bowl toss together bread crumbs, Parmesan cheese, and 2 tablespoons melted butter or margarine. Sprinkle over casserole. Bake, uncovered, 20 to 30 minutes more or till heated through.

To transport, cover hot casserole and wrap in foil, then in a terry cloth towel. Place in foam cooler *without* ice. Serve within 3 hours. Makes 10 servings.

For 20 servings: Prepare Summer Vegetable Bake as directed on page 87 and above, *except* double all ingredients. Cook vegetables in a 4- or 5-quart Dutch oven, and prepare sauce in a large saucepan. Turn mixture into a 4-quart casserole. Bake for 60 to 65 minutes total or till heated through.

Nutrition information per ¾-cup serving: 153 cal., 6 g pro., 12 g carbo., 10 g fat, 28 mg chol., 303 mg sodium. U.S. RDA: 82% vit. A, 26% vit. C, 12% riboflavin, 17% calcium, 11% phosphorus.

TRIPLE-BEAN CASSEROLE

Lima, navy, and kidney beans make this juicy version of baked beans special—

- **4 slices bacon**
- **1 large onion, sliced**
- **1 16-ounce can lima beans, drained**
- **1 16-ounce can pork and beans in tomato sauce**
- **1 15½-ounce can red kidney beans, drained**
- **1 7½-ounce can tomatoes, cut up**
- **¼ cup packed brown sugar**
- **1 tablespoon Worcestershire sauce**
- **½ teaspoon dry mustard**

In a medium skillet cook bacon till crisp. Remove bacon, reserving 2 tablespoons of drippings in skillet. Drain bacon on paper towels; crumble. Set aside.

Cook onion in reserved drippings till tender but not brown; drain. In a 2-quart casserole or bean pot combine crumbled bacon, onion, lima beans, *undrained* pork and beans, kidney beans, and *undrained* tomatoes. Stir in brown sugar, Worcestershire sauce, and dry mustard. Bake, covered, in a 375° oven for 40 minutes. Uncover; bake 20 to 25 minutes more or till of desired consistency. To transport, cover hot casserole and wrap in foil, then in a terry cloth towel. Place in a foam cooler *without* ice. Serve within 3 hours. Serves 20.

continued

"My Uncle Louie taught me how to pick fresh vegetables in the winter."



My Uncle Louie is the "Freezer King" of Brooklyn.

Every summer he gathers the finest assortment of fresh fruit and vegetables he can find. Most of which he grows in his backyard which he calls his "garden of eatin'."

He then packs some of them away in the freezer all nice and snug in Ziploc® brand freezer bags. That way Uncle Louie can enjoy his fresh fruit and vegetables all year round.

DOM'S SUCCOTASH

(Serves 10-12)

2 cups dried lima beans
3 cups corn cut from cob
1¾ cups chopped ham
2 cups green beans
1 sm. onion, chopped
1 sweet red pepper, chopped
2 tbsps. cornstarch
½ cup chicken stock
1 cup milk
2 tbsps. sugar
¼ tsp. each: salt, white pepper and nutmeg

Soak the lima beans overnight; drain. Place limas, corn, ham in 8-qt. saucepan. Add water to cover by 2 inches. Bring to boiling; reduce heat to medium and cook until limas are tender (about 45 min.). Stir occasionally. Add green beans, onion, red pepper; cook 15 min. Drain. Dissolve cornstarch in chicken stock in another saucepan. Stir in remaining ingredients. Cook over medium heat until smooth and thickened; whisk constantly. Stir into vegetables.

Hint: Freeze fresh vegetables or leftover succotash in Ziploc Freezer Bags to enjoy homemade succotash any time of the year.

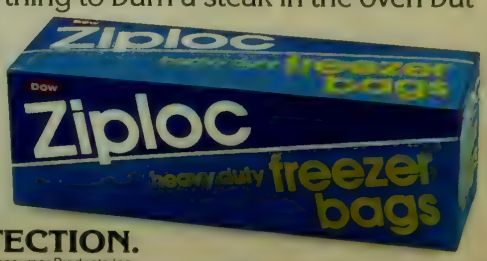
And Ziploc Freezer Bags are the only bags my Uncle Louie trusts with his precious harvest. You see, they're thick and tough for maximum freezer protection.

What's more, they have a unique zipper seal. And once that seal is locked, it stays locked.

But most important, Ziploc Freezer Bags are the best protection I've found against freezer burn. And like Uncle Louie always told me, "Dom, it's one thing to burn a steak in the oven but in the freezer, it's unforgivable."

And for our other food protection needs, we also use Ziploc Storage Bags and Sandwich Bags.

The "Freezer King." He taught me how to turn a freezer into a summer garden.



ZIPLOC. WE'VE GOT THE LOCK ON FOOD PROTECTION.

® Trademark of Dow Consumer Products Inc



OUR NEWEST FLAVOR IS A DILL

Introducing Marie's Sour Cream & Dill Dressing.



Look for Marie's in your produce section

Discover the unforgettable taste that only dill co bring to salads. Discover Marie's New Sour Cream & dressing. You'll taste the richness of the creamiest sou cream. The flavor of the freshest dill. With absolutely preservatives. It's a dressing so fresh, it has to be kept refrigerated in the produce section. Because when Marie's makes a Sour Cream & Dill Dressing, you kno it will be nothing but dillicious.

Limited Distribution in Western U.S.

Marie's

Fresh Ideas in Dressi

continued

For 40 servings: Make 2 recipes and use two 2-quart casseroles or bean pots.

For 60 servings: Make 3 recipes; use three 2-quart casseroles or bean pots.

Electric slow crockery cooker directions: Prepare Triple-Bean Casserole as directed on page 88, *except* turn into an electric slow crockery cooker. (Turn 40-serving-size recipe into a 4-quart electric slow crockery cooker. Turn 60-serving-size recipe into two 3½- or 4-quart electric slow crockery cookers *or* one 5- or 6-quart electric slow crockery cooker.) Cook, covered, on high-heat setting for 3 to 4 hours or till heated through. Uncover the last hour of cooking. Transport cooker to picnic site. If electricity is available, plug cooker in and keep on a low setting. Otherwise, serve within 3 hours.

Nutrition information per ⅓-cup serving: 83 cal., 4 g pro., 14 g carbo., 1 g fat, 2 mg chol., 155 mg sodium.

GINGERED FRUIT SLAW

Put the cabbage and nuts on top to keep them crisp during overnight chilling—

2 8-ounce cans pineapple tidbits (juice pack)
1 6-ounce package (1½ cups) mixed dried fruit bits
2 large carrots, shredded (1½ cups)
1 small head cabbage, shredded (5 cups)
½ cup chopped walnuts

• • •

2 tablespoons salad oil
2 tablespoons honey
1 tablespoon lemon juice
¼ to ½ teaspoon ground ginger

Drain pineapple, reserving *⅓ cup* of the juice; set aside. In a 3-quart moisture- and vaporproof serving container layer pineapple, fruit bits, carrots, cabbage, and walnuts.

For dressing, in a screw-top jar combine reserved pineapple juice, oil, honey, lemon juice, and ginger. Cover and shake well. Pour over cabbage mixture. Cover; chill several hours or overnight.

To transport, pack container of cabbage mixture on ice or with several frozen ice packs in a well-insulated cooler. Serve within 3 hours. Toss just before serving. Makes 20 servings.

For 40 servings: Double ingredients and use a 6½-quart moisture- and vaporproof container.

For 60 servings: Triple ingredients, placing a *third* of the mixture in a 3-quart moisture- and vaporproof container and the remaining mixture in a 6½-quart moisture- and vaporproof container.

Nutrition information per ½-cup serving: 79 cal., 1 g pro., 13 g carbo., 3 g fat, 0 mg chol., 8 mg sodium. U.S. RDA: 49% vit. A, 21% vit. C.

GAZPACHO PASTA TOSS

A refreshing marinated salad that mimics the flavors of Spain's traditional chilled vegetable soup: gazpacho—

4 ounces rigatoni *or* mostaccioli (about 2 cups)
1 medium cucumber, thinly sliced (2 cups)
1 medium green pepper, coarsely chopped (1 cup)
2 tablespoons snipped parsley
3 tablespoons salad oil
2 tablespoons snipped fresh basil *or* 2 teaspoons dried basil, crushed
2 tablespoons lemon juice
1 tablespoon white wine vinegar
½ teaspoon salt
3 small tomatoes, cut into thin wedges
Lettuce leaves (optional)

In a large kettle cook pasta in a large amount of boiling salted water about 15 minutes or till tender. Drain. Rinse with cold water; drain well.

In a 2-quart moisture- and vaporproof serving container combine cooked pasta, cucumber, green pepper, and parsley.

For dressing, in a screw-top jar combine oil, basil, lemon juice, vinegar, and salt. Cover; shake well. Pour dressing over pasta mixture. Toss lightly till well coated. Cover; chill several hours or overnight, stirring occasionally.

To transport, place tomatoes and lettuce in separate plastic bags. Pack along with bowl containing salad on ice or with several frozen ice packs in a well-insulated cooler. Serve within 3 hours. Just before serving, add tomatoes to salad and toss lightly. Then, place lettuce around the top edge of the bowl. Makes 20 servings.

For 40 servings: Double ingredients and divide equally between two 2-quart moisture- and vaporproof containers.

For 60 servings: Triple ingredients; use a 6½-quart moisture- and vaporproof container.

Nutrition information per ⅓-cup serving: 46 cal., 1 g pro., 6 g carbo., 2 g fat, 0 mg chol., 56 mg sodium. U.S. RDA: 23% vit. C.

NO-CHOP POTATO SALAD

Just like old-fashioned potato salad only easier!

1 24-ounce package frozen hash brown potatoes with onion and peppers
3 stalks celery, thinly sliced (1½ cups)
1 8-ounce container sour cream dip with chives
⅔ cup mayonnaise *or* salad dressing
1 tablespoon sugar
1 tablespoon white wine vinegar
1 tablespoon prepared mustard
½ teaspoon salt
3 hard-cooked eggs, coarsely chopped
Lettuce leaves (optional)
Celery leaves (optional)
Pimiento strips (optional)

In a 3- or 4-quart saucepan cook potatoes with onion and peppers in a large amount of boiling water, covered, 6 to 8 minutes or till potatoes are tender; drain well. In a large bowl combine cooked potatoes and celery. Set aside.

In a small bowl combine sour cream dip, mayonnaise or salad dressing, sugar, vinegar, mustard, and salt. Add mayonnaise mixture to potato mixture; toss lightly to coat. Gently fold in eggs. Turn into a 2- or 2½-quart moisture- and vaporproof serving container. Cover; chill several hours or overnight.

To transport, pack lettuce, celery leaves, and pimiento in separate plastic bags or containers. Pack along with bowl containing salad on ice or with several frozen ice packs in a well-insulated cooler. Serve within 3 hours. Before serving, place lettuce around the top edge of the container; garnish with celery leaves and pimiento. Serves 20.

For 40 servings: Double ingredients and divide equally between two 2- or 2½-quart moisture- and vaporproof containers.

For 60 servings: Triple ingredients; use a 6½-quart moisture- and vaporproof container.

Nutrition information per ⅓-cup serving: 121 cal., 2 g pro., 8 g carbo., 9 g fat, 51 mg chol., 137 mg sodium.

ON-THE-SPOT SPICE CREAM

If you like, crank the ice cream before leaving home instead of at the picnic. Transport by packing the freezer container in crushed ice and rock salt in a well-insulated cooler. Count transporting time as part of the ripening (mellowing) period. Serve within 4 hours—

1 quart (4 cups) light cream
2 cups packed brown sugar
4 teaspoons vanilla
1½ teaspoons ground cinnamon
¼ teaspoon ground allspice
1 quart (4 cups) whipping cream

In a large mixing bowl stir together the light cream, brown sugar, vanilla,

continued

DOING OUR BEST **Tyson** JUST FOR YOU®

New Tyson Entrees
Your Passport to a World of Great Tastes

Discover a world of great tastes with Tyson Chicken Entrees. Six delicious entrees featuring tender, boneless chicken and exciting side dishes. Entrees that capture the spirit of time-honored recipes from the Orient. Italy. Mexico. And France.

Taste elegant Chicken à l'Orange with a mandarin orange glaze and fruited rice pilaf.



Microwaveable/ ovenable plate.

Exotic Chicken Oriental with a medley of rice, Oriental vegetables and crisp snow peas. Romantic Chicken Francais with a white wine sauce and green beans almondine. Or robust Chicken Parmigiana on a bed of al dente linguine with marinara sauce.

Tyson Entrees are your passport to a world of great tastes. Try all six. They're in your grocer's freezer case.





MANUFACTURER'S COUPON | SEPTEMBER 30, 1987

SAVE 35¢
On Any Tyson Entree

• Chicken à l'Orange • Chicken Oriental • Chicken Fiesta
• Chicken Parmigiana • Chicken Sweet & Sour • Chicken Francais

TO CONSUMER. This coupon good only for the product indicated. Only one coupon redeemed per purchase. ANY OTHER USE CONSTITUTES FRAUD. Coupon not transferable. Coupons cannot be duplicated. TO GROCER. Redeem each coupon for face value plus 8¢ handling, providing you and your customer have complied with the terms of this offer and invoices proving purchase, within 90 days, of sufficient stock to cover coupons are shown upon request. ANY OTHER USE CONSTITUTES FRAUD. Send coupons to TYSON FOODS INC. PO BOX 1498 CLINTON, IOWA 52734. Consumer must pay any sales tax. Good only in U.S. Void where restricted. Cash value 1/20 of one cent.

23700 801253

©1986 Tyson Foods, Inc.

ontinued

innamon, and allspice till sugar dissolves. Stir in whipping cream. Pour cream mixture into a 4- to 5-quart ice-cream freezer container. Freeze according to the manufacturer's directions, using crushed ice and rock salt. Makes about 4 quarts ice cream (20 servings).

For 40 servings: Make 2 recipes, using two 4- or 5-quart ice-cream freezers.

For 60 servings: Make 3 recipes; use three 4- or 5-quart ice-cream freezers.

Nutrition information per ¾-cup serving: 340 cal., 2 g pro., 24 g carbo., 27 g fat, 97 mg chol., 43 mg sodium. U.S. RDA: 21% vit. A.

TOTABLE BERRY TARTS

Plain pastry for 3 single-crust 9-inch pies
2½ cups fresh *or* frozen berries (use blueberries, raspberries, *and/or* blackberries)
⅔ cup sugar
2 tablespoons cornstarch
½ teaspoon finely shredded lemon *or* orange peel
2 tablespoons crème de cassis *or* orange juice

On a lightly floured surface roll *half* of the pastry dough ⅛ inch thick. Cut into ten 4-inch circles. Repeat with remaining dough. Gently fit circles into 2½-inch muffin cups; press and pleat dough to fit. Prick dough well with a fork. If desired, press tines of a fork around top edge of dough, forming a decorative edge. Bake in a 450° oven 12 to 14 minutes or till golden. Cool. Loosen pastry from cups; return to cups.

Meanwhile, thaw frozen berries; *do not drain.* For filling, in a medium saucepan combine sugar and cornstarch. Stir in ½ cup *water.* Add berries and lemon or orange peel. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Remove from heat. Stir in crème de cassis. Spoon filling into baked pastry shells. Chill up to 48 hours. Garnish with additional fresh blueberries, raspberries, or blackberries. To transport, cover muffin pans. Makes 20 servings.

Microwave directions for 20 servings: Prepare and bake pastry as directed above. Thaw frozen berries; *do not drain.* For filling, in a 1½-quart microwave-safe casserole combine sugar and cornstarch. Stir in ½ cup *water.* Add berries and peel. Micro-cook, uncovered, on 100% power (high) 5 to 6 minutes or till thickened and bubbly, stirring after every minute. Cook on high 1 minute more. Stir in crème de cassis. Continue as directed above.

continued





FAMILY REUNION RECIPES

continued

For 40 servings: Prepare the Totable Berry Tarts as directed on *page 93, except* roll *half* of the pastry dough into a 13x9-inch rectangle about ⅛ inch thick. Using a 2-inch star-shaped cookie cutter (or other shaped cookie cutter), cut out 20 stars. Repeat with remaining dough for 40 stars total.



Transfer to 2 baking sheets. Prick stars well with a fork; sprinkle with *sugar* and ground *cinnamon.* Bake in a 450° oven for 8 to 10 minutes or till golden. Cool.

Prepare filling as directed on *page 93, except* use *11 cups* fresh berries *or three* 16-ounce packages frozen berries, *2⅔ cups* sugar, *½ cup* cornstarch, *2 cups* water, *½ cup* crème de cassis *or* orange juice, and *2 teaspoons* lemon *or* orange peel; use 5-quart Dutch oven. Spoon *half* of filling into 13x9x2-inch baking pan; spread evenly. Repeat with remaining filling and another pan. Arrange *20* pastry stars atop *each* pan of filling (see photo, *above*). Cover; chill. Transport in covered pan. For 1 serving, scoop out 1 star and filling beneath it.

For 60 servings: Prepare Totable Berry Tarts as directed on *page 93, except* use three 9-inch *folded frozen or refrigerated unbaked piecrusts.* Thaw frozen piecrusts. Using a 2-inch star-shaped cookie cutter (or other shaped cookie cutter), cut 20 stars out of each crust, rerolling scraps as necessary. Prick stars well with a fork; sprinkle with *sugar* and ground *cinnamon.* Bake in a 450° oven 8 to 10 minutes or till golden. Cool.

Meanwhile, prepare filling as directed on *page 93, except* use *4 quarts* fresh berries *or four* 16-ounce packages plus ½ of a 16-ounce package frozen berries, *4 cups* sugar, *¾ cup* cornstarch, *3 cups* water, *¾ cup* crème de cassis *or* orange juice, and *1 tablespoon* finely shredded lemon *or* orange peel and use an 8-quart Dutch oven. Spoon *one-third* of the filling into a 13x9x2-inch baking pan; spread evenly. Repeat twice more with remaining filling and 2 more pans. Arrange *20* of the pastry stars atop *each* pan of filling (see photo, *left*). Cover and chill. Transport in covered pan. For each serving, scoop out 1 star and the filling beneath it.

Nutrition information per tart: 196 cal., 2 g pro., 24 g carbo., 10 g fat, 0 mg chol., 56 mg sodium.

BRUNCH

CRISPY CHEDDAR CRACKERS

Nonstick spray coating
¾ cup all-purpose flour
¼ cup ground walnuts*
½ teaspoon paprika
¼ teaspoon onion powder
3 tablespoons butter *or* margarine, softened
1 cup shredded cheddar cheese (4 ounces), at room temperature (*not* preshredded cheese)
1 to 2 tablespoons cold water





tablespoons cold water. Prepare Crispy Cheddar Crackers in a 4-quart mixing bowl, sprinkling the water over the dough 1 tablespoon at a time (instead of 1 teaspoon). Divide dough into *fourths*. On a baking sheet sprayed with nonstick spray coating, roll *each* fourth of the dough into a 12½x10½-inch rectangle. Using a pastry cutter cut dough into thirty 2-inch squares (see photo, *below left*). Bake as directed. Cool baking sheet before rolling the next portion of dough.

***For ground walnuts:** Place *walnut pieces* in a blender container or food processor bowl. Blend or process till finely ground. (Use the same measure of walnut pieces as you need of ground walnuts.)

***Nutrition information per cracker:** 22 cal., 1 g pro., 1 g carbo., 2 g fat, 4 mg chol., 19 mg sodium.

MAKE-AHEAD HAM 'N' EGG BAKE

Scramble eggs the day before to save precious time when the clan arrives. It's even easier to serve 40 if you split up the preparation. Have one person make 15 servings, another 25—

2 16-ounce packages loose-pack frozen cut broccoli
2 tablespoons butter *or* margarine
12 beaten eggs

• • •

3 tablespoons butter *or* margarine
3 tablespoons all-purpose flour
¼ teaspoon ground white pepper
2 cups milk
8 ounces process Gruyère *or* Swiss cheese, cut up (2 cups)
1 tablespoon prepared mustard
2 4-ounce cans sliced mushrooms, drained
¾ pound fully cooked ham, cut into bite-size strips

continued

Spray baking sheet with nonstick spray coating. Set aside. In a medium mixing bowl stir together flour, walnuts, paprika, and onion powder. Cut in butter or margarine till mixture resembles coarse crumbs. Stir in cheese. Sprinkle *1 teaspoon* of the water over part of the mixture; gently toss with a fork. Repeat till all is moistened. Form dough into a ball; flatten slightly. Roll ⅛ inch thick. Cut dough with a 2-inch round cookie cutter, rerolling trimmings. Transfer to the prepared baking sheet. Bake in a 350° oven about 12 minutes or till golden. Remove; cool on a wire rack. Makes about 55 crackers, about 15 servings.

***For 120 crackers, 40 servings:** Increase ingredients to *2 cups* all-purpose flour, *⅔ cup* ground walnuts, *1¼ teaspoons* paprika, *½ teaspoon* onion powder, *½ cup* butter *or* margarine, *2½ cups* shredded cheddar cheese (10 ounces), and *6 to 7*





continued

Cook broccoli according to package directions; drain. Set aside.

In a 12-inch skillet melt the 2 tablespoons butter or margarine over medium heat; add eggs. Cook, without stirring, till mixture begins to set on the bottom and around the edges. Using a large spatula, scramble eggs by lifting and folding partially cooked eggs so uncooked portion flows underneath. Continue cooking over medium heat about 4 minutes or till eggs are cooked throughout, but are still glossy and moist. Immediately remove from heat.

For sauce, in a medium saucepan melt the 3 tablespoons butter or margarine. Stir in flour and pepper. Add milk all at once. Cook and stir till thickened and bubbly. Add Gruyère or Swiss cheese and mustard, stirring till cheese melts. Remove *2 cups* of the sauce; stir in broccoli and mushrooms. Place *half* of the mixture around the outside of an ungreased 1- or 1½-quart au gratin dish or 10x6x2-inch baking dish. Repeat with remaining mixture and another dish.

Add remaining sauce and all of the ham to eggs in skillet; gently fold together till combined. Spoon *half* of the egg mixture into the center of *each* dish. Cover and chill for several hours or overnight. To serve, bake, covered, in a 350° oven for 30 to 40 minutes or till heated through. Makes 15 servings.

Microwave directions for 15 servings: In a 2-quart microwave-safe casserole combine *1 package* of the broccoli and 2 tablespoons *water*. Micro-cook, covered, on 100% power (high) for 7 to 8 minutes or till crisp-tender, stirring once. Drain well in a colander. Set aside. Repeat with remaining package of broccoli.

In a 12x7½x2-inch microwave-safe baking dish cook the 2 tablespoons butter or margarine, uncovered, on high for 45 to 60 seconds or till melted. Add eggs. Cook, uncovered, on high for 6 to 8 minutes or till eggs are almost set, pushing cooked portions to the center of the dish several times during cooking. Set aside.

For sauce, in the 2-quart casserole cook the 3 tablespoons butter or margarine, uncovered, on high for 45 to 60 seconds or till melted. Stir in flour and pepper. Add milk all at once. Cook, uncovered, on high for 6 to 7 minutes or till thickened and bubbly, stirring after every minute. Add Gruyère or Swiss cheese and mustard, stirring till cheese melts. Remove *2 cups* of the sauce; stir in broccoli and mushrooms. Place *half* of the mixture around the outside of an ungreased 1- or 1½-quart au gratin dish or 10x6x2-inch baking dish. Repeat with remaining mixture and another dish.

Gently fold eggs and all of the ham into remaining sauce in casserole. Spoon *half* of the egg mixture into the center of *each* dish. Cover; chill for several hours or overnight. To serve, reheat in a conventional oven as directed at left.

For 40 servings: Prepare 1 recipe of Make-Ahead Ham 'n' Egg Bake in the 2 au gratin dishes as directed at left for 15 servings. For an additional 25 servings, prepare Make-Ahead Ham 'n' Egg Bake as at left, *except* use *three* 16-ounce packages loose-pack frozen cut broccoli; *3 tablespoons* butter *or* margarine; *18* beaten eggs; *⅓ cup* butter *or* margarine; *⅓ cup* all-purpose flour; *¼ teaspoon* ground white pepper; *3 cups* milk; *12 ounces* processed Gruyère *or* Swiss cheese, cut up (*3 cups*); *2 tablespoons* prepared mustard; *three* 4-ounce cans sliced mushrooms, drained; and *1¼ pounds* fully cooked ham, cut into

Farm Fresh Mixtures are hot even when they're not!

Now BIRDS EYE® Farm Fresh Mixtures don't have to be cooked to be delicious. Simply thaw under cold water, then toss with fresh pineapple, turkey and curry dressing for a light and natural new salad.



Smoked Turkey and Pineapple Salad

- 1 pkg. (16 oz.) BIRDS EYE® Farm Fresh Broccoli, Baby Carrots and Water Chestnuts
- 2 tbsp. lemon juice
- 2 tbsp. white wine vinegar
- 1/4 tsp. curry powder
- 1/4 tsp. salt / dash of pepper
- 1/2 cup oil
- 1 pineapple
- 12 ounces LOUIS RICH™ Hickory Smoked or Oven Roasted Breast of Turkey, cut in julienne strips
- 2 tbsp. toasted sesame seed

Place vegetables in a strainer and hold under cold running water until completely thawed; drain. To prepare dressing, mix lemon juice, vinegar, curry powder, salt and pepper in a small bowl. Whisk in oil until well blended.

Cut pineapple in half lengthwise. Cut out core and fruit, leaving shells. Cut fruit into bite-size chunks. Toss pineapple, turkey and vegetables with prepared dressing. Spoon into pineapple shells and sprinkle with sesame seed. Makes about 6 cups or 6 servings.

For more cool salad recipes, write: General Foods Corp., P.O. Box 4775, Kankakee, IL 60902.

GENERAL FOODS

©1986 General Foods Corp.



"Mark, if you'd quit staring at the page
I could start making the pasta salad with Miracle Whip.®"

Only the tang, the zip of MIRACLE WHIP Salad Dressing could make a pasta salad that bursts with this much color and creamy taste.

It's a summertime favorite made extra special. So make extra today!

Garden Pasta Salad

(Main Dish)

- 1 cup MIRACLE WHIP Salad Dressing
- ¼ cup chopped parsley
- 1 tsp. dried basil leaves, crushed
- 1 garlic clove, minced
- 1 8-oz. pkg. J.L. KRAFT SELECT Mild Natural Cheddar Cheese, cubed
- 2 cups broccoli flowerets, cooked
- 1 cup (4 oz.) tri-color corkscrew noodles, cooked, drained
- 2 medium tomatoes, cut into thin wedges
- ½ cup chopped walnuts (optional)

Combine salad dressing, parsley, basil and garlic; mix well. Add cheese, broccoli and noodles; mix lightly. Chill. Arrange tomatoes on platter; top with salad. Sprinkle with walnuts. 6 servings



© 1986 Kraft, Inc.

continued

CREAMY HERB DIP

Add color to your dinner table! Underline the platter for the dip and dippers with additional red cabbage leaves; place it all on a wicker tray—

1 8-ounce package cream cheese, softened
2 teaspoons snipped chives *or* dried snipped chives
1½ teaspoons snipped fresh thyme *or* ½ teaspoon dried thyme, crushed
¼ teaspoon garlic powder
¼ teaspoon pepper
Milk *or* buttermilk
4 red *or* green cabbage leaves
Fresh thyme sprig (optional)
Yellow summer *and* pattypan squash slices (about 2½ cups total)

For dip, in a small mixer bowl beat cream cheese with an electric mixer on medium speed for 30 seconds. Add chives, thyme, garlic powder, and pepper; beat well. Beat in enough milk (about ¼ cup) or buttermilk (about ⅓ cup) to make of dipping consistency. Cover; chill several hours or overnight.

To serve, make a cabbage bowl by fitting cabbage leaves tightly inside each other, forming a bowl; set on a serving platter. If necessary, stir a little additional milk or buttermilk into the chilled dip to return it to dipping consistency. Spoon dip into the prepared cabbage bowl. Garnish with a thyme sprig. Serve with squash slices. Makes 1¼ cups dip, 10 servings.

For 3 cups dip, 30 servings: Prepare Creamy Herb Dip as directed above, *except* use *two 8-ounce packages* and *one 3-ounce* package cream cheese, softened; *5 teaspoons* snipped chives *or* dried snipped chives; *4 teaspoons* snipped fresh thyme or *1½ teaspoons* dried thyme, crushed; *½ teaspoon* garlic powder; and *½ teaspoon* pepper. Beat in enough milk (about ½ cup) or buttermilk (about ¾ cup) to make of dipping consistency. Use *8* red *or* green cabbage leaves and make 2 cabbage bowls. Serve with about *7½ cups* total yellow summer and pattypan squash slices.

Nutrition information per 2 tablespoons dip and ¼ cup vegetables: 91 cal., 2 g pro., 3 g carbo., 8 g fat, 26 mg chol., 72 mg sodium.

GRILLED SPICED HENS

You can't beat this for convenience! Brush the hens with the spice mixture several hours before cooking; cover. Keep in your refrigerator till barbecue time—

5 1- to 1½-pound Cornish game hens, thawed
2 tablespoons paprika
2 tablespoons chili powder
4 teaspoons garlic powder
2 teaspoons onion powder
1 teaspoon celery salt
½ teaspoon salt
½ teaspoon dry mustard
½ teaspoon ground red pepper
⅓ cup cooking oil

Using a long, heavy knife or kitchen shears, halve hens lengthwise by cutting through the breastbone, just off-center. Then, cut through the center of the backbone. (*Or,* have your butcher halve the hens for you.) Rinse hen halves; pat dry with paper towels.

In a small mixing bowl combine all of the seasonings. Add oil; mix well. Brush mixture onto hen halves.

Grilling directions: Grill hen halves, bone side up, on an uncovered grill, directly over *medium* coals for 20 minutes. Turn and grill 10 to 20 minutes more or till birds are tender enough to be easily pierced with a fork.

Roasting directions: Place the hen halves, cut side down, on racks in 2 shallow roasting pans. Cover loosely with foil. Roast in a 375° oven for 30 minutes. Uncover hens. Roast 45 to 55 minutes more or till tender. Makes 10 servings.

For 30 servings: Substitute two 12- to 14-pound *turkeys* for the hens. Rinse turkeys; pat dry with paper towels. Skewer neck skin to the back of the bird. Tie legs to the tail with cord. Twist wing tips under back. In each of 2 covered grills, arrange preheated coals around a drip pan; test for *medium-low* heat above each pan at the height the turkeys will be cooked. Place 1 of the turkeys on each grill rack, breast side up, over the drip pan, but not over the coals. Lower grill hood. Grill for 3 to 4 hours or till a meat thermometer inserted in center of inside thigh muscle registers 180° to 185°.

Meanwhile, for spice glaze, in a small saucepan combine seasonings and oil.



Cook and stir over low heat for 5 minutes. Add one 10-ounce jar *orange marmalade;* cook and stir over low heat till marmalade is melted. Brush glaze over the turkeys the last 5 minutes of grilling (see photo, *left*). Let turkeys stand for 20 minutes before carving.

Turkey roasting directions: Prepare turkeys as directed for 30 servings, *except* place turkeys, breast side up, on racks in shallow roasting pans. Insert a meat thermometer in the center of the inside thigh muscle of each turkey, making sure the bulb does not touch the bone. Cover turkeys loosely with foil. Roast in a 325° oven for 4½ to 5½ hours or till the thermometer registers 180° to 185°. Cut the cord between legs after 2½ hours. Prepare spice glaze. Uncover turkeys and brush with spice glaze; roast for 5 minutes more. Let the turkeys stand for 20 minutes before carving.

Nutrition information per hen half: 171 cal., 29 g pro., 1 g carbo., 5 g fat, 87 mg chol., 170 mg sodium. U.S. RDA: 61% niacin, 24% phosphorus.

DILLED CORN AND PEA PODS

Use this colorful vegetable medley as a bed for the Grilled Spiced Hens. Garnish with fresh dillweed sprigs—

3 cups fresh pea pods (12 ounces) *or* two 6-ounce packages frozen pea pods
1 16-ounce package frozen whole kernel corn
1 cup water
1 medium sweet red pepper, cut into bite-size strips
2 tablespoons butter *or* margarine
1½ teaspoons snipped fresh dillweed *or* ½ teaspoon dried dillweed
¼ teaspoon salt
⅛ teaspoon pepper

If using fresh pea pods, remove tips and strings. If you like, cut fresh or frozen pea pods crosswise into thirds. Set aside.

In a large saucepan combine corn and water. Bring to boiling; reduce heat. Simmer, covered, for 4 minutes. Add pea pods and red pepper strips. Return to boiling. Simmer, covered, about 2 minutes more or till vegetables are crisp-tender. Drain well. Stir in butter or margarine, dillweed, salt, and pepper till butter or margarine is melted. Makes 10 servings.

Microwave directions for 10 servings: Prepare pea pods as directed above; set aside. Omit the 1 cup water. In a 2-quart microwave-safe casserole combine corn and 2 tablespoons *water.*

continued


KRAFT
DINNERS
Macaroni &
Cheese Dinner
Know why Kraft® has "grater" appeal?
It's the cheesiest!
KRAFT

© Geo. A. Hormel & Co. 1994



All Good Things Come To Those Who Wait.

Old Smokehouse® Barbecue Sauce is so thick and rich, you need a little patience (or a long-handled teaspoon) to get it out of the bottle. But patience will be tastily rewarded. Because that same rich thickness is what makes ribs, chicken and burgers taste so good. Old Smokehouse® Barbecue Sauce. The thick rich taste that's worth waiting for.



Original Hot

Tangy Mesquite

Hormel

continued

Micro-cook, covered, on 100% power (high) for 6 minutes. Uncover and stir. Add pea pods and red pepper strips. Cook, covered, for 7 to 9 minutes more or till vegetables are crisp-tender, stirring once. Drain well. Stir in the butter or margarine, dillweed, salt, and pepper till butter or margarine is melted.

For 30 servings: Prepare the Dilled Corn and Pea Pods as directed on page 100, *except* triple all ingredients. Combine corn and water in a 5- or 6-quart Dutch oven. Bring to boiling. Add red pepper strips; reduce heat. Simmer, covered, for 4 minutes. Add pea pods; heat through. Drain well. Continue as directed on *page 100.*

Nutrition information per ½-cup serving: 74 cal., 2 g pro., 13 g carbo., 2 g fat, 6 mg chol., 82 mg sodium. U.S. RDA: 23% vit. A, 68% vit. C.

GREENS WITH PARSLEY DRESSING

Choose greens and vegetables to create a colorful salad. For the photograph on page 78 we used green leaf lettuce, raddichio, and yellow pepper strips—

- ⅓ cup loosely packed parsley sprigs
- ¼ cup mayonnaise *or* salad dressing
- ¼ cup dairy sour cream
- 2 tablespoons snipped chives
- 2 teaspoons lemon juice
- 2 teaspoons Dijon-style mustard

• • •

- 6 cups torn mixed greens
- 3 cups assorted chopped *or* sliced vegetables (such as sweet yellow *or* green peppers, radishes, tomatoes, *and* mushrooms)

For dressing, in a blender container or food processor bowl combine parsley, mayonnaise or salad dressing, sour cream, chives, lemon juice, and mustard. Cover and blend or process till smooth. Transfer to a jar. Cover tightly and chill up to 24 hours.

In a large salad bowl toss together greens and assorted vegetables. Cover and chill up to several hours.

To serve, pour dressing over greens mixture; toss to coat. Serves 10.

For 30 servings: Triple ingredients; use 2 or 3 large salad bowls (or refill 1 bowl as needed).

Nutrition information per 1-cup serving: 69 cal., 1 g pro., 3 g carbo., 6 g fat, 6 mg chol., 77 mg sodium. U.S. RDA: 27% vit. A, 50% vit. C.

PECAN CORN MUFFINS

Team pecans and cornmeal for a rich, buttery, and delectably Southern taste—

- ⅔ cup all-purpose flour
- ⅔ cup yellow cornmeal
- ⅔ cup ground pecans
- ½ cup sugar
- ¾ teaspoon baking powder
- ½ teaspoon baking soda

• • •

- 2 beaten eggs
- ½ cup buttermilk *or* sour milk*
- ⅓ cup butter *or* margarine, melted
- ⅓ cup chopped pecans (optional)

Grease muffin cups or line with paper bake cups; set aside. In a medium mixing bowl stir together flour, cornmeal, ground pecans, sugar, baking powder, and baking soda. Make a well in the center.

In a small mixing bowl combine eggs, buttermilk, and butter. Add all at once to flour mixture. Stir just till moistened. (Batter should be lumpy.) Gently fold in chopped pecans. Fill prepared muffin cups ¾ full. Bake in a 375° oven for 18 to 20 minutes or till golden. Remove from the cups. Serve warm. *Or,* cool on a wire rack and reheat as directed on page 104. Makes 12 muffins.

continued



continued

To reheat: Place cooled muffins on foil. Sprinkle with a little water; seal. Warm in a 325° oven about 10 minutes or till heated through. (*Or,* place *six* muffins on a microwave-safe plate. Micro-cook, covered with a white paper towel, on 100% power (high) for 1 to 2 minutes or till heated through, rotating the plate a half-turn after 40 seconds. Repeat with remaining muffins.)

****For ½ cup sour milk:*** In a 1-cup measure combine 1½ teaspoons *lemon juice* or *vinegar* plus enough *whole milk* to make ½ cup. Let stand 5 minutes.

For 30 servings: Prepare the Pecan Corn Muffins as directed on *page 103, except* triple all ingredients and omit muffin cups. Grease and flour three 8x1½-inch *or* 9x1½-inch round baking pans. Divide batter evenly among the 3 pans. Bake in a 400° oven for 20 to 25 minutes or till golden. Cut bread in each pan into 12 wedges (see photo, *below*). Serve warm. (*Or,* cool completely



in pan on a wire rack. Cover pan with foil and freeze in pan. To warm, place the wrapped pan in a 325° oven about 25 minutes or till heated through.)

Nutrition information per muffin: 188 cal., 3 g pro., 20 g carbo., 11 g fat, 60 mg chol., 139 mg sodium.

SLICED MELON WITH LIME-POPPY DRIZZLE

- **3 tablespoons salad oil**
- **2 teaspoons honey**
- **¼ teaspoon finely shredded lime peel**
- **2 teaspoons lime juice**
- **¼ teaspoon poppy seed**
- **½ of a small cantaloupe, seeded**
- **½ of a small honeydew melon, seeded**
- **¼ of a small watermelon**

For dressing, in screw-top jar combine first 5 ingredients. Cover; shake. Chill. Cut cantaloupe and honeydew melon into 1-inch slices. With longest cut side down on a cutting board, cut watermelon into 1-inch slices. Cut each slice into 4 pie-shape wedges. Arrange melon on large platter. Cover; chill.

To serve, shake dressing well. Drizzle over melon. Makes 10 servings.

For 30 servings: Triple ingredients; use 2 or 3 platters (or refill 1 platter).

Nutrition information per honeydew or cantaloupe slice and 2 watermelon wedges with dressing: 70 cal., 1 g pro., 8 g carbo., 4 g fat, 0 mg chol., 6 mg sodium. U.S. RDA: 20% vit. A, 36% vit. C.

CHOCOLATE LADYFINGER LOAF

- **¼ cup sugar**
- **1 envelope unflavored gelatin**
- **2 slightly beaten egg yolks**
- **1 cup milk**
- **6 squares (6 ounces) semisweet chocolate**
- **2 egg whites**
- **2 tablespoons sugar**
- **1 cup whipping cream**
- **1 3-ounce package (12) ladyfingers, split**
- **Whipped cream (optional)**
- **Whole *and* sliced strawberries (optional)**

In a medium saucepan combine the ¼ cup sugar and gelatin. In a small mixing bowl combine egg yolks and milk; stir into gelatin mixture. Cook and stir over low heat till sugar and gelatin dissolve. Add chocolate and continue cooking, stirring constantly till chocolate is melted. With a wire whip or rotary beater, beat mixture till chocolate is well blended. Chill to consistency of corn syrup, stirring occasionally.

Remove from refrigerator (gelatin mixture will continue to set). In a large mixer bowl immediately begin beating egg whites with an electric mixer on high speed till soft peaks form (tips curl). Gradually add the 2 tablespoons sugar, beating till stiff peaks form (tips stand straight). When gelatin mixture is partially set (the consistency of unbeaten egg whites) fold in the stiff-beaten egg whites.

In a large mixer bowl beat the 1 cup whipping cream with an electric mixer on low speed till soft peaks form. Fold into gelatin mixture. Chill till mixture mounds when spooned.

Line bottom of 9x5x3-inch loaf pan with waxed paper. Place ladyfingers, round-side against sides of pan. Lay any remaining ladyfingers diagonally across bottom of pan. Turn gelatin mixture into pan; spread evenly. Cover; chill several hours or till firm. To serve, invert onto a serving platter. Garnish with additional whipped cream and whole and sliced strawberries. Slice dessert, then spoon additional sliced strawberries over each serving. Makes 10 servings.

For 30 servings: Prepare Chocolate Ladyfinger Loaf as directed at left, *except* omit ladyfingers and use two 9-inch *angel food cakes.* Prepare gelatin-whipped-cream mixture. While it chills, hollow angel food cakes by cutting a ½-inch slice off top of inverted cake; set slice aside. Hold a sharp, narrow knife parallel to sides of cake and make 2 circular cuts—one 1 inch from the center hole and the other 1 inch from outer edge. Use a spoon to carefully remove the cake between the cuts, leaving the bottom about 1 inch thick. Repeat with second cake.

After chilling the gelatin-whipped-cream mixture till it mounds when spooned, spoon *half* of the mixture into 1 of the hollowed-out cakes; spread evenly. Replace the ½-inch top slice. Repeat with the remaining gelatin mixture and cake. Frost tops and sides of both cakes with one 8-ounce container *frozen whipped dessert topping,* thawed. Chill cakes for several hours or overnight. Garnish with a whole strawberry sliced in thirds to, but not through, the top. To serve, slice with a serrated or electric knife (see photo, *below*). Spoon sliced strawberries atop.



Nutrition information per ladyfinger loaf serving: 262 cal., 4 g pro., 25 g carbo., 18 g fat, 121 mg chol., 129 mg sodium. U.S. RDA: 10% vit. A, 10% phosphorus.

NOTE

The microwave recipes included here were tested in countertop microwave ovens that operate on 600 to 700 watts. Cooking times in these recipes are approximate because microwave ovens vary by manufacturer.





In a taste test with kids, guess who finished first?

The taste test was conducted by an independent research company. And the name of each cookie was kept a secret from the kids, so all they knew was which one tasted the best.



The Sears Financial Network Companies know:

The future is only inches away.

Before you know it, the future grows into the present. And getting the help to plan for your financial future isn't always easy.

The Sears Financial Network was created to give you a place where you can get straight talk and expert advice on all your financial needs.

And you get help from the best—Dean Witter, one of the nation's leading investment firms; Coldwell Banker Real Estate, the largest full service real estate company; and Allstate Insurance, partners with Sears for over 50 years.

Now you can get the help you need at your convenience. Sears Financial Network Centers are located in most larger Sears stores and are open every hour Sears is open, including evenings and weekends. Member company services are also available at individual company locations right in your neighborhood.† Why not stop in and get acquainted?

SEARS FINANCIAL NETWORK
ALLSTATE
DEAN WITTER REYNOLDS
COLDWELL BANKER
SEARS SAVINGS BANK*
*LOCATED IN CALIFORNIA

The Sears Financial Network. Trust us to make it work for you.

© Sears, Roebuck and Co., 1986
Allstate Insurance Company, Home Office: Northbrook, Illinois
†Not all member company services available in every city.

Less-Mess
Grill Cleanup

Do you get burned up over cleaning your grill? To avoid flare-ups—of your temper, that is—follow these tips to make a necessary chore easier, faster, and less messy.

Get a head start

- Line the inside of the firebox with *heavy* foil. Why should you use *heavy* foil? Because when you've finished the grilling and the ashes have cooled, you can bundle up the foil and throw it away—ashes and all. The heavy foil is stronger and less likely to tear and make a mess.
- An ounce of prevention is worth a lot of scrubbing. Spray the *cold* grill rack with a nonstick vegetable spray coating before cooking.

Tricks for the cleanup crew

- Remove the rack from over the coals as soon as you're done cooking. Cover both sides of the rack with wet paper towels or newspapers and let stand while you eat. Later, the burned-on food will usually wash right off. Or, fill a large tub with hot, sudsy water and put the rack in the water to soak while you eat.
- To remove stubborn burned-on food from your grill, sprinkle dry baking soda on a damp sponge and lightly scour the grill rack. Or, scrub the grill rack with an abrasive-type cleaning pad, crumpled foil, or a stiff grill brush. Read the cleaning and care directions that are supplied with your barbecue equipment before you use any cleaning products or abrasives to clean your grill rack.

Gas grill gimmicks

- Clean the inside of your gas grill by turning the gas burners to the high setting. Close the hood and let the grill self-clean about 15 minutes. Let the grill cool, then wipe off the burned food particles.
- Once a year, remove the grill rack, briquettes, and briquette rack from your gas grill, and brush out the bottom of the grill.

WIN MONEY FOR YOUR RECIPES

This Month's Winners, Pg 109–110

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

THIS MONTH'S CATEGORIES

Valentine Desserts
Main Dishes from Canned Foods

What heavenly homemade dessert delights your sweetheart every February 14th? When you face a dinnertime crunch, how do you rely on canned foods to satisfy hunger fast? Send us your recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Recipes will be pictured on the Prize Tested Recipe pages next February. Winners also receive a framed certificate and six copies of their recipe.

HINTS TO HELP YOU

Valentine Desserts: Do you surprise your true love along with the family with a cupid-special dessert for the heartful holiday? **Hints: be-mine banana bombe, festive fruit trifle, heavenly chocolate cookie torte.**

Main Dishes from Canned Foods: Do you count on canned meats, vegetables, sauces, and soups to feed a hungry family on demand? Does your recipe combine two or more canned foods with a pound of ground beef or fresh chicken? Can your original recipe be cooked in 20 minutes? **Tips: 5-bean winter stew, toss-together salmon bake.**

WINNERS IN THIS ISSUE

(See recipes on pages 109 and 110.)

Cooks of the Month
Nellie Cusworth, Thousand Oaks, Calif.
Dorothy R. Nichols, Placerville, Calif.

Runners-Up
T. A. Police, New Philadelphia, Ohio
Darla Schroeder, Abbotsford, B.C., Canada.

Honor Roll
Shirley Bunt, Cochecton, N.Y.; Susan Cherie Edwards, Colorado Springs, Colo.; Marion Grammer, Oneonta, N.Y.; Gloria Pleasants, Hampton, Va.; M.K.W. Pringle, Menlo Park, Calif.; Kenegunda Unser, Napoleon, N.Dak.

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "February Valentine Desserts" or "February Main Dishes from Canned Foods." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, July 31, 1986. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8702 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation.

00's, 17 mg. "tar", 1.3 mg. nicotine; Light 100's, 11 mg. "tar", .9 mg. nicotine; Kings, 17 mg. "tar", 1.2 mg. nicotine; Menthol Kings, 18 mg. "tar", 1.2 mg. nicotine; Light Kings, 0 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

NEW 100s



25 great tasting cigarettes for the price of 20!

5 FREE PER PACK
50 FREE PER CARTON

RICHLAND 25's
Also available in Regular, Menthol & Lights Kings.

Based on manufacturer's suggested retail price. Prices optional with participating retailers.

Without ReaLemon.



With ReaLemon.



Lighten up the taste of your next salad. Substitute an equal amount of ReaLemon for vinegar when preparing your favorite salad dressing. You'll be surprised how ReaLemon can make the difference between night and day.

BORDEN®



WIN MONEY FOR YOUR RECIPES
See Page 107 For Details

BETTER HOMES AND GARDENS TEST KITCHEN™
PRIZE TESTED RECIPES



Jams and Jellies

File under Canning and Freezing

$100 WINNER *Dorothy R. Nichols, Placerville, Calif.*

Pear-Raspberry Jam

Dorothy gives away many jars of this jam each year and then gets asked for refills—

- 6 medium pears (about 2 pounds), peeled and cored
- 1 10-ounce package frozen red raspberries (in quick-thaw pouch), thawed
- 6 cups sugar
- 2 tablespoons lemon juice
- 2 teaspoons finely shredded orange peel
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin

In a food processor bowl or food grinder coarsely chop or grind pears. Add enough pears to the raspberries to make 4 cups total fruit. In an 8- or 10-quart kettle or Dutch oven combine fruit mixture, sugar, lemon juice, and orange peel. Bring to a full rolling boil (a boil that cannot be stirred down), stirring constantly. Boil hard, uncovered, for 1 minute; stir constantly. Remove from heat. Stir in liquid pectin. Quickly skim off foam with a metal spoon. Ladle jam at once into hot, clean half-pint jars, leaving ¼-inch headspace. Wipe jar rims; adjust lids. Process in a boiling water bath for 15 minutes (start timing when water boils). Makes 6 to 7 half-pints.

Nutrition information per teaspoon: 19 cal., 0 g pro., 5 g carbo., 0 g fat, 0 mg chol., 0 mg sodium.

BETTER HOMES AND GARDENS TEST KITCHEN™
PRIZE TESTED RECIPES



Kids' Snacks

File under Cookies

$100 WINNER *Nellie Cusworth, Thousand Oaks, Calif.*

Raisin Granola Mini-Bites

Nellie makes these cookies kid-size so her little ones can grab a handful—

- 1 cup raisins
- 1 6-ounce can frozen apple juice concentrate
- ½ cup butter *or* margarine
- 1 egg
- 1¼ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon finely shredded orange peel
- 2 cups granola, slightly crushed

In a medium saucepan heat together raisins, apple juice concentrate, and butter or margarine till melted. Remove from heat; cool. Beat in egg. In a small mixing bowl combine flour, baking soda, and cinnamon; stir into egg mixture. Stir in orange peel and granola. Let dough stand for 1 to 2 minutes or till granola absorbs some of the liquid. Drop by rounded teaspoons 2 inches apart onto ungreased cookie sheets. Bake in a 350° oven about 10 minutes or till lightly browned on the bottom. Remove and cool on a wire rack. Makes about 5 to 6 dozen cookies.

Nutrition information per cookie: 54 cal., 1 g pro., 8 g carbo., 2 g fat, 8 mg chol., 44 mg sodium.




PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS
Now there are two loose-leaf Better Homes and Gardens® cookbooks! The famous red plaid *New Cook Book* has 1,251 tested recipes. The solid-red *My Recipe Collection* keeps your own recipes organized. At bookstores, or send

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Kids' Snacks

File under Cookies



$50 WINNER *T. A. Police, New Philadelphia, Ohio*

Yummy Apple Sticks

Recharge your kid's batteries with this pick-'em-up snack bar—

- 1 cup packed brown sugar
- ¾ cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 2 eggs
- ½ cup peanut butter
- ⅓ cup milk
- 1 teaspoon vanilla
- 1 medium apple, cored, and cut into thin slices
- ½ to ¾ cup sifted powdered sugar

In a small mixer bowl stir together brown sugar, flour, baking powder, cinnamon, and salt. Add eggs, peanut butter, milk, and vanilla. Beat with an electric mixer on low speed just till combined. Beat on high for 2 minutes.

Spread mixture in a well-greased 9x9x2-inch baking pan. Lightly press apple slices, peel side up, into mixture, spacing evenly. Bake in a 350° oven for 30 minutes. Cool completely in pan. Cut into small sticks; remove from pan. Dip sticks in powdered sugar. Makes 30 to 35 sticks.

Nutrition information per stick: 80 cal., 2 g pro., 13 g carbo., 3 g fat, 19 mg chol., 80 mg sodium.

Photographs: Scott Little

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Jams and Jellies

File under Canning and Freezing



$50 WINNER *Darla Schroeder, Abbotsford, B.C., Canada*

Mint Honey Jelly

Enjoy this unique jelly on bread or serve it with a lamb entrée—

- ¾ cup boiling water
- ¼ cup finely snipped fresh mint *or* 1 tablespoon dried mint, crushed
- 2½ cups honey
- ½ of a 6-ounce package (1 foil pouch) liquid fruit pectin
- 2 tablespoons lemon juice
- 3 drops green food coloring (optional)

Pour boiling water over mint; let stand for 5 minutes. Strain through a cheesecloth-lined sieve. Measure liquid. Add enough water to measure ¾ cup liquid.

In a 6-quart kettle or Dutch oven stir together mint liquid and honey. Bring to a full rolling boil (a boil that cannot be stirred down), stirring constantly. Stir in pectin. Return to a full rolling boil. Boil hard, uncovered, for 1 minute. Stir in lemon juice and food coloring. Ladle at once into hot, clean half-pint jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids. Process in boiling water bath for 15 minutes (start timing when water boils). Makes 3 to 4 half-pints.

Nutrition information per teaspoon: 18 cal., 0 g pro., 5 g carbo., 0 g fat, 0 mg chol., 0 mg sodium.

Buying information, page 128.

Say hello to deli taste a whole new way.



© 1986 Oscar Mayer Foods Corporation



Now Oscar Mayer® Select Slices™ give you nine ways to taste America's all-time deli favorites, including Corned Beef, Pastrami, Cracked Pepper Ham and Smoked Turkey Breast. Every one of them has the real taste of the deli. And the authentic quality of Oscar Mayer.

Oscar Mayer

Italian Style Beef • Corned Beef • Pastrami • Smoked Turkey Breast • Smoked Chicken Breast
Cracked Black Pepper Ham • Smoked Cooked Ham • Italian Style Ham • Honey Ham

Beef items available in limited areas.

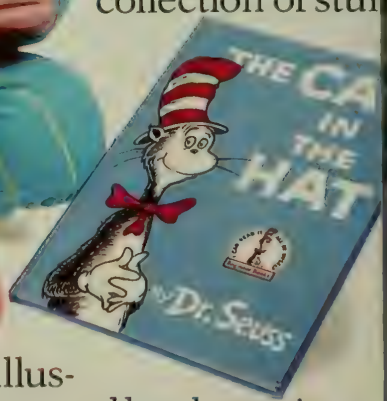
You have to be under 7 to have an appetite for Green Eggs and Ham.

One of the delights of childhood is the special kind of fun and humor created by Dr. Seuss. No one can match the ingenious way this gifted author and artist mirrors a child's mind with rhythm, rhymes and repetition. Millions of youngsters across America love to listen to, recite, and learn from Dr. Seuss. The adventure begins as you read aloud the playful stories at bedtime. Before you know it, as if by magic, your child proudly announces, "I can read it all by myself."



tional success. Even before your child is ready to read, you owe it to your youngster's future to own these wonderfully witty books that make reading as much fun as any game or toy.

Start a library now for your future scholars. And get a free gift while you save lots of dollars. Dr. Seuss & His Friends, The Beginning Readers' Program, is a delightful collection of stu



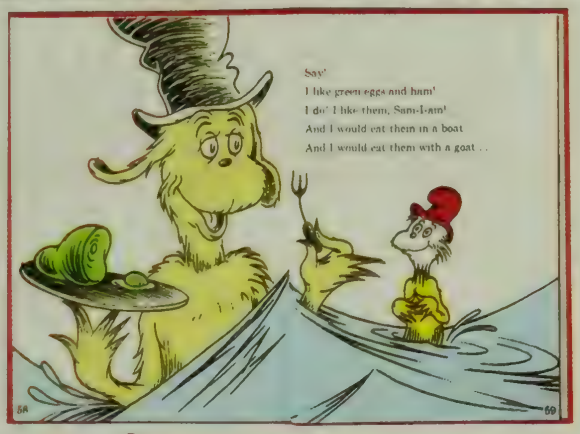
Green Eggs and Ham? Why stop at that? They'll also love The Cat in the Hat! For the child, learning to read is an exciting, rewarding passage into the world of grown-ups. And for parents, it's a sure sign that your youngster has mastered the skill that's vital for educational success. Even before your child is ready to read, you owe it to your youngster's future to own these wonderfully witty books that make reading as much fun as any game or toy.

Start a library now for your future scholars. And get a free gift while you save lots of dollars. Dr. Seuss & His Friends, The Beginning Readers' Program, is a delightful collection of stu

beautifully illustrated, fun-to-read books, written recommended by Dr. Seuss. Now, for a fraction of what you pay at the bookstore, you can get Dr. Seuss's ABC, Green Eggs and Ham, The Cat in the Hat and Bears on Wheels.

..et Dr. Seuss & His Friends encourage your child's taste ..or wonder and fun and watch his reading ability grow.

..r books in all at ..avings of more ..n $15. And just ..joining this very ..cial book club, ..r child will also ..an enchanting, ..urdy Cat in the ..lat bookrack ..rth $3.50, abso- ..ely free.

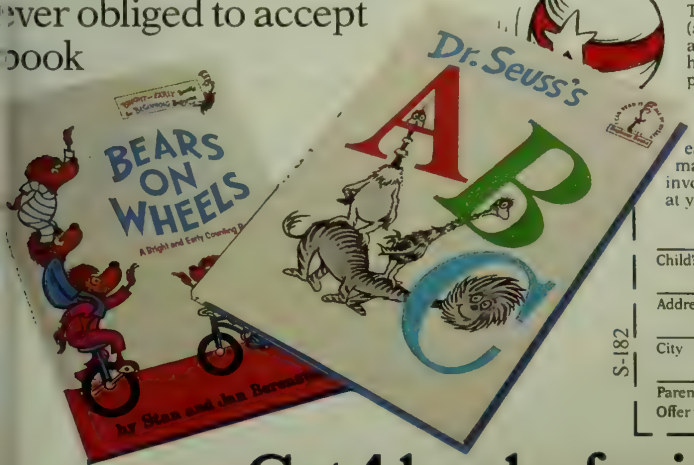


unless you really want to. So start a library your child will treasure, every book a stepping stone to a more confident future.

Your child's free gift. This colorful, sturdy Cat in the Hat Bookrack is a $3.50 value. It measures 11½" x 6¼" x 6½" and holds up to 15 books. It's a gift your child will love and you may keep it free no matter what you decide later.



Send no money but don't delay. Mail the order form today! If, when you receive your books, you're ..t completely delighted, ..nply send them back. ..d keep the bookrack as ..r gift. You owe nothing. ..ut if you do decide to keep the ..ooks and join the Club, ..e'll send you two new, ..ually attractive books ..ery four weeks. And you're ..ver obliged to accept ..book



The shortest line between a child and reading.

Dr. Seuss & His Friends

THE BEGINNING READERS' PROGRAM, DEPT. BBC
A Division of Grolier Enterprises Inc.
P.O. Box 1797, Danbury, Connecticut 06816

I am enclosing no money. Please accept my child's enrollment and send the 4 books, DR. SEUSS'S ABC, GREEN EGGS AND HAM, THE CAT IN THE HAT, and BEARS ON WHEELS, plus the Cat in the Hat Bookrack (a $3.50 value) as a free gift. The comparable retail value of the books alone is $19.80, but you will bill me for only $1.95, plus shipping and handling. I may examine the books free for 10 days, and if not completely delighted, return them at your expense and owe nothing. The free bookrack is mine to keep. If I choose to keep the 4 introductory books, my child will then receive 2 new Beginner Books every 4 weeks on 10-day approval, at the special member's price of only $3.99 each plus shipping and handling. Sales tax is extra where applicable. I may cancel at any time simply by following the instructions on the invoice accompanying my shipment, and return any book in the program at your expense.

Child's Full Name (please print) Birthdate Mo. / Day / Yr.

Address Apt.

City State Zip Code

Tel. # Area Code ( )

Parent's Signature

S-182

05209/05210

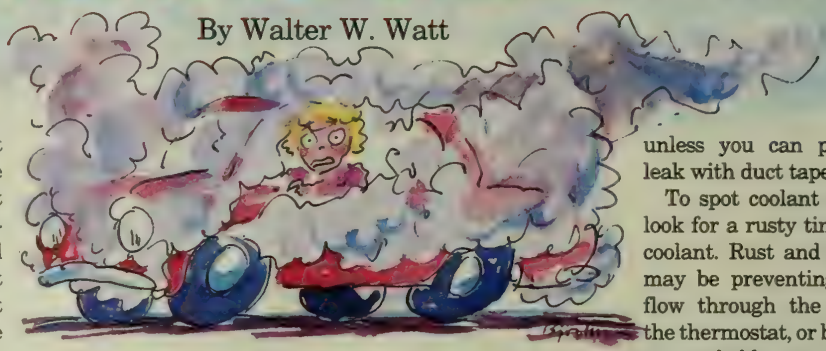
Offer may be slightly different in Canada. Shipment and service from Canada.

Get 4 books for just $1.95,* and the Cat In The Hat bookrack free.

*plus shipping and handling.

QUICK ON-THE-ROAD FIXES FOR OVERHEATED ENGINES

By Walter W. Watt



A glowing temperature light could spell disaster on the road

MAKING A COOL EXIT

Your first concern is to get off the road safely. At the first sign of overheating, put on the car's warning flashers, check the traffic around you, and try to pull off right away. Should traffic prevent immediate exit, turn off the air conditioner, open the windows, and turn on the heater and blower. That should circulate coolant and remove heat from the cooling system—unless your problem is the fan belt (see below).

If you're at a standstill in traffic instead, take the steps above, but also shift into neutral and rev the engine a little. Again presuming the fan belt is not the villain, this action will have a cooling effect, making the water pump and fan speed up to draw more liquid and air through the radiator.

Once safely parked, turn off the ignition, and raise the hood. *Let things cool down for at least 30 minutes.* Only then should you try to analyze the problem and either make temporary repairs in order to get to a service station, or decide that you'd better get help to come to you.

IS THERE COOLANT LOSS OR BLOCKAGE?

To check the *coolant level* in the radiator, use a thick cloth to cover the cap and slowly turn it counterclockwise as far as possible. Wait for the pressure to escape, then put downward force on the cap and turn it until it comes free. (Step to one side as you lift the cap off.) Cars with coolant recovery systems do not require removal of the radiator cap. Simply glance at the COLD FULL, HOT FULL, and ADD marks on the transparent tank by the radiator.

A low coolant level or discolored areas on the radiator or hoses indicate a possible leak. Refill the radiator or recovery tank with water, replace the cap, and start the engine. While the car is running, look for leaks in or around the hoses connected to the radiator, the body of the radiator, hose clamps, and radiator cap seal. (Keep hands and clothing away from the fan.)

With a slow leak, it's safe to drive to a service station—unless the temperature light comes on again. Rapid coolant loss from a crack in a hose or the radiator is another matter. *Do not drive* unless you can patch the leak with duct tape.

To spot coolant blockage, look for a rusty tinge to the coolant. Rust and sediment may be preventing coolant flow through the radiator, the thermostat, or both. If so, you probably can make it to the nearest service station without overheating again. Also examine the bottom radiator hose, which contains a spring that may lose tension, causing the hose to collapse and block coolant circulation. Again, it's probably safe to drive for help—but take it easy.

STOP THE PROBLEM BEFORE IT STARTS

The best protection against overheating is routine inspection and maintenance. You or your mechanic should be sure to:

☐Inspect hoses periodically; replace any that are worn, cracked, or feel mushy. Do the same for belts that are worn smooth, split, or frayed.

☐Check the radiator coolant level once a month. Flush and change the coolant every 20,000 miles.

☐Use coolants with corrosion inhibitors to prevent rust, aluminum phosphating, and other deposit buildups that can block circulation in radiator tubes. Though commonly called "permanent" antifreeze, these chemical solvents are neither permanent nor intended for winter usage only. They DO deteriorate and need replacement like other car parts and additives.

OTHER CAUSES?

■ **Inspect the drive belt operating the fan and water pump.** The belt could be loose or broken (and probably missing), so water is not being pumped through the engine. Nor is the fan drawing air through the radiator.

In most cars, you can fix a loose belt temporarily by adjusting its tension: Loosen the adjustment bolt at the top of the alternator; carefully pry or force the alternator outward with a tire iron; then retighten the bolt, allowing about one-half inch of "play" at the midpoint of the belt. If the belt is broken or missing and you don't have a spare, call for a tow truck.

■ **Inspect the face of the radiator.** Paper, leaves, bugs, or other debris may be sticking to it and restricting airflow. After you have cleared the blockage, you can continue driving—*unless* the temperature light comes on.

■ **Feel around the water pump for dampness.** (Make sure the engine is turned off first.) The pump is located behind the fan and fan pulley; use a rag to protect your hand. Any wetness means the pump may need replacing: Do NOT drive the car farther.

Editor: Margaret Daly

Training Table.

The training never ends for Mr. Goodwrench.

As cars change, he changes. To keep up with the latest developments, he does his homework. Studies GM Service Bulletins. And chooses from 119 specialized courses at GM's Regional Training Center. Courses in turbocharger technology. Electronic instrumentation. Multi-port fuel injection. And more.

Sure, there are other things he'd rather be doing. But tonight, he's in training. Because he's Mr. Goodwrench. And tomorrow, customers out there will be depending on him.

No one knows your GM car better than Mr. Goodwrench. No one. He has the genuine GM parts your GM car needs. Including GM Goodwrench Brake Shoes and Disc Pads. Ask for them.

GM QUALITY SERVICE PARTS GM

GENERAL MOTORS CORPORATION



Mr. Goodwrench

CHEVROLET • PONTIAC • OLDSMOBILE • BUICK • CADILLAC • GMC TRUCKS

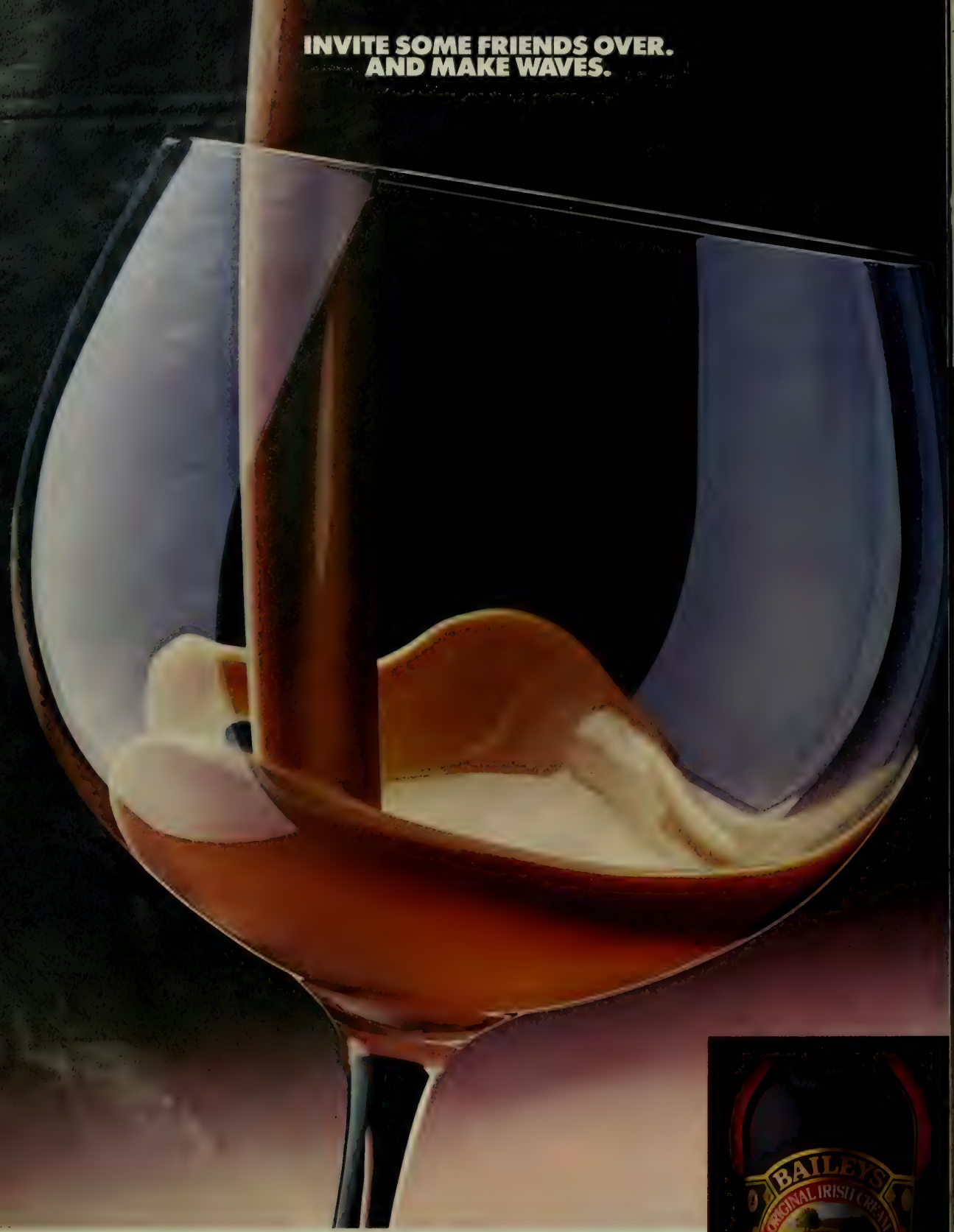
Gr.0.000

GM

Goodwrench

GENUINE GM PARTS

INVITE SOME FRIENDS OVER.
AND MAKE WAVES.



BAILEYS ORIGINAL IRISH CREAM.® TO KNOW IT, IS TO LOVE IT.

To send a gift of Baileys anywhere in the U.S., call 800-238-4373. Void where prohibited. Imported by The Paddington Corporation, Fort Lee, N.J. 34 Proof. ©1986

CANADA'S MARITIME PROVINCES

LOTS TO DO! LOTS TO SEE! VACATION FUN FOR THE WHOLE FAMILY!

By George S. Bush





Tides, not clocks, set the rhythms of your days in Canada's four maritime provinces. Arching far into the North Atlantic, this is a magic realm of salt breezes and the sea, where fishing and lobstering are still a way of life. Ferry routes serve as the area's major highways, with ships and boats more plentiful than cars.

MARITIME CIRCLE TOUR

You can combine highlights of all the sight-seeing expeditions on the pages that follow into a grand 2,200-mile, four-province tour (see the map above).

From New Brunswick, take the Cape Tormentine-Borden ferry to Prince Edward Island; from the island to Nova Scotia, the Wood Islands-Caribou ferry. Both ferries run several times daily.

Ferries make overnight trips between Nova Scotia and Newfoundland. You can sail one way from North Sydney to Port aux Basques; the other way, from Argentia back to North Sydney (or vice versa). The ferries don't operate every day, so check schedules in advance. Make reservations early to take along your car and for a cabin, if your family wants one.

Vacationing in the maritime provinces of New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland, you discover deserted beaches where the only sounds are pounding waves and shorebirds' cries. Harbors bulge with ships of many nations. Sunsets illuminate fabulous seascapes. You can visit fishing villages that resemble yesteryear movie sets, even learn the local art of jigging for codfish. Of course, there's delicious lobster for eating almost everywhere.

These pages feature tours of each province's charms, with a special adventure in each one. The exchange rate ($1 U.S. equals $1.38 Canadian at press time) makes vacationing in Canada especially enticing.

continued

ILLUSTRATIONS: JIM BUCKELS. PHOTO: ROBERT H. BRADFORD (LEFT)

PHOTOS: ©ERIC HAYES (CENTER), ©J.A. KRAULIS/MASTERFILE (RIGHT)



Tailgate parties are popular with many wagon owners. So Ford designed an optional picnic table that folds out of the cargo floor and extends over the bumper.

THE NEW TA
PROOF THAT A WAG
BE FULL OF CAR

The Taurus Wagon is one of the most v
thought-out automobiles on the road tod

It's full of advantages. From 81 cubic fe
of cargo space (with the second seat dow
to dozens of features that not only answe
the needs of the driver, but those of the
passengers as well.

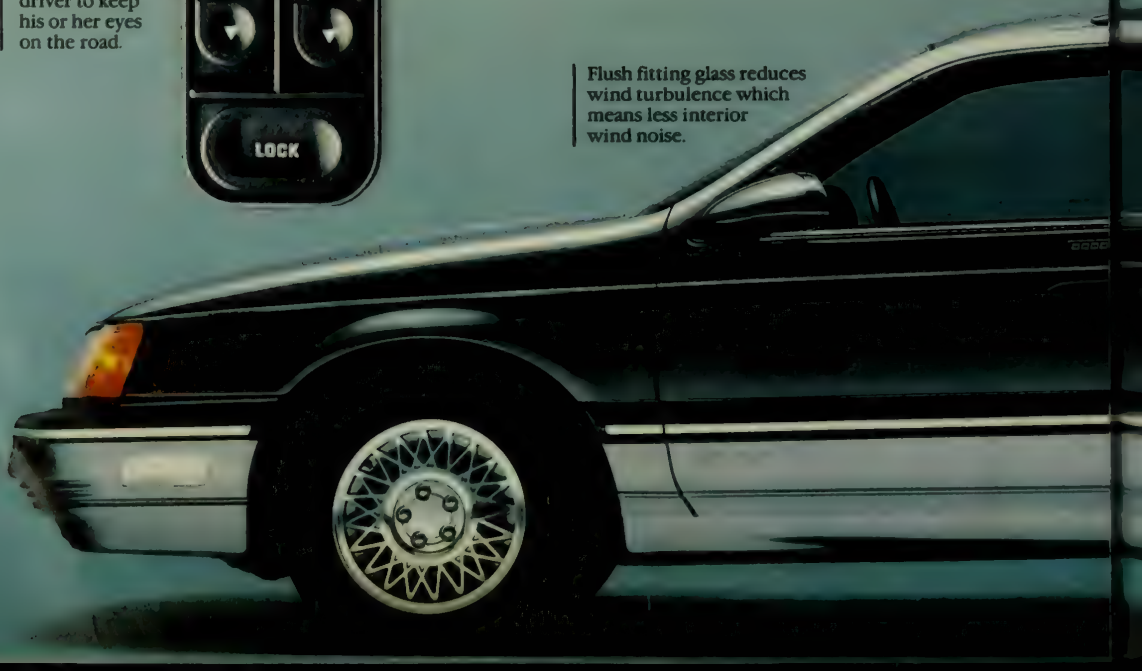
The Taurus Wagon.

It's loaded with exceptional thinking.



The tactile controls on the LX are designed so they can be operated by feel, allowing the driver to keep his or her eyes on the road.

Flush fitting glass reduces wind turbulence which means less interior wind noise.





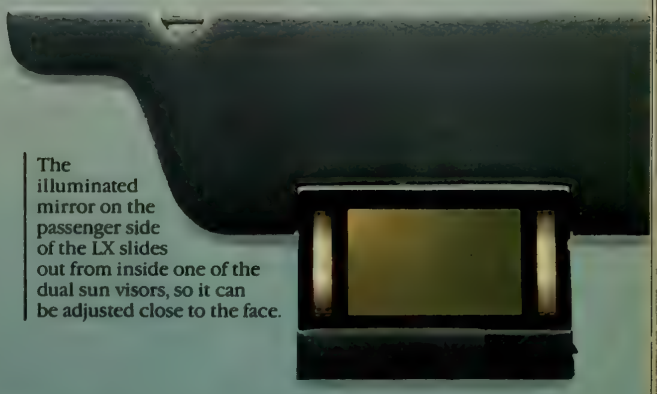
The optional electronic instrument panel is designed to be "user friendly." All instruments are easy to read and all controls are placed where your hands can easily find them.

JS WAGON. DOESN'T HAVE TO TO BE LOADED.

best-built American cars.

Ford, Quality is Job 1. A 1985 survey lished that Ford makes the best-built rican cars. This is based on an average of lems reported by owners in a six-month d on 1981-1984 models designed and in the U.S.

l on 1986 EPA Cargo Volume Index.



The illuminated mirror on the passenger side of the LX slides out from inside one of the dual sun visors, so it can be adjusted close to the face.



Have you driven a Ford...lately?

Ford

Buckle up—Together we can save lives.

NEW BRUNSWICK

Realm of the world's highest tides



TOURING NEW BRUNSWICK

This 360-mile tour follows the Bay of Fundy to the best spot to see world-record tides that turn miles of beach shelf—almost as far as you can see—into ocean floor twice daily. The itinerary then loops inland to relive some of the province's beguiling past.

Starting from the Maine coast:

- St. Andrews, a resort town with an old-timey New England atmosphere
- President Roosevelt's 34-room summer "cottage" on Campobello Island (you can also start the loop via Campobello Island from Maine-189 and three short island-hopping ferry rides)
- The more than 200-year-old city of Saint John, with its Old City Market
- Fundy National Park, rich in wildlife, rugged scenery, campgrounds, cottages, and facilities for outdoor sports
- The Flower Pot Rocks on Hopewell Cape, for observing Fundy's tides
- Shediac's delightful Parlee Beach
- Historical Fredericton, the capital
- Kings Landing on the St. John River, reconstruction of a yesteryear community, with living history programs

Lodgings are plentiful in pretty towns on the Fundy coast.

Tourism New Brunswick, Box 12345, Dept. BHG, Fredericton, New Brunswick E3B 5C3, Canada.



©HAROLD V. GREEN/VALAN PHOTOS

Colorful little puffins congregate on the rocks.

WHALE WATCHING AT THE BAY OF FUNDY

Favorite feeding grounds of whales that travel to this bay in summer are waters around Grand Manan Island, where herds of playful monsters sound and blow. There are whale-watching day excursions aboard lobster boats and week packages of six outings, meals, and lodgings in the Marathon Inn. ***Ocean Search, Marathon Inn, Dept. BHG, Grand Manan Island, New Brunswick E0G 2M0, Canada.*** The island lies two hours by ferry from Black's Harbor, off Canada-1 near St. George.

PRINCE EDWARD ISLAND

Beaches, gentle surf, and fertile farmlands





TOURING PRINCE EDWARD ISLAND

Three scenic drives, with easy-to-follow roadside markers, wind through this island province's pastoral countryside. On this 300-mile tour, you combine two of these drives (one marked by a blue heron, the other by a lady-slipper blossom).

The car ferry from New Brunswick puts you directly on the route at the town of Borden. If you cross from Nova Scotia, follow the Trans-Canada Highway to Charlottetown (see map).

Tour highlights:

- Historical Charlottetown, the provincial capital
- Pink-sand swimming beaches of Prince Edward Island National Park
- Green Gables House, the restored farmhouse that served as the setting for *Anne of Green Gables*
- Community lobster suppers in the villages of St. Ann, New Glasgow, Stanhope Beach, and North Rustico
- Malpeque Gardens, a wonder-world of blooms (400 dahlia varieties)
- The Acadian Museum near Summerside, depicting 1800s farm life
- Lighthouses on the North Cape and at West Point
- Two-hour sailing excursion aboard a 40-foot schooner out of Victoria

Visitor Services, Dept. of Tourism, Box 2000, Dept. BHG, Charlottetown, Prince Edward Island C1A 7N8, Canada.

continued

BICYCLING THE COUNTRYSIDE

You pedal through a fragrant green world on this gentle island. Meadows and fields line roadways; country lanes lead to beaches. Start at Stanhope, near endless national park beaches (bike rentals at Stanhope Beach Lodge). Basically, follow our car tour to the island's western bulge, its most idyllic section. On the route are country inns and campgrounds. ***Bill Taylor, P.E.I. Cycling Assoc., 22 Richmond St., Dept. BHG, Charlottetown, Prince Edward Island C1A 1H5, Canada.*** For guided five-day trips, ***Sunset Bicycle Tours, Box 2076, Dept. BHG, Charlottetown, Prince Edward Island C1A 7N8, Canada.***



ROBERT H. BRANDFORD

Pedaling is safe and easy.

LouverDrape® Vertical Blinds

BEAUTY OUT OF THIS WORLD



AND 4 DOWN-TO-EARTH REASONS LOUVERDRAPE® VERTICAL BLINDS ARE SO VERY PRACTICAL AS WELL

EXPERIENCE

LouverDrape® introduced Vertical Blinds more than 25 years ago. Today, more people enjoy the light control, energy efficiency, and care-free maintenance of LouverDrape® Vertical Blinds than any other brand.

SELECTION

Over 800 colors and textures to choose from. Only LouverDrape® offers you such a functional window covering in so many decorative choices. And, in so many price ranges.

INNOVATION

There's a hidden advantage in all our vertical blinds. Our Zirlon® Wheeled System. It provides you with the easiest traverse and shortest stacking width of any vertical blind in the business.

CONFIDENCE

LIFETIME PLUS GUARANTEE

The LouverDrape® LifeTime Plus® Guarantee. No window covering guarantees more. In fact, during the first year, if your vertical blinds don't live up to your high standards of performance, we'll replace them. Free.

ALWAYS INSIST ON 100% LouverDrape QUALITY LIFETIME PLUS GUARANTEE

LouverDrape®

SEND FOR OUR FREE, IDEA FILLED, 36 PAGE VERTICAL IMAGINATION BROCHURE
LOUVERDRAPE, INC., 1100 COLORADO, AVE., DEPT. BH07 SANTA MONICA, CA 90401

Virginia Slims remembers all the women who were in business in Fenton Falls in 1903.



VIRGINIA SLIMS

You've come a long way, baby.

8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Feb.'85.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

© Philip Morris Inc. 1986

Fashions: Charivari Workshop



NOVA SCOTIA

Mountains, coastal hamlets, and a port city

TOURING NOVA SCOTIA

This double sight-seeing loop is a delight, whether you drive all of it or only a part. The 1,000 miles let you see the province's varied beauty.

Starting counterclockwise from Yarmouth, Nova Scotia, where ferries from Portland and Bar Harbor, Maine, dock, don't miss these highlights:

- Little shipbuilding towns of Lunenburg and Chester, and the much-painted fishing village of Peggy's Cove on the rocky Atlantic coast
- The port city of Halifax, whose Maritime Museum, part indoors and part afloat, is among the world's finest
- Elaborate reconstruction, including living history programs, at Louisbourg National Historic Park, location of the early French government
- Spectacular Cabot Trail and Cape Breton Highlands National Park on the Cape Breton Peninsula
- The Alexander Graham Bell Museum at Baddeck
- Fort Anne at Annapolis Royal on the Bay of Fundy coast, site of the New World's first French bastion, and nearby Port Royal, oldest colonial settlement north of the Gulf of Mexico

The province abounds with lodgings, including excellent family resorts.

Bruce Sutherland, Tourism Nova Scotia, Box 130, Dept. BHG, Halifax, Nova Scotia B3J 2M7, Canada.



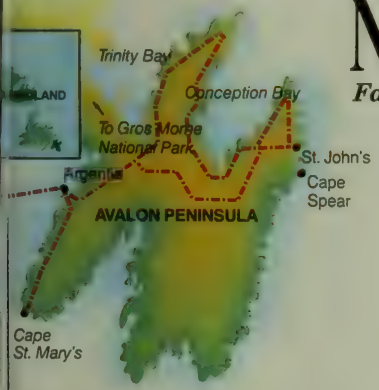
©JOHN F. MASON/THE STOCK MARKET

You barely feel the chop of the ocean.

CANOEING ENCHANTED ISLES

Lovely, lonely islands hug the coast 50 miles east of Halifax. Shorebirds nest on rocky ramparts; seals snooze on tide-kissed shelves. A few abandoned lighthouses are reminders that hardy people once lived here.

Narrow channels between the islands are splendid for family canoeing. You're always just minutes from a beach or cove. Guided and outfitted three- and five-day island-to-island paddles are scheduled out of the port village of Tangier. ***Scott Cunningham, Coastal Adventures, Box 77, Dept. BHG, Tangier, Nova Scotia B0J 3H0, Canada.***



NEWFOUNDLAND

Farthest out in the ocean and most dramatic

TOURING NEWFOUNDLAND

This province's Avalon Peninsula juts out at the very edge of our continent. Except for St. John's, the provincial capital, this is a barely tamed outpost ringed by craggy cliffs that loom from the surf. Wild blueberries flourish in the sparsely inhabited highlands; fishing villages snuggle in the scenic coastal coves.

To reach the peninsula, take the ferry from North Sydney, Nova Scotia, to Argentia. There, at a now desolate U.S. air base, antisubmarine planes patrolled North Atlantic convoy routes during World War II. From Argentia, head straight for St. John's.

Highlights:

- The fjord city of St. John's, where Russian "trawlers"—their decks laden with sophisticated electronic gear—dock at the wharves
- Cape Spear, the most easterly point of North America, looking out over the notorious iceberg alley of the Greenland Strait (icebergs float by here even in August)
- Dramatic coastlines of Conception and Trinity bays, with simple but cozy lodgings in villages along the shore
- The Seabird Sanctuary, where zillions of birds nest, on Cape St. Mary's

Margaret Kearney, Office of Tourism, Box 2016, Dept. BHG, St. John's, Newfoundland A1C 5R8, Canada.



©BARRETT & MACKAY/MASTERFILE

Trails lead to the huge park's wild splendors.

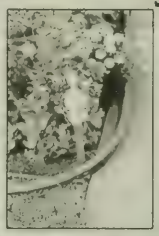
DISCOVERING GROS MORNE PARK

Nowhere is the drama of mountains and sea more enthralling than at Gros Morne National Park, about halfway up Newfoundland's west coast. In a setting resembling Norway's fjords, summits frame sky-blue bays. Whales come up for air in beautiful Bonne Bay; moose feed in bogs.

Trails wind through beach, forest, and tundra. One easy three-miler leads to Western Brook Pond, a sliver of lake enclosed by rock walls, then on to a landing where excursion boats leave for the trip up this stunning gorge. Make reservations through Ocean View Motel at Rocky Harbour, in the park.

How to Order Project Plans






Better Homes and Gardens® Family Shopping Service has selected the products shown below to help you re-create in your own home the ideas shown on our editorial pages.

You save time because we've done the shopping for you.

And you can be completely confident the project plans and books presented on this page are of the highest quality and meet our strict standards of excellence.

Build It Yourself And Save!

You can duplicate the build-it-yourself ideas shown in this issue with our ***Better Homes and Gardens®*** Project Plans. These professional-quality woodworker's blueprints include detailed drawings, lists of materials, construction tips, and complete step-by-step instructions. Our **Outdoor Projects Collection** includes drawings and directions for ***all four*** of the projects shown here: The **Nifty Plant Hanger** (page 41), **Hide-It-All Utility Screen** (page 41), **Handy Garden Hose Guard** (page 40) and **Posh Outdoor Table** (page 40).

Send check or money order to:

Better Homes and Gardens SHOPPING SERVICE
Locust at 17th
Dept. 2ZA, Box 374
Des Moines, IA
50336

Name _____

Address _____

City _____

State _____ Zip _____

Page	Description	Qty.	Price	Total
40, 41	No. 50640 Outdoor Projects Collection Plan		$4.95	
48,49	No. 50637 Closet Buildables Plan		$4.95	
	No. 50523 Project Plans for All Around the House		$3.95	
	No. 50524 Project Plans for Outdoor Living		$3.95	
	No. 50525 Project Plans to Build for Children		$3.95	
	No. 50526 All Three Project Plan Catalogs		$9.95	
			Total of Merchandise	
			Sales Tax *	
			Shipping/Handling **	
			GRAND TOTAL	

***TAX NOTE:** We are required to collect and pay **STATE** taxes in Arizona, Connecticut, Florida, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, New Mexico, Pennsylvania, Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, New York, Ohio, Tennessee, Texas, Virginia, Washington.

****Shipping and Handling:**

For orders up to $5.00	$1.00	$20.01 to $30.00	$3.75
$5.01 to $10.00	$1.95	$30.01 to $50.00	$4.35
$10.01 to $20.00	$3.00	Over $50.00	$4.75

100% MONEY-BACK GUARANTEE if not completely satisfied!




Closet Buildables (pages 48 and 49)



For more Build-It-Yourself Ideas, order our Project Plan Catalogs. Each 5½ x 9-inch quality paperback contains 128 pages with all photography and editorial material taken from the pages of ***Better Homes and Gardens®*** magazine. Lots of full-color photographs. Altogether, these three books contain 375 pages of project plans of all types. Directions to some of the projects are contained in the books, and plans for the more complicated ones can be ordered by mail. **SAVE when you purchase our three-book pack.**




On May 18th, Tommy Molitar rounded up 8 wild stallions, stopped a runaway stage and rescued Miss Lilly from some ornery outlaws.
Dole
Pineapple Orange Juice
Pineapple Grapefruit Juice
Pineapple Juice
Don't you know, he started with Dole.®
100% pure and unsweetened juice with a full day's supply of vitamin C. For breakfast. In Pineapple, Pineapple Orange and Pineapple Grapefruit.

Microwave Vegetable Fix-Ups

FANCY AND FAST

New microwave owners learn one thing fast: their ovens and vegetables are a natural duo. Go beyond the ordinary with these creations.

HERBED MUSHROOMS AND ARTICHOKES

- 1 9-ounce package frozen artichoke hearts
- 1 pound fresh mushrooms, halved
- ¼ cup sliced green onion
- 2 tablespoons butter *or* margarine
- 2 tablespoons all-purpose flour
- 1 teaspoon instant chicken bouillon granules
- ¼ teaspoon dried thyme, crushed
- Dash ground nutmeg
- ½ cup shredded process Swiss cheese
- ⅓ cup dairy sour cream
- ½ cup coarsely chopped pecans, toasted



SCOTT LITTLE

Serve this dressy dish with broiled meats or poultry.

Place the frozen artichoke hearts in a colander and run under cool water just till separated. Drain and cut each in half lengthwise. In a 2-quart microwave-safe casserole combine the artichoke hearts, mushrooms, and 2 tablespoons *water*. Microcook, covered, on 100% power (high) for 8 to 10 minutes or till artichokes are tender, stirring twice. Drain. Return to the casserole.



In a 4-cup glass measure combine onion and butter or margarine. Cook, covered, on high about 2 minutes or till tender. Stir in flour, bouillon granules, thyme, and nutmeg. Stir in ⅔ cup *water*. Cook, uncovered, on high for 2 to 3 minutes or till mixture is thickened and bubbly, stirring after every minute. Stir in cheese till melted. Stir in sour cream. Fold sour cream mixture into the artichoke heart and mushroom mixture in the casserole. Cook, uncovered, on high about 2 minutes or till heated through, stirring once. Turn into a serving dish; top with pecans. Makes 6 to 8 servings.

Nutrition information per serving: 259 cal., 9 g pro., 13 g carbo., 21 g fat, 31 mg chol., 204 mg sodium. U.S. RDA: 10% vit. A, 10% vit. C, 17% thiamine, 36% riboflavin, 24% niacin, 15% calcium, 24% phosphorus.



Stunning vegetables to razzle-dazzle your next dinner guests.

CARROTS VÉRONIQUE

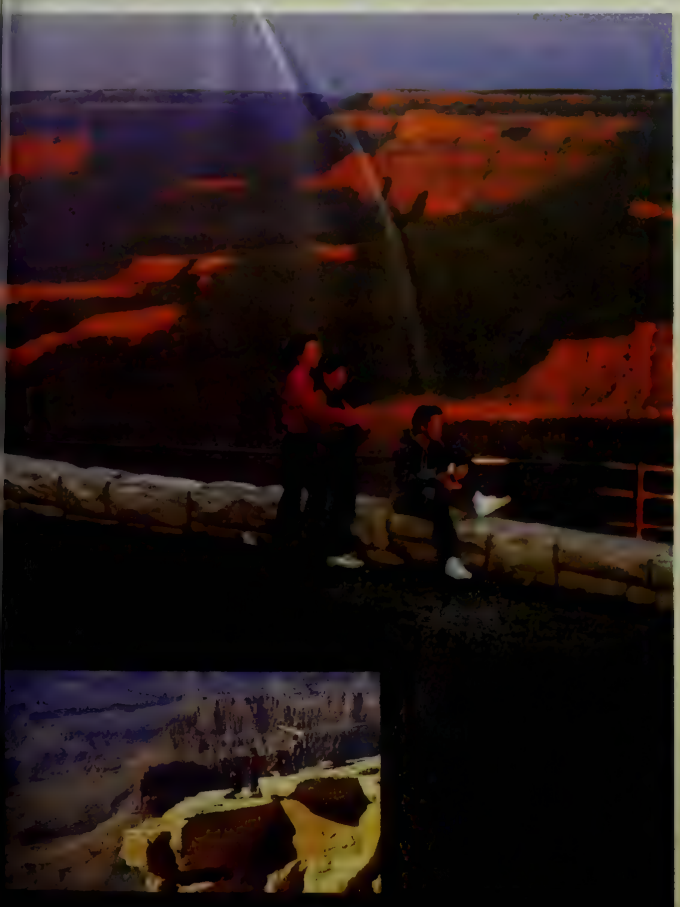
Julienne strips are long, thin matchlike pieces—

1 pound carrots
½ cup orange juice
¼ teaspoon salt
2 tablespoons butter *or* margarine
1½ teaspoons cornstarch
1 cup seedless grapes, halved

Cut carrots into julienne strips. In a 2-quart microwave-safe casserole combine carrots, *¼ cup* of the orange juice, and salt. Micro-cook, covered, on 100% power (high) for 6 to 8 minutes or till carrots are just crisp-tender. Add butter or margarine; stir till melted. Stir together remaining orange juice and cornstarch; add to the carrot mixture. Cook, uncovered, on high for 2 to 3 minutes or till thickened and bubbly, stirring after every 30 seconds. Stir in grapes. Makes 6 servings.

Nutrition information per serving: 95 cal., 1 g pro., 15 g carbo., 4 g fat, 10 mg chol., 165 mg sodium. U.S. RDA: 170% vit. A, 15% vit. C.

Note: These recipes were tested in countertop microwave ovens that operate on 600 to 700 watts. The cooking times are approximate because microwave ovens vary by manufacturers.



DISCOVER MOTORHOME RENTALS BY U-HAUL®

Imagine viewing the splendor of the Grand Canyon–up close–with first-class accommodations.

Now it is possible with a motorhome rental from U-Haul. Make the ordinary family vacation extraordinary.

Rent a fully-equipped, luxury appointed 26′ Aluma-Lite™ by Holiday Rambler® or a 27′ Southwind by Fleetwood.® Standard features include air conditioning, stereo, kitchen, microwave, and full bath. Sleep up to six.

Use your imagination. Take a motorhome anywhere you please across the United States. Experience the enchanting Florida Everglades, the majestic California Redwoods, and breathtaking Niagara Falls. Go one-way or round-trip.

You can rent by the weekend, week, or month. For total peace of mind, your motorhome is backed by the free 24-hour U-Haul road service, throughout the U.S. and Canada.

Don't delay. Reserve yours now before the rush of the vacation season.

For a free, full-color brochure, call our toll-free reservation line at **1-800-821-2712** (in Arizona, call collect, 1-263-6679). Or write for one: U-Haul Motorhome Rentals, Dept. BH, P.O. Box 21502, Phoenix, AZ 85036-1502. Or contact your travel agent.

U-HAUL

More for your money at your U-Haul Center

Replacing a Patio Door

Take Out the Old Clunker and Put In a Sleek New Slider



Before the energy crunch, sliding patio doors were all the rage—and for good reason. Sliding glass doors provide insiders a wide-open view and a way out, too. The problem is that old, aluminum sliders leak cold and heat like a sieve. Also, when the seal between the two sheets of glass fails, condensation stains the inside of the window. We replaced a stained, aluminum slider with a new patio door made of aluminum-clad wood and equipped with Heat Mirror, an energy-efficient glazing. The door comes with excellent installation instructions, which you should read carefully. Our hints: Allow two people a full day for the job. Be sure you have everything at hand before removing the old door, including 1×4 spacers and shims. Spray silicone lubricant on the roller track and into the door lock. Good luck!

Photographs: Hopkins Associates
Project sponsor: Hurd Millwork Company, Medford, WI 54451



1 Measure the rough opening. To order your new door, you'll need to know the width of the opening from stud to stud (rough opening). Height is standard. Add 1 inch to each side if you're measuring from the inside edges of the existing trim, or, for a more precise figure, remove the trim so you can see the studs and measure exactly.



2 Lay out the new frame. Before removing the old door, lay out all the pieces of the new frame. Then, caulk at the joints of the side jambs and the sill, and nail or screw the corners all around. Our unit included metal, L-shaped stiffeners that slip in to strengthen the miters. This is the time to choose which panel you want to slide.



3 Remove the old door and fit the new frame. Using a pry bar and a claw hammer, strip away everything back to the studs. Caulk between the new sill and the existing subfloor, and tilt the new frame into place. Once you've established square with a carpenter's square and level, use shims to hold the frame in position. Screw the sill to the subfloor, and nail the frame to the house.



4 Install the door panels. Run a bead of caulk on top of the new sill, lift the stationary panel into its track and push it hard into place. Screw in locking hardware. Lift the movable door into place, and turn the adjusting screw at the bottom until it rolls smoothly. Install the screen door. Nail new exterior trim in place and caulk. From the inside, foam in insulation and add the trim.



Shake the nutty crunch of Grape-Nuts® on ice cream
on yogurt
on salads
on cereal
on pasta
on potatoes
on bananas
on crepes
on broccoli
on peaches
on casseroles
on omelettes
on cheesecakes
on cobblers
on peanut butter
on mmmm...

GF
GENERAL FOODS

Grape-Nuts® Cereal. The Crunchabilities are Endless.

© 1984 General Foods Corporation. Post and Grape-Nuts are registered trademarks of General Foods Corporation.

DECORATING Q&A

Windows Against the Wind

Q: What should we do about our bedroom windows? The summer wind sends curtains and shades flapping. Is there some window treatment we could use so we can leave the windows open while also keeping the room dark? We can't afford a big investment in window dressings.

A: Miniblinds are the perfect solution. When the blinds arrive, have the installer put in a detachable fastener at the bottom so they won't flap in the wind. You can control the amount of light that enters the room simply by adjusting the slant of the blinds.

The Small-House Blues

Q: We live in a small house—not a cute summer bungalow, not a diminutive country cottage, but just a plain, run-of-the-mill small house. How can I decorate my tiny rooms? Every wall has either one or two doorways, a closet, or windows to work around.

A: Here are some tips for making a small home appear larger:

■ Paint all the walls the same color and use matching or similar flooring throughout the house.

■ Open up dark corners and wash walls with light for an expansive feeling. Low-cost plug-in uplights work well in corners, as do torchères, which seem to "raise the ceiling" by bouncing light off it.

■ Avoid clutter and pare furnishings to a minimum.

■ Keep window treatments simple. Avoid heavy draperies. Plain shutters, miniblinds, or pleated shades provide privacy yet maintain a slim profile.

Giving a Ranch House a Personal Look

Q: I live in the kind of house you see everywhere—a ranch house. I need some ideas on how to individualize the interior and make this house reflect me.

A: The way to differentiate your house from others on the block is to decide what decorating ideas and styles you like and then execute them in a way that reflects your taste. If you're having trouble deciding what style you prefer, try this:

For a few weeks, clip photographs of rooms you like in magazines. Don't even stop to think about why you like these rooms; just cut out settings that appeal to you. After you've accumulated a collection of these clippings, look for similarities among them. Perhaps you'll see a certain furniture style in most of the clippings, or maybe a wonderful color, a quality of light, or a particular element (wicker, wood, or chintz, for example) will predominate. This can help you identify your own likes and dislikes.

Although we cannot answer every letter in this column, if you have a decorating question, write DECORATING Q & A, Better Homes and Gardens, Dept. ID, Des Moines, IA 50336. Materials cannot be returned.







Bring your troops to Virginia. And show them the state America was in back in 1776. The likes of Jamestown, Yorktown and Williamsburg are as alive today as they were then.

From the mountains to the beaches, join us in the new world. For information write the Virginia Division of Tourism, Dept. E331, Richmond, Virginia 23219. Or telephone 1-800-VISIT VA toll-free. And come have a revolutionary experience.

Virginia is for lovers

© 1986 The Berelson Company



The Great Pretender.™



Fuller-O'Brien Brings The Crown Jewels to The Bay Area

Give your home the ultimate in beautiful results and lasting protection with the very best in quality paints. Fuller-O'Brien's Crown Jewels.

- The Best for Color: Rich, clear, pure—over 1,000 beautiful colors!
- The Best for Durability: Excellent coverage and tougher finish, because we use nothing but the finest materials.
- The Best for Convenience: Easy to apply, easy to clean up with just soap and water.
- The Best...for Less: Enjoy the lasting beauty of Fuller-O'Brien's Crown Jewels at special prices now until September 1st.

Weather King II® Exterior Latex House Paint
Fights weather, moisture and mildew even better than before. A new formula so advanced we call it a "revolution in a can." Now $15.69 a gallon.

Ful-Flo® Latex Semi-Gloss Enamel
The perfect finish for woodwork, kitchen or bath. Now $15.69 a gallon.

Ful-Shield® Latex Flat Enamel
Scrubbable protection for heavy traffic areas. Now $15.69 a gallon.

Liquid Velvet® Latex Wall Paint
Long lasting, washable finish for a superior interior. Now $12.69 a gallon.

Look for the Crown Jewels at your Fuller-O'Brien Pro Shop. And discover why we say,
"If It's Worth Painting, It's Worth Fuller-O'Brien...Simply the Best."

See the Fuller-O'Brien Pro Shop dealer nearest you:

CASTRO VALLEY
Pete's Hardware Co., Inc.
2569 Castro Valley Blvd.
(415) 581-7633

FAIRFIELD
Franklin Paint & Wallpaper
1127 N. Texas St.
(707) 422-8846

LAFAYETTE
Fiesta Paints
30 Lafayette Circle
(415) 284-4353

MENLO PARK
Chaney's Paint & Wallpaper
846 Santa Cruz
(415) 325-9582

MORGAN HILL
Morgan Hill Paint & Wallpaper
16005 Monterey Rd.
(408) 778-5020

MOUNTAIN VIEW
Fuller-O'Brien Paints
1952 El Camino Real West
(415) 968-6035

OAKLAND
Fuller-O'Brien Paints
3356 Piedmont Ave.
(415) 547-4924

PLEASANT HILL
Fuller-O'Brien Paints
1476 Contra Costa Blvd.
(415) 685-2722

PORTOLA VALLEY
Portola Valley Hardware
112 Portola Valley Rd.
(415) 851-0116

REDWOOD CITY
Jordan's Paint & Wallpaper
837 Jefferson Ave.
(415) 366-3400

SAN BRUNO
San Bruno Lumber
101 San Bruno Ave.
(415) 588-4674

SAN FRANCISCO
Fuller-O'Brien Paints
1580 Pacific Ave.
(415) 673-6927

West Portal
True Value Hardware
311 West Portal Ave.
(415) 664-6860

SAN JOSE
Fuller-O'Brien Paints
1355 S. Bascom Ave.
(408) 287-2940

FULLER O'BRIEN® PAINTS
The Pro Shop

Picnic with the stars!



★ Ruth Laredo, Piano

CLASSICAL FESTIVAL – August 1-19
Also featuring Ransom Wilson, Leon Bates, JoAnn Falletta and the Britt Festival Orchestra, John Trudeau, Music Director.



★ Ain't Misbehavin'

MUSICAL THEATER – July 3-8
1978 Tony Award for Best Musical on Broadway.



★ Soloists of the Royal Danish Ballet (tentative).

DANCE FESTIVAL – July 9 & 10, 19-21
Also featuring Waves Jazz Dance Company.



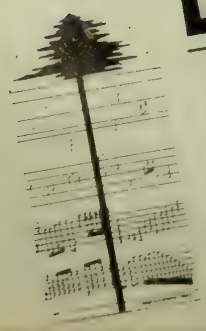
★ Queen Ida

BLUEGRASS FESTIVAL – July 25-28
Also featuring J.D. Crowe, the Tony Rice Unit, Norman and Nancy Blake, New Grass Revival, Jim & Jesse, Doc Watson, John Renbourn and Stefan Grossman.



★ B.B. King

JAZZ FESTIVAL – August 21-24
Also featuring Gary Burton, the Tom Grant Band, Liz Story, Scott Cossu, The Bobs, and Al Hirt.



WORLD CLASS ARTISTS IN HISTORIC JACKSONVILLE

Discover Britt this summer – the oldest outdoor music and performing arts festival in the Northwest.

B·R·I·T·T
FESTIVALS

P.O. Box 1124, Medford, OR 97501
In Oregon: 800-33-BRITT (332-7488)
Outside Oregon: 800-88-BRITT (882-7488)

Media Networks puts your local advertising in the right hands.



If your business can benefit by reaching the upscale consumers in your local market, then your advertising message should be running in prestigious national magazines that reach this fast-moving target audience.

Media Networks will place your full page ad in a network of consumer, news and business magazines including *Time, Newsweek, Sports Illustrated, House Beautiful*—and many more. You pay only the local rate for issues delivered directly into the homes of your local business prospects. Yet your ad receives all the impact and attention that only national magazines can offer.

Our free Target Media evaluation will help you select the best magazine mix for pinpoint accuracy in any of over 150 local U.S. markets. So you can reach just the right people, wherever they live.

We'll show you why no one can reach your audience like Media Networks. Place a fast, toll-free call to 1-800-328-0016 or in Minnesota 1-800-642-6303.

Media Networks, Inc.
Reach your customers where they live.

Media Networks, Inc.
1266 East Main Street
Stamford, Connecticut 06902
Telephone: (203) 967-3100



MNi/3M

The Hilton next to Disneyland can put your family in this picture for just $222*



Best value 3 days/2 nights for 2 adults and 2 kids

Bring your family to The Anaheim Hilton for the best vacation value in the Disneyland area. Our incomparable Magic of Disneyland package includes 2 nights' deluxe accommodations • One day's admission to Disneyland for 2 adults/2 kids (under 12) • Full American breakfast in Cafe Oasis both mornings • Complimentary round-trip shuttle to Disneyland • Kids' Klub activities for kids ages 5-15 (Summer only) • Discount coupons to area attractions • All taxes and gratuities (except bellman). And a whole lot more fun for only $222.* That's Hilton value!

The exciting Anaheim Hilton is just 2 blocks from Disneyland and minutes from Knott's Berry Farm, Hollywood, sunny beaches and many other great attractions. The Anaheim Hilton is the fun place to stay! And the best value. Other great value packages are available, too.

THE ANAHEIM HILTON AND *Towers*

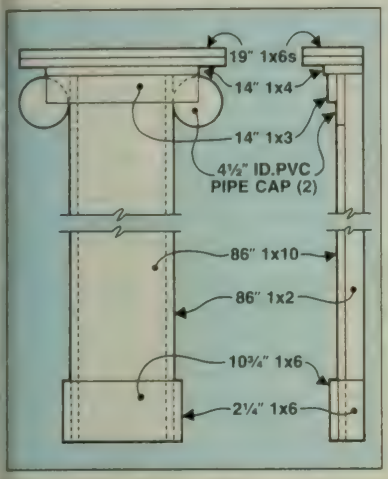
*Some restrictions apply. Offer good through December 31, 1986.

For reservations and information about our Magic of Disneyland package call the hotel direct at 1-800-222-9923 *(outside California)* or 1-800-233-6904 *(within California)* or Hilton worldwide reservations 1-800-HILTONS (1-800-445-8667) or see your Travel Agent. The Anaheim Hilton and Towers, 777 Convention Way, Anaheim, California 92802

© The Walt Disney Company

continued from page 59.

MAKE YOUR OWN COLUMN



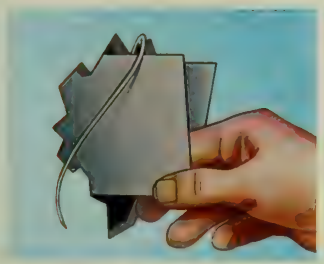
Give your home classic style with an elegant column. Here's how to make this handsome architectural addition.

Make the column from standard fir stock and two 4¼-inch (inside diameter) PVC plumbing caps. These are available at any plumbing supply store. Join all wood parts with finishing nails and carpenter's glue.

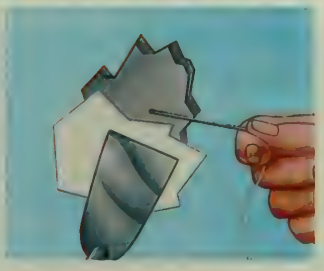
- Begin assembly by gluing and nailing together the 1×6s that form the top of the capital. Use 3d finishing nails.
- Attach the vertical 1×2s to the 1×10 with carpenter's glue and 6d finishing nails. Use this size nail for the rest of the assembly.
- Center and attach the 14-inch 1×3 to the top of the column and then attach the 1×4 that abuts it.
- Center the laminated 1×6s on the top 1×4 and attach by nailing through the 1×4 into the 1×6s.
- Secure the PVC caps to the capital assembly with 1½-inch No. 8 wood screws. Drive one screw into the column side and angle one into the 14-inch 1x4.
- Make the plinth by attaching the side pieces first. If you're placing the column against a wall with a baseboard, cut a squared notch from the column side. Then scribe the profile of the baseboard on the plinth sidepiece so it will fit neatly around the baseboard. Sand the joints smooth, then attach the front piece.
- Sand all surfaces and joints smooth; prime and paint.

DAP®

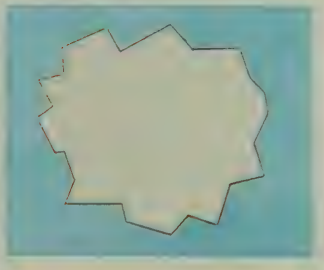
Want to patch a hole like a professional? Learn this card trick!



Patching a large hole is tricky, because ordinary spackling can cave in or shrink up. That's why you need these tricks: Use a piece of cardboard with string through the center, and be sure to use DAP® Fast 'n Final.™



Place the card through the hole and pull the string so it's tight against the back of the opening. Now, patch the hole with DAP Fast 'n Final— it's better than ordinary spackling because it won't shrink or crack as it dries.



With Fast 'n Final, one fill and you're finished. Cut the string flush against the wall, and you're ready for painting!



Depend on DAP

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

NO-SEW QUILTS
Traditional Designs in Paint and Paper
Pages 50–54: Latex paints for quilt—Sophir Morris Company, P.O. Box 31015, Omaha, NE 68131.

CLOSET CASES: BUY 'EM!
CLUTTER CUTTERS
Page 46 (*top*): Closet doubler—J.C. Penney Co., Incorporated, 1301 Avenue of the Americas, New York, NY 10019. **(*Small photos, left to right*): Hinge hook**—Hold Everything, Williams-Sonoma Mail Order Dept., P.O. Box 7456, San Francisco, CA 94120-74567. **Hangers**—Hold Everything (address above). **Mini cedar closet**—Hold Everything (address above). **Pullout racks**—Xtendables, Benedict Engineering Co., Incorporated, P.O. Box 4229, Tallahassee, FL 32315.

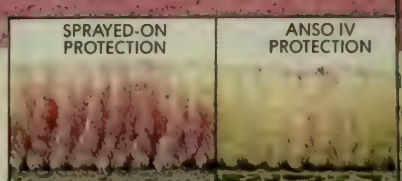
Page 47 (*top*): Red cedar panels, cedar-front drawers—Sears, Roebuck & Co., Sears Tower, Chicago, IL 60684. **(*Small photos, left to right*): Hamper on wheels**—Hold Everything (address above). **Bins**—Hold Everything (address above). **Hatboxes**—Hold Everything (address above). **Grid rack**—Hold Everything (address above).

CLOSET CASES: BUILD 'EM
HOW-TO HELPERS
Page 48: Adjustable rod holder "737"—Knape & Vogt, 2700 Oak Industrial Dr., NE, Grand Rapids, MI 49505. **Clothes, shoes, gumball machine**—J.C. Penney Co. Incorporated, 1301 Avenue of the Americas, New York, NY 10019. **Sleeping bag**—Ero Industries, Incorporated, 5940 W. Touhy Avenue, Chicago, IL 60648.
Page 49: Clothing, non-ski sporting goods—Sears, Roebuck & Co., Sears Tower, Chicago, IL 60684.

ALL-THUMBS DECORATING
Page 57: Wallpaper "Versailles" from the Collage collection—Motif Designs, 20 Jones St., New Rochelle, NY 10801. **Lamp** "Egg"—Koch & Lowy, Incorporated, 21-24 39th Avenue, Long Island City, NY 11101.
Page 58 (*top*): Wall covering and fabric "By the Rules" from the Collage collection—Motif Designs (address above). **Table**—Workbench (address above).
Page 59: Mirror, tile—Sears, Roebuck & Co., Sears Tower, Chicago, IL 60684. **Chair**—Hickory Chair Co., Box 2147, Hickory, NC 28601.
Page 60: Wallpaper border—Laura Ashley, Incorporated, 714 Madison Avenue, New York, NY 10021.
Pages 60–61: Chair, table—Ralph Lauren for O'Asian Designs, Post Office Box 5328, Compton, CA 90220. **Rug**—Thomas K. Woodard, 835 Madison Avenue, New York, NY 10021. **Sofa**—Kittinger, 1893 Elmwood Avenue, Buffalo, NY 14207. **Clock**—Seth Thomas, 520 Guthridge Ct., Norcross, GA 30092. **Silver bowl**—Oneida, Limited, Oneida, NY 13421. **Spaniel dummy board**—Chelsea House, Box 486, Gastonia, NC 28052. **Sheets for pillows and table skirt**—Ralph Lauren for WestPoint Pepperell, 1221 Avenue of the Americas, New York, NY 10020.
Page 62: Chairs—Landes Furniture Mfg. Co., P.O. Box 2197, Gardena, CA 90247. **Lamp**—George Kovacs, Incorporated, 831 Madison Avenue, New York, NY 10021.
Pages 62–63: Armoires—Sears, Roebuck & Co., Sears Tower, Chicago, IL 60684. **Wool blankets, lobster trap table**—L.L. Bean, Incorporated, Freeport, ME 04033.
Page 64 (*top*): Sheets "TugTug"—Marimekko for Dan River, 111 W. 40th, New York, NY 10016. **Wallcovering**—"TugTug"—Motif Designs, 20 Jones St., New Rochelle, NY 10801. **(*Bottom left*): Paisley sheet**—J.P. Stevens & Co., Stevens Tower, 1185 Avenue of the Americas, New York, NY 10036.
Page 65 (*bottom*): Table—Workbench, 470 Park Avenue, S, New York, NY 10016. **Light**—Lightolier, 346 Claremont Avenue, Jersey City, NJ 07305.
Page 66 (*top center*): Table runners—Sears, Roebuck & Co. (address above).



Everyone is attracted to beautiful and luxurious carpets – even beasts. But this little beast won't be leaving his mark. Because this carpet is made of Anso IV nylon.
Unlike an ordinary carpet with protection that is only sprayed on top,



Grape juice was poured on each beige carpet and blotted up. The carpet of ANSO IV cleans easier because the entire fiber is protected.

Page 67: Sheets—Martex (Division of WestPoint Pepperell), 1221 Avenue of the Americas, 40th Fl., New York, NY 10020. **Lamp**—George Kovacs, Incorporated, 831 Madison Avenue, New York, NY 10021.

KITCHEN CABINET FACE-LIFTS
Renew, Reface, or Replace

Page 69: Stencils "Pasture Beauties"—Plaid Enterprises Incorporated, 1649 International Blvd., Box 7600, Norcross, GA 30091.

Page 70: Laminate "Colorcore"—Formica Corporation, 1 Cyanamid Plaza, Wayne, NJ 07470. **Tile**—Summitville Tile Incorporated, Summitville, OH 43962.

Page 71: Cabinets—Quality Doors, 603 Big Stone Gap Road, Duncanville, TX 75137. **Microwave**—Amana Refrigeration Co., Amana, IA 52203. **Dishwasher, range**—The Maytag Co., Newton, IA 50208.

BEST OF SEASON—SUMMER ICES

Pages 72–73: Stemmed glasses "Glacier"—Hutschenreuther Corporation, 100 Shaw Road, North Branford, CT 06471.

FEEDING THE FOLKS
3 Complete Meals for Family Reunions

Page 75: Condiment dispensers—Omnibus Collection International, P.O. Box 815367, Dallas, TX 75381. **Salad server**—Thermalene Products, Incorporated, 246 Fifth Avenue, New York, NY 10001. **Silverware caddy**—Thermalene Products, Incorporated (address above). **Napkin holder**—Thermalene Products, Incorporated (address above). **Green and white snack plates**—Ingrid, 3601 N. Skokie Highway, North Chicago, IL 60064. **Serving spoons** "Pronto"—Corning, Consumer Products Division, HP-EB-1, Corning Glass Works, Corning, NY 14830. **Plastic mugs**—Ingrid (address above). **Oval white casserole**—Crate & Barrel, 850 N. Michigan Avenue, Chicago, IL 60611. **Green and white plasticware**—Oak Hill Industries Corporation, 330 E. 59th St., New York City, NY 10012. **Green and white thin striped cloth napkins** "Soccer" and "Soccer Negative"—Asta, 18009-J Sky Park Cir., Suite B, Irvine, CA 92714. **Green and white striped cloth napkin**—Fallani & Cohn Incorporated, 14 E. 38th St., New York, NY 10016. **Handled white casserole**—Bennington Pottery, 324 County St., Bennington, VT 05201. **Pie taker**—Tupperware World Headquarters, P.O. Box 2353, Orlando, FL 32802. **Muffin pan**—Mirro Aluminum Co., P.O. Box 409, Manitowoc, WI 54220. **Wooden ice-cream maker**—Richmond Cedar Works Mfg. Corporation, 400 Bridge St., Danville, VA 14541.

Page 76: Small bowl "Bel Fiore"—Villeroy & Boch Tableware Limited, 41 Madison Avenue, New York, NY 10010. **Oval platter** "Bel Fiore"—Villeroy & Boch Tableware Limited. (address above). **Footed crystal bowl**—American Cut Crystal, 225 Fifth Avenue, New York, NY 10010. **Handled oblong au gratin dish**—Crate & Barrel (address above).

Page 78: Round crystal platter "Spila"—Arabia of Finland, 5603 Howard St., Niles, IL 60648. **Rectangular crystal platter**—Sasaki Crystal, 225 Fifth Avenue, New York, NY 10010. **Round glass bowl**—Rosenthal USA Limited, 411 E. 76th St., New York, NY 10021. **Salad serving utensils**—Oneida Silversmiths, Consumer Service Dept., Oneida, NY 13421. **Handled oblong silver basket**—Gump's, P.O. Box 7301, San Francisco, CA 94120. **Server**—Oneida Silversmiths (address above). **Salt and pepper shakers**—Oneida Silversmiths (address above). **Large round and small oblong gold-edged platters** "Mirabell"—Hutschenreuther Corporation, 100 Shaw Road, North Branford, CT 06471. **Wicker platter liner** "Oven-Mates"—Quon-Quon, 2801 E. 12th St., Los Angeles, CA 90023.

Page 100: Barbecue—Weber-Stephen Products Co., 100 N. Hickory Avenue, Arlington Heights, IL 60004. **Pan**—Finel Waertsilae U.S.A., Incorporated, 225 Fifth Avenue, New York NY 10010. **Brush**—Rowoco, Building 4, Warehouse Ln., Elmsford, NY 10523.

Page 104: Plate—Ginori, 711 Fifth Avenue, New York, NY 10022.

PRIZE TESTED RECIPES
Kids' Snacks and Jams and Jellies

Page 109 (*left*): Heart dish—The Chef's Catalog, 3915 Commerical Avenue, Northbrook, IL 60062. **Plate** "Monaco"—Sodahl America, Incorporated, 600 Cleveland St., Suite 990, Clearwater, FL 33515. **(*Right*): Glass**—Anchor Hocking Glass Corporation, Fifth & Pierce Sts., Lancaster, OH 43130.

Page 110 (*left*): Plates "Bel Fiore"—Villeroy & Boch Tableware Limited, 41 Madison Avenue, New York, NY 10010. **Jelly container**—F. Schmidt & Co., 128 Broad St., Stamford, CT 06901. **(*Right*): Glass** "Ribbon of Color"—Libbey Glass, Division of Owens-Illinois, One Seagate, Toledo, OH 43666.



. carpet of Anso IV nylon has soil and stain esistance that is permanently built into the fiber tself. So it's permanently protected rom top to bottom. And although no carpet is completely stain-proof, Anso IV protection won't be worn away and never has to be reapplied. So beautiful carpets stay beautiful longer.

Anso IV® THE ANTI-SOIL NYLON

Anso IV is the closest you'll come to permanent resistance.

ALLIED Fibers

GARDENER'S LOG

KEEP YOUR GARDEN GROWING



S. D. SCHINDLER

PETUNIA APPLEBLOSSOM

Summer is the best time to sit back and relax outdoors, but it's the worst time to neglect your yard and garden. With a little extra care, you can keep your plants flourishing without missing out on other activities.

KEEP ANNUALS BLOOMING

Annuals will bloom longer and more abundantly with these three easy techniques.

1. Deadheading

To ensure nonstop color till frost, remove blooms from annuals as soon as they fade. If you allow the flowers to mature, flower production will stop.

2. Shearing back

Many annuals, including sweet alyssum, lobelia, petunia, and candytuft, need to be rejuvenated in midsummer. To promote fresh growth and more flowers, cut the stems back by one-third with pruning shears.

3. Pinching back

Tall, leggy stems are a common malady of such annuals as petunias, geraniums, browallias, begonias, and impatiens. You can keep them bushy and blooming by pinching back stems just above a set of leaves. This will promote new side branching and flower formation. It will not hurt the plants' development.

"I am the garden, and every morn I am revealed in new beauty. Observe my dress attentively, and you will reap the benefit of a commentary on decoration."
—Desmond Stewart

A TIP FROM YOU

Our reader mailbox has been overflowing with letters. Cheryl Haynes of New Hampshire writes: "This sense of shared experience is not readily available to many suburban gardeners, whose neighbors are not farmers, but accountants, lawyers, and computer technicians. I'm sure nothing could please the gardeners in your audience more than the chance to tell each other how we did it." *Here's Cheryl's tip:*

Rotate parsley

Parsley can be an awkward plant for the garden because it is a biennial (a plant that grows vegetatively the first year, then goes to seed and dies the second year). In a vegetable garden, parsley gets in the way of fall cleanup, and in a perennial herb garden, it leaves an unsightly bare spot when it goes to seed.

Cheryl harvests parsley without any of the inconvenience by using it in her vegetable garden each summer as a companion plant for her tomatoes. In the fall, she transplants the parsley to a protected area by her back door, where it sprouts early the following spring for close-by snipping. When the clump goes to seed in late summer, she discards it and transplants the next generation from the vegetable garden. Then, the cycle is repeated.

READER MAILBOX

Do you have any gardening tips and techniques that you'd like to share with our editors and *Better Homes and Gardens* readers? Mail your garden-tested tips and color photographs (slides preferred) to Gardener's Log—BH&G Test Garden, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea published and reserve the right to edit copy. No materials will be acknowledged to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as the corporation wishes. We do not accept previously published ideas.



THE BEAUTIFUL SOLUTION TO THE HIGH COST OF COMFORT.

INTRODUCING THE COMFORT OF AIR CONDITIONING THAT'S UP TO 50% MORE ENERGY EFFICIENT.

Introducing the Trane XL 1200 air conditioners. They're up to 50% more energy efficient than the 10 year old unit in your home.* And the XL 1200 air conditioners and XL 1200 Weathertron® heat pumps come with an exclusive manufacturer's 10-year limited warranty on the compressor and coil. Protection that's twice as long as most of the others. Warranty details available from your authorized Trane dealer. But that's not all that's better. There's service available from specially-trained servicemen who know them well. All good reasons why you should ask your Trane dealer about the new XL 1200 air conditioners and Weathertron® heat pumps. Find the Trane dealer nearest you in your Yellow Pages.

EXCLUSIVE TEN YEAR WARRANTY

TRANE™

50 million people take comfort in it.

*sed on comparison with 10 year old units with an average SEER of 7.2
d the XL 1200 air conditioner SEER of 11.06.

6008 © American Standard Inc. 1986

INFESTICIDE™



Raid Fogger controls bug infestations in your home by killing thousands of roaches and fleas dead... where they hide.

Raid kills bugs dead

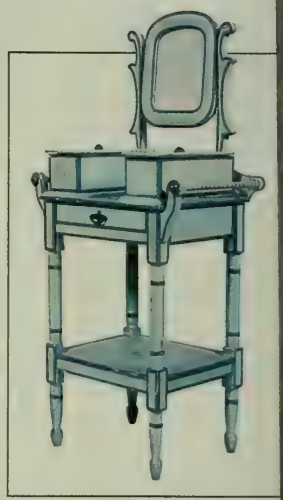
© 1986 Johnson wax

For a Free Raid Flea Control Brochure write:
Raid Flea Experts, P.O. Box 8973, Madison, WI 53714

ANTIQUES AND COLLECTIBLES

Victorian Cottage Furniture

Machine-made, but hand-decorated, Victorian cottage furnishings were once a staple of the Sears, Roebuck & Co. catalog. Today cottage-style beds, bureaus, and chairs represent one of the best buys in antique furniture.



Pale blue paint and dark trim enlivens a Victorian cottage-style dressing table made of pine.

When cottage furnishings were first made in 1880, a complete bedroom suite sold for as little as $21 in such catalogs as Sears or Montgomery Ward. A few years ago the same set would have brought $10; but today, it could cost as much as $400. Even at that price, cottage furniture is considered a bargain in the antiques field. Larger items are the most expensive: a bureau can cost $125 to $250; a bed, $100 to $200. Small commodes bring $75 to $150, and chairs are a steal at $15 to $35.

Cottage furniture history

Termed "cottage furnishings" because they were popular in rambling Victorian summer homes, this furniture blends modern technology and handicraft. Almost all cottage pieces were mass produced, with production fast and inexpensive.

The decoration was by hand, however, in a period when hand ornamentation was fast vanishing. It's this decoration that gives cottage furniture its charm. Typical motifs include hand-painted floral bouquets, scenes, and geometric patterns set against pastel backgrounds. Made of pine or poplar, pieces also were painted to resemble mahogany or walnut.

Shopping for cottage pieces

The painted decoration gives the furniture its value, so don't settle for a piece that has been stripped, or one that has been painted recently. Because it was not extremely well made and is not very sturdy, check each piece carefully for cracks, reglued legs, and similar problems. Then, try to buy pieces that match. You'll find a set is more valuable than several unrelated pieces. Many antiques dealers handle cottage furniture, and you can still buy interesting pieces at yard sales and secondhand furniture stores.

—With William Ketchum, Jr.

Better Homes and Gardens®

Shopping editor's choice

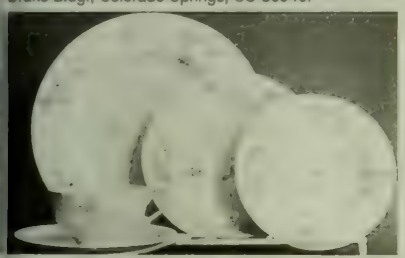
Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

by Ann Lively



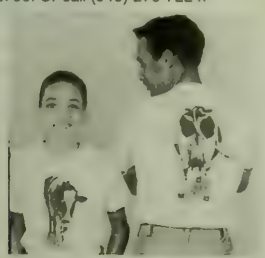
Pet mop picks up hair instantly

Magically removes hair from clothes, carpet, upholstery, drapes and bedding. Hair clings to mop's space-age foam material. Extend handle by using a regular broom handle for hard-to-reach areas. Plastic and tubular steel; 9" wide. Ideal for cleaning up pesty cobwebs! Order F1291 Pet Hair Mop, $2.99 ppd. Walter Drake, BH15 Drake Bldg., Colorado Springs, CO 80940.



Discontinued china and crystal patterns

Complete sets of china and crystal become heirlooms, treasured by families for generations. When you add to your settings, immediate values are enhanced. The world's largest inventory of discontinued patterns in bone china, earthenware, and crystal. Write: Replacements, Ltd., 1510-PG Holbrook Street, Greensboro, NC 27403-2785. Or call (919) 275-7224.



Good humor country T-shirts

They'll be laughing coming and going. Face forward and folks will see the front of a deer, cow, pig or horse, turn your back and folks will see the "back-side" view. These clever shirts are silk-screened in full-color. Made of 50/50 poly/cot. Deer is gold; cow, white; pig, gray; and horse gray. Adult sizes 34-46. Youth sizes 2-16 (specify). Adult $8.95; Youth $6.95. Add $1.85 post. Holst, Inc., Dept. BHS-786, 1118 W. Lake, Box 370, Tawas City, MI 48763.



Cute Teddy Clip-ons

These clip-on plush teddies are adorable with their swivel head and paws that "hold on" everywhere and anywhere. 3" high, light brown and so...cute! Order DF488 Clip-on pair, $6.00 plus $2.00 postage and handling. Send $1.00 for 48-page catalog. Bear in Mind, Inc., Dept. BGE-7, 20 Beharrell Street, Concord, MA 01742.



ADDRESS LABELS IN FREE DISPENSER

Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$ 4.95	$ 5.95	$ 6.95
3 Orders (Mixed copy OK)	$11.95	$14.95	$17.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50c per order Post/Hdlg. (Cal. res. add 6%)

Send to: LABELS UNLIMITED, Dept. 600
P.O. Box 346, Sonoma, CA 95476
Dealer Inquiries Welcome



REX LILIES

HUNDREDS OF WORLD FAMOUS GARDEN AND GREENHOUSE VARIETIES

Send $1 (deductible) for 72-page catalog to:
REX BULB FARMS, BOX 774 E
PORT TOWNSEND, WASHINGTON, 98368

CROSSOVER

only $19.95 reg. $25



- FULL & HALF SIZES
- GLOVE LEATHER STRAPS.
- COMFORT INSOLE.
- STURDY SOLE ½" HEEL.
- CAMEL, WHITE, BLACK, BONE, RED, NAVY, Full & half sizes 6-12N, 5-12 M&W.

SATISFACTION GUARANTEED OR MONEY BACK

CHARGE ORDERS CALL (602) 747-5000

We accept VISA, MasterCard, Am. Ex., Diners Club.
Add $2.25 p&h one item, $3.50 for two, $4.25 for three.
Az. res. add 7% tax.
Send $1 for CATALOG or ORDER NOW & receive CATALOG and $2 BONUS CHECK good on next order.
Dept. CWF1A, 3740 E. 34th St., Tucson, AZ 85713-5305

Old Pueblo Traders

LEVOLOR



LEVOLOR 1" Monaco Blinds And Other Window Treatments

Plus Custom Window Treatments From:
LOUVER DRAPE
DEL MAR • KIRSCH

FREE DELIVERY
ON MOST WINDOW ITEMS IN USA EXCEPT HAWAII & ALASKA

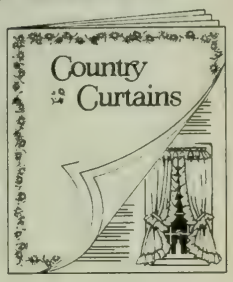
WALLPAPER NATIONAL BRANDS SUPER SAVINGS

CUSTOM WINDOWS & WALLS
32525 Stephenson Highway
Madison Heights, MI 48071

1-800-772-1947
In Michigan Call (313) 585-3026

Country Curtains®

FREE COLOR CATALOG



Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service. Curtains in cotton muslin or carefree permanent press, some with ruffles, others with fringe or lace trim. Also tab curtains, bed ensembles, lined and unlined Waverly curtains, charming pillows and dolls, wooden curtain rods . . . many wonderful items for your home. Free color catalog. Please call 413-243-1805 or write us. **Satisfaction guaranteed.**



☐ PLEASE SEND FREE CATALOG

Name _____

Address _____

City _____

State _____ Zip _____

COUNTRY CURTAINS®
At The Red Lion Inn
Dept. 3586, Stockbridge, Mass. 01262

FIRST QUALITY FAMOUS BRAND WALLCOVERING!

Wholesale-Direct Prices!

Now you can save on **First Quality Brand Name** wallcoverings and have them shipped prepaid right to your home. ***Most are less than $9.95 per single roll.** Pick your pattern from any book and call **Toll-Free** for our wholesale-direct offer. **Satisfaction guaranteed.** You risk nothing. You save state and local taxes* and we even pay the freight! Shop around for the book and pattern number. Then call us and say, "Charge it."

$9.95 PER ROLL OR LESS*

PRICED-RITE WALLCOVERING

CUT OUT & SAVE THIS AD! THEN CALL

TOLL FREE **1-800-634-6330**

WEEKDAYS 9 to 9 (EST.)
SATURDAYS 9 to 6 (EST)
*Tax Applicable for N.J. residents

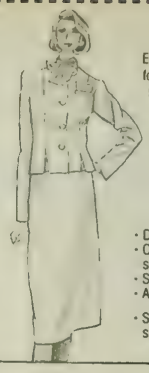
P.O. BOX 1031
Rahway, NJ 07065

GIVE US THIS INFO

BRAND NAME _____
BOOK NAME _____
PATTERN NUMBER _____
PAGE NUMBER _____

VISA MasterCard

Shelly's
TALL FASHIONS



Exclusively for Women 5'7" and Taller

CATALOG

- Dresses
- Coordinate suits
- Sportswear
- Activewear
- Shoes, sizes 10-13

Send $1.00 to:
SHELLY'S TALL FASHIONS
P.O. Box 21813 Dept. BG76
Los Angeles, CA 90021

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

AFFORDABLE LUXURY



A Four Seasons® Greenhouse Addition!

(Each Center Independently Owned & Operated)

Imagine opening up your home to the look and feel of the great outdoors with a Four Seasons® Greenhouse addition. Exclusive Four Seasons® features, including Heat Mirror™ glass (R-4) and insulated Super Shades™ (R-7), make your Four Seasons® addition as insulated as your house walls (R-11) but more exciting!

FOR DEALER NEAREST YOU AND FREE COLOR CATALOG CALL TOLL FREE
DIAL 1-800-FOUR SEASONS
5005 Veterans Memorial Hwy
Holbrook, NY 11741

FOUR SEASONS GREENHOUSES
Design & Remodeling Centers

© 4/86 Four Seasons Marketing

50% OFF PLUS AN EXTRA 25% OFF THAT
ON LEVOLOR



Why settle for one discount when Jayson gives you two on original Levolor 1" blinds.

Call for prices and information on 1" blinds, verticals, pleated shades, woven woods and wood blinds from Levolor, Bali, Louver Drape, Joanna, Graber Del Mar and Jayson.

VISA MasterCard

Jayson Window Fashions

P.O. Box 02579 Detroit, MI 48202

CALL TOLL FREE 1-800-5-BLINDS

IN MICHIGAN 313-832-5630

***FREE* Delivery in Continental U.S.**

BASEMENT TOILET

FLUSHES UP To Sewer or Septic Tank
No Digging Up Floors
Install It Yourself - Anywhere
Write McPherson, Inc., Dept. 28
Box 15133 Tampa, Florida 33684



PERSONALIZED SEWING LABELS

Your originals deserve these washable woven rayon taffeta labels. Sew into knits, dresses. Eggshell background, rich red printing with multi-colored trim. Specify "hand made" or "made especially" and your name per set.

We ship in 48 hours

•20/$4.95 •40/$7.95 •80/$11.95

Add $1.00 for postage & handling.

GEMINI GIFTS
5695 Xenon Way, Dept. 407-A
Arvada, CO 80002

STOP SWEAT FOR 6 WEEKS



HANDS UNDERARMS FEET

DRIONIC® — the heavy sweater's answer to costly and embarrassing underarm, hand or foot sweat. Short treatment with electronic Drionic keeps these areas dry for 6 week periods. Recommended by dermatologists everywhere. Send for free information.

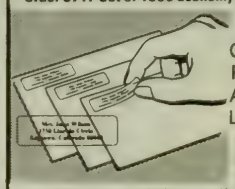
Clinical studies available to physicians.

GENERAL MEDICAL CO. Dept. BH-228
1935 Armacost Ave., Los Angeles, CA 90025



1000 RETURN ADDRESS LABELS $1.49

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) .. $1.49



250 Crystal-Clear RETURN ADDRESS LABELS $2.98

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $2.98



250 Self-Stick WHITE GLOSS LABELS $2.98

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $2.98

Walter Drake
3057 Drake Building
Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
_____ S717 1000 Labels @ $1.49 $_____
_____ P2031 Crystal-Clear Labels@$2.98 $_____
_____ P6030 White Gloss Labels@2.98 $_____
Add 30¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____



Create braids

Weave dozens from ba English, French and Du braids to exotic hairsty like an expert using t easy-to-follow 64-pg. bo Step-by-step diagrams a instructions show the ins a outs of braiding for lengths and textures. $7. + 95¢ post. Valco Publis ing, Box 2012, Dept. BHG New Rochelle, NY 10802.

Permanent Hair Removal

No-puncture Perma Tweez®, designed for home use, is the most widely used electrolysis method for permanent hair removal from the face, arms, legs and body. Recommended by dermatologists. $16.95 (14-day money back guarantee.) General Medical Co., Dept. BHE-92, 1935 Armacost Ave., Los Angeles, CA 90025.





Full-size color wallet photos

Send any photo 8"×10" smaller (returned unharme for 24 full-size color wall photos (2⅛" × 3⅛"). Sen $1.75 per set, add 65¢ p set for postge & handlin and an additional 50¢ per s for first-class mail. Mone Back Guarantee if not con pletely satisfied. Send chec or money order to: Colo Lab, 8B Burnett Avenu Maplewood, NJ 07040.

Fluffy 1" Ball Fringe Swag

Styled in 19th-century European tradition. Hang to the floor or to window sill. Each pair is 88" wide. 45" long, $22 pair; 54" long, $24; 63" long, $26; 72" long, $28; 84" long, $30. Add $3.50 postage per order. Natural or White no-iron muslin. Free color-catalog. Colonial Maid Curtains, Dept. CAE-AS, Mamaroneck, NY 10543.





The IPC Wristroller

The easiest, most effectiv way to put power, accuracy control and distance int your game. Golf, Tennis Racquetball, Bowling an Baseball require strong hands, wrists and forearms for optimum performance Strengthen them and even aspect of your game will im prove. Only $32.95 ea. in cludes shipping & handling Send to: I.P.C., Box 908 Muskego, WI 53150 or cal 1-800-222-5556. Wis. resi dents 1-800-242-9002.

GREAT COLOR WALLETS and ENLARGEMENTS

EXPRESS PHOTO SERVICE ONLY $2.50



FULL COLOR • BORDERLESS
Free Postage-only $2.50 each

- ★ 40 Wallet Photos
- ★ 32 Wallets & 1 5"x 7"
- ★ 20 Jumbo Wallets
- ★ 4 5"x 7"s & 8 Wallets
- ★ 2 Custom 8"x 10"s

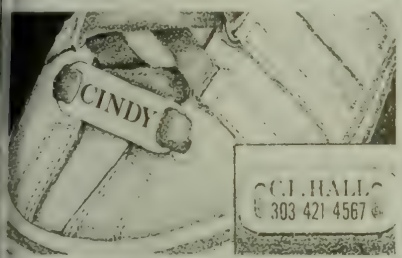
Vibrant Permaprint™ copies on KODAK paper. Send any instant print or photo up to 8 X 10 (returned). Add 75¢ each set for handling and postage. For priority rush service add $2.00 per order.

RELIANCE COLOR LABS, INC.
STUDIO EB-17 / P.O. BOX 159 STAMFORD, CT 06904



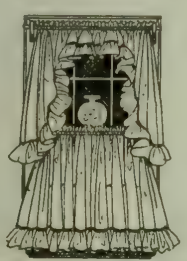
…uard your table

…uard your table and save with custom made table …ads direct from the factory. Washable vinyl surface and …00% cotton felt base. Concealed interior stitching with …-inforced hinges. Order direct from America's oldest …nd largest table pad manufacturer. No advance depos… …or messy C.O.D. Call toll free 1-800-328-7237 ext. …10. Sentry Table Pad Co., 108 Briarcliff, Thomasville, …C 27360.



Sneaker nameplates

Stylish way to tag and identify your sports and jogging shoes. 1½" lifetime solid brass plate with holes to slip onto bottom rung of any shoe lace. Handsome, decora… tive nameplates engraved any way you wish. Neat ID's …or joggers and children. Helps identify your child. Shipped within 48 hours. $2.50 each postpaid. Order from Gemini Engraving Co., Dept. 407-B, 5695 Xenon Way, Arvada, CO 80002.



Extra wide ruffles on bottom only

Country curtains with extra wide ruffles on the bottom only. Made of cotton and polyester permanent press in Natural or White. 82" wide per pair with 5" ruffles. Lengths: 20" or 24", $13 pair; 30" or 36", $17 pair; 40" or 45", $18 pair. Swag 38" X 82", $15. Please add $4.00 postage per order. Free 68-page color catalog. Order from Country Curtains, Dept. 3456, Stockbridge, MA 01262.



Bees sailcloth casual by Beacon®

In hard-to-find full and half sizes. Fully lined; 1¼" jute-covered wedge has sure-step crepe sole and 2 eyelet tie. In Red, Navy, Sand, White. Sizes: 5½-10, 11, 12 Narrow; 4-10, 11, 12 Medium; 5-10, 11, 12 Wide. $19.95; two pairs for $37.90. Please add $2.50 post. (one); $3.50 (two); $4.25 (three). Accept Visa, MC, D.C. Amex. Old Pueblo Traders, Dept. CWF1B, 3740 E. 34th St., Tucson, AZ 85713-5305.



Ride up and down stairs safely.

When climbing stairs is a problem, Cheney has the lift you need. The deluxe Cheney Wecolator for straight, curved and spiral staircases or the economical Cheney Liberty™ Lifts for straight stairways. With either Cheney lift, you'll have peace of mind knowing that you can still go safely from floor to floor in the home you've come to love.

- **Wide comfortable seats and footrests**
- **Fold out of the way for normal stair use**
- **Individualized options, decorator colors**
- **Unmatched limited warranties**

For information contact your local Cheney representative or call Darlene Lewis toll free: 1-800-782-1222.

The CHENEY Company

Dept BG, P.O. Box 188, New Berlin, WI 53151
414-782-1100

Lowest Prices! LEVOLOR BLINDS

60% OFF SUGGESTED RETAIL, NOT INFLATED PRICE LISTS

LEVOLOR FACTORY REMOVE WARRANTY

The original national discounter guarantees to beat any legitimate price on these products, down to our cost. Get your best price, then call us. Don't be fooled by our imitators. There is only one number 1. Shop and compare, use suggested retail and discount percentage for comparison only. We discount everyday.

NOBODY BEATS OUR LEVOLOR PRICES

LEVOLOR MONACO 1" MINI BLIND 60% OFF
LEVOLOR CUSTOM VERTICAL BLINDS 55% OFF
we also carry...
LEVOLOR RIVIERA 1" MINI BLINDS
LEVOLOR WOOD BLINDS, MICRO BLINDS
AND "Z" PLEATED SHADES
DEL MAR VERTICALS, DEL MAR SOFTLIGHT
PLEATED SHADES * KIRSCH VEROSOL
AND LOUVER DRAPE VERTICALS.

CALL TOLL FREE (800) 547-8982

FREE Free color swatches and info. Free UPS shipping (48 states)

WELLS INTERIORS, INC. (9 Calif. locations)
7171 Amador Plaza, Dublin, CA 94568



THE CATALOG FOR PEOPLE WHO LOVE THEIR PETS

Unique, hard-to-find items that make life with your pet easier. Feeders, collars, pet fashions, grooming supplies and more. PLUS gifts and clothing featuring your favorite breed.

☐ **Send your FREE color catalog**

Name _____

Address _____

pedigrees The Pet Catalog
Box 110, BH-91, Spencerport, N.Y. 14559



COLONIAL MAID CURTAINS

Since 1947

FREE COLOR CATALOG - Exciting 56 pages of quality, no-iron curtains, bedspreads and deep drop dust ruffles. Colonial and country reproductions you cannot find elsewhere. Send for yours today.

Name _____

Address _____

City _____ State ____ Zip _____

COLONIAL MAID CURTAINS
Dept. CAS-AS, Mamaroneck, N.Y. 10543

DO-IT-YOURSELF KITS

BUILD YOUR OWN GRANDFATHER CLOCK



Prices Starting Under **$280**
(including movement and dial)

- Do-it-yourself case kit, parts pre-cut
- Finished clocks
- Solid 3/4" hardwoods: black walnut, cherry, oak
- Heirloom quality
- Factory direct prices
- Solid brass West German chiming movements
- Money back guarantee
- Prompt shipment
- No woodworking experience necessary

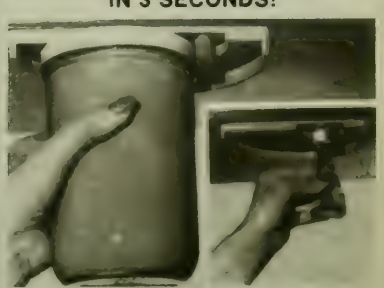
WRITE FOR FREE COLOR CATALOG

EMPEROR® CLOCK COMPANY
WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
Dept. 2003, Emperor Industrial Park
Fairhope, Alabama 36532 · Phone 1-205-928-2316

UN-SKRU

Amazing New Jar Opener

OPEN ANY SCREW LID IN 3 SECONDS!



New UN-SKRU Jar and Bottle Opener mounts permanently to underside of cabinet or shelf. Opens every size screw top—from tiny tube to gallon jar—with scarcely any effort. Even opens press-and-turn "childproof" pill bottles.

"Best Opener You Will Ever Use!"

No cook should be without this indispensable kitchen helper. Also handy in trailer, boat, workshop. Wonderful for folks with arthritis. Unique gift. You must be **pleased** or your money back. Only $7.50 + $1 p&h; two for $14.50 + $1.45 p&h. **Send Check or M.O., 20-day money back guarantee.**

Dept. BHU-786, 1118 W. Lake
HOLST, Inc. **Box 370, Tawas City, MI 48763**

THE MAN NEXT DOOR

"Just once," moans Chris, "I'd like to see someone in a TV show have to hunt for a parking place."

Our neighbor Fred Bigley called me to the fence the other day and suggested that "this is the time of year the smart gardener stops worrying about weeds and starts calling them wildflowers."

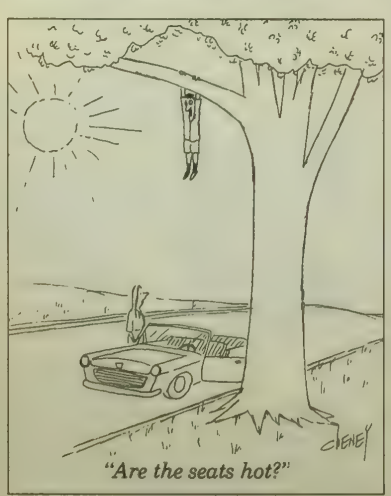
"We'd all like to pay as we go," says banker Ted Williams, "but for most of us, our money simply can't catch up to where we've been."

Here's my vote for the most discouraging sight in the world: You come back into your house after letting the poison vapors from the flea bombs settle, and see your dog scratching itself.

Our friend Elaine Cowan thinks any man who genuinely thinks he's God's gift to women also has a heavenly responsibility to remain a bachelor.

Editor Earl Reeves suggests that the worker who's never said, "Thank God, it's Friday," probably has never really worked.

Lee Bayless reflected the other day that all the old outrageous notions have come true—space exploration, organ transplants, test-tube babies, artificial intelligence. "Seems like the only science fiction left," he added, "is the weather forecast."



"Are the seats hot?"



"We're having a few friends over so Sidney can tell them about his hole in one."

Bill Norman quit smoking recently, but Isabel didn't, giving new meaning, Bill says, to philosopher Kahlil Gibran's advice to lovers, "Let there be spaces in your togetherness."

Grumpy Ned Carter is absolutely certain that some businesses have installed computers just so they'll have something to blame errors on.

Chris enlisted an unwilling Burt, Jr., and Judy to clean out our garage last weekend. "We found something we hadn't seen for months," Judy told a neighbor. "Our car."

Grandpa Hillis isn't impressed with those slick new do-everything-for-you cameras. "When I was a boy, *everybody's* camera was a point-and-shoot type."

Bill Minchin at the office mentioned the other day that he's beginning to worry because he's noticed that "a man of my age doesn't snap right back from a morning nap."

Our town still celebrates the Fourth of July in the traditional way—a morning parade, an afternoon picnic in the park, a few patriotic speeches, and fireworks after dark.

This year, something new was added. Between remarks by the heads of the local posts of the American Legion and Veterans of Foreign Wars, Gerhard Hartmann stepped up to the microphone on the flag-draped bandstand and recited the preamble to the Declaration of Independence.

He spoke in English weighted with the accents of the Communist Germany he recently had fled. His voice broke on the words, "all men are created equal."

I looked around at the families on blankets in the shade of our park's century-old trees. There was Juanita Rivas from Guatamala. There were the Tran, Pham, and Doc families from Laos. There were Hartmann's wife and their three children.

All were recent arrivals. All had fled oppression. All had found a new life of freedom. Chris followed my gaze. "It's still working, isn't it," she said. I nodded, because I couldn't speak.

Burton Hillis

Now, brand name flavor--low, low price!

New Cambridge

The generic priced cigarette that puts flavor first!



Regular & Menthol, Kings & 100's

© Philip Morris Inc. 1986

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

Mfr. suggested retail price. Not available in all areas.

12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC method.

People who want the perfec



The Amarilis Faucet System.

It's always something. The style's perfect but the finish is all wrong. Or you love the finish but you hate the handles.

It's enough to drive you crazy.

But now American-Standard lets you pick out your faucet piece by piece by piece. With the Amarilis™ Faucet System. You can choose from a variety of spouts, 4 handles and 5 finishes.

If you choose the octagonal handle, you can pick from 13 color inserts.

With so many variations, it's almost impossible not to find the perfect faucet (the one we picked was the Fabian spout with Fabian handles in 24K gold finish).

Any faucet you choose will feature brass construction, washerless ceramic valving, and a lifetime drip-free warranty.

So come see the Amarilis Faucet System. Because you'll never be satisfied until you go to pieces.

For our luxury products brochures, send $2.00 to American-Standard, Department BHG, P.O. Box 2003, New Brunswick, NJ 08903. To see Amarilis, visit our Showplaces: Chicago (3 Crossroads of Commerce, Suite 100, Rolling Meadows); Dallas (12344 Inwood Rd.); Los Angeles (116 N. Robertson Blvd.); New York (40 W. 40th St.); Pittsburgh (100 Ross St.). Or call 1-800-821-7700 (ext. 4023) for your local showroom.

© 1986 American Standard Inc.

TER HOMES & GARDENS
August 1986

3 9042 01504702 7

Better Homes and Gardens®

ıst 1986
BURLINGAME
JUL 22 1986
LIBRARY

ARDEN-FRESH UISINE

Page 80

ht And Elegant Recipes
· Summer Fruits
d Vegetables

GHTING BOUT MONEY

ıy You Do It
d How To Stop It

RESCHOOL DUCATION

o Much Too Soon?

SUPER EW HOUSES

ith Today's
ınted Features

NG BACK UR DOCTOR

NG
ELOUS
OVERS

See Befores
And Afters

GINGERSNAP BERRY PIE
Only 186 Calories
A Serving!

BURLINGAME CA 94010
JUN87 ED 09424 02
BURLINGAME PUBLIC LIBRY
480 PRIMROSE RD

The world's
is also a



For four straight years, people have bought more Ford Escorts than any other car in the world.* For good reasons, of course. But for those whose needs may be a bit more expansive, we offer the Escort wagon: everything you get in an Escort sedan, and then some.

A lot to offer.

Escort has 58.3 cubic ft.** of cargo space with the back seat down, which means you can handle a surprisingly large load. And there's a long list of standard features that are either extra or unavailable in similar wagons: independent rear suspension, flush-mounted halogen headlamps, radio, child-proof rear door locks, cargo area cover and steel-belted radials.

A powerfully efficient wagon.

You'll be pleased to know that the Escort wagon has more horsepower than virtually any wagon in its class. And just as pleasing is the fuel economy: EPA estimated 32 mpg in the ci and 41 mpg on the highway, making more efficient than Subaru or Cavalie Wagon. And it has all the features that make an Escort a joy to drive, lik 4-wheel independent suspension an front wheel drive.

Ford wagons lead the way.

You know, there are more Ford

Ford Escort. World's best

best-selling car wagon.



Buckle up—Together we can save lives.

gons on the road than any other gon.† And with everything that nes as standard equipment on cort wagon, it deserves its rightful ce among these leaders. Because ove all, this wagon is an Escort.

Year Unlimited Mileage wertrain Warranty

Ford's new 3-year unlimited leage warranty covers major wertrain components on Ford Escort wagon, as well as all 1986 Ford cars. This warranty is limited and certain deductibles apply, so you should ask to see it when you see your Ford Dealer.

Best-built American cars.

"Quality is Job 1." A 1985 survey established that Ford makes the best-built American cars. This is based on an average of problems reported by owners in a six-month period on 1981-1984 models designed and built in the U.S.

Have you driven a Ford... lately?

Ford

*Based on 1982-1985 calendar year worldwide sales and export data.
**Based on MVMA passenger car specifications.
†Based on 1970-1984 cumulative calendar year registration data.

selling car four years running.

Dare to be More.



SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

17 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

© 1986 (1) R.J. REYNOLDS TOBACCO CO.

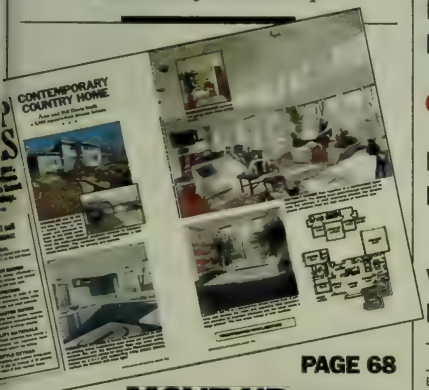


COVER PHOTOGRAPH: MIKE JENSEN

Garden-Fresh Cuisine
PAGE 80
Light and elegant recipes



Why You Fight About Money
PAGE 34
And how you can stop



PAGE 68
MOVE-UP HOUSES

AUGUST 1986; Vol. 64, No. 8

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®

FEATURES

Editor's Letter 8
Family Network™ *Letters from our readers* 11
What's Happening *New trends and developments* 19
The Man Next Door® *Writes about family, friends, and neighbors* ... 138

EDUCATION

PRESCHOOL EDUCATION *Too much, too soon?* 22

CARS

How Good Are Your Driving Skills?
3 tests for parents and teens 26

MONEY

WHY YOU FIGHT ABOUT MONEY *And how you can stop* 34

BUILDING

Do-It-Yourself Remodeling *"Now this house is truly ours!"* 39
Making a Smart Move 44
MOVE-UP HOUSES
3 super new houses with today's most-wanted features 68
Found Living Space 74

HEALTH

Fitness Matters 46
TALKING BACK TO YOUR DOCTOR 50

FOOD

Diet and Health: Pros and Cons of Alcohol 48
Fresh, Frosty Fruit Pops 54
Best of Season: Burgers!
3 new versions of America's favorite barbecue 78
GARDEN-FRESH CUISINE *Light and elegant recipes for summer fruits and vegetables* 80
How to Use Nutrition Information 88
Prize Tested Recipes® 101
Poultry for Two
Pineapple Desserts
Win Money for Your Recipes 105
Luscious Low-Cal, Low-Fat Frosties 111

continued on page 5

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $14.00 a year by Meredith Corporation, 3600 Wilshire Blvd., Los Angeles, CA 90010. Principal office, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Los Angeles, Calif. and at additional mailing offices. This issue is published in multiple editions. **Subscription Prices:** One year $14.00 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. August, 1986. Vol. 64, No. 8.

© Copyright Meredith Corporation 1986. All rights reserved. Printed in U.S.A.

Some comforting thoughts fro
The Intelligent Window.



The Intelligent Window® is the window made with *Sungate*® coated glass—the glass with the exclusive PPG coating that prevents inside heat from escaping. And that can be a comfort in a lot of ways.

It keeps you warm. You can feel the difference the *Sungate* coating makes with your own hands. The coated glass in the windows actually stays warmer. Which reduces condensation and keeps your home more comfortable. But that's not all.

It keeps your home beautiful. *Sungate* coated glass isn't reflective glass; it has the clear look of traditional windows. And inside, the coating actually reduces the fading of the fabrics in your curtains, carpets and furniture. So your home's good looks last longer. That can save you money. But it's not the only way *Sungate* saves.

It saves energy. Double-paned windows and doors with *Sungate* coated glass are as energy-efficient as triple-glazed. It's because of the special coating. The coating lets light and heat inside, and keeps the heat inside, so you save on heating bills. And all that adds up to something wonderful.

It increases your home's value. A home with *Sungate* coated glass feels warmer, looks great inside and out, and saves money, too. That makes a comfortable difference while you live there. And can make a big difference at resale time. What could be more comforting than that?

THE INTELLIGENT WINDOW®
SUNGATE®

Sungate coated glass and The Intelligent Window are registered trademarks of PPG Industries, Inc.

CONTENTS

ontinued

GARDENING

Care-Free Hardy Lilies
Plant now for beautiful big blooms next summer **59**

DECORATING

DECORATING: MARVELOUS MAKEOVERS
See befores and afters **64**



CRAFTS

A Mad Mad Tea Party *Bright colors and bold contemporary designs add fun to these stylish teapots* **108**

TRAVEL

Nature Conservancies *America's best-kept vacation secret* **113**
Family Vacation Favorites *Readers tell us about their travels* **122**

PETS

Veterinarian, Boarding Kennel, Groomer
Picking the right ones for your pet **126**



SHOPPING

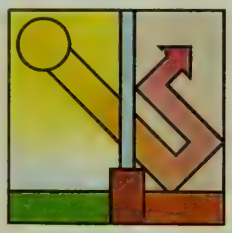
Magazine Customer Service Information **14**
Buying Guide **106**
Names and addresses of retailers and manufacturers of products shown on our editorial pages
How to Order **110**
Special offers, project plans, and kits featured in Better Homes and Gardens® *magazine*
Shopping Editor's Choice **130**

And now The Intelligent Window tells all.

Here's why more and more people are choosing the comfort, beauty, energy savings and value of The Intelligent Window®— the one with *Sungate*® coated glass from PPG.

THE INTELLIGENT WINDOW SUNGATE COATED GLASS

It's the exclusive *Sungate* coating: it lets in the sun's light and heat, but reflects the heat from your furnace, and the other radiant heat in your home, back into your rooms.



You can get the full story on how *Sungate* coated glass works by filling out and returning this coupon. Or, to find out who in your area sells windows and doors with *Sungate* coated glass, just call 1-800-2-GET-PPG.



PPG INDUSTRIES, INC.
SUNGATE MARKETING GROUP SC145
P.O. BOX 8727
HARRISBURG, PA 17105

Please send me more information on how windows with *Sungate* coated glass from PPG can add to the beauty, comfort and value of my home.

Name_____

Address_____

City_____

State_____ Zip_____

PPG

Some yard signs look like they could last for years.



Without our Home Marketing System, they may have to.

Selling a home today can be a complicated process. That's why, at Better Homes and Gardens® Real Estate Service, we developed a system for selling your home faster, easier, and at the best possible price.

The *Better Homes and Gardens* Home Marketing System* brings together all the elements that can make your home stand out from others on the market.

Find out how simple it would be to sell your home. Call your local Better Homes and Gardens member or call toll free **800-247-5050.** In Iowa, call **800-532-1430.**

*Availability of services may vary. Each firm independently owned and operated.

Better Homes and Gardens H·O·M·E MARKETING SYSTEM

SOLD

Better Homes and Gardens®

The better way to sell your home.™

© Copyright Meredith Corporation 1986.



The more things at Maytag change,



the more they stay the same.

At Maytag, no matter how innovative our new products are, we still build 'em like we used to.

We still build full-size washers, both regular and stacked, that last longer and need fewer repairs. We still make sure every Maytag dryer, dishwasher, range, microwave oven and disposer meets our rigorous standards. And we still manufacture many of our own parts to insure Maytag quality inside and out.

In fact, our standards are so high, we test each appliance before it leaves our door.

Which leaves a certain repairman quite lonely. But at Maytag, we would never have it any other way.

MAYTAG®

THE DEPENDABILITY PEOPLE

One Dependability Square, Newton, Iowa 50208

c 1986 The Maytag Company

THE CUISINART® CREDO:

FOR BETTER, MORE CONSISTENT RECIPE RESULTS, JUST WEIGHT.

Professional cooks have no time to waste, and their food has to taste the same way every time. That's why they measure all ingredient amounts in ounces or pounds, not cups or pints. It's faster, accurate, and far more dependable.

For example: One cup of all-purpose flour, depending on whether it is sifted or measured by the "stir, scoop and sweep" method, will weigh four ounces or it will weigh five ounces. And that extra 25% can spoil a recipe. Similarly, a half cup of parsley or shredded cheese varies tremendously depending on how it's packed. And there is no way to use cups to measure everyday quantities of fruits and vegetables.

The Cuisinart Precision Portion Scale is designed especially for those of us who cook at home and want accurate results, time after time. It weighs up to 10 ounces, and it's accurate to one-tenth of an ounce. If you note in the margin the weight of each ingredient the first time you make a recipe, you can be sure that the recipe will produce the same result next time.

It's an ideal portion control scale for weight watchers. And it's much faster and easier to use than cup measurers, or other small kitchen scales. Additional dishwasher-proof weighing bowls can be purchased separately.

If you'd like a copy of the scale instruction leaflet, just write to us at Cuisinarts, Inc., Dept. E, P.O. Box 2150, Greenwich, CT 06836-2150 or call our toll-free number below.

Carl G. Sontheimer
President, Cuisinarts, Inc.



Cuisinart
Precision Portion Scale

For a store near you call toll-free
(800) 243-8540.

EDITOR'S LETTER

NETWORKING

Dear Reader,

"Networking" is one of today's buzzwords that puts a name to a wealth of ideas about our relationships with each other. Some take it as an expression of the old-fashioned principle of "you scratch my back and I'll scratch yours." I think there's more to it than that. Networking, in its best sense, means keeping in touch with people who cross our paths in life, and realizing that there's value in doing so.

Life being what it is these days, with all the demands on our time and moving from place to place as many of us do, it's far too easy to lose track of friends and family members. It's a shame, because the richness and texture of our lives is created by knowing lots of different kinds of people.

"The richness and texture of our lives is created by knowing lots of different kinds of people."

As a result of writing this letter every month, many people I'd lost touch with have written to me. I've had letters and photographs from old high school chums, people I once worked with, and many others.

One of my favorite letters came from an old navy buddy, Len Blanchard. We served in the same office in Key West, Florida, 27 years ago. At the time, I was sending out applications, looking for a job after my navy service. I typed by the hunt-and-peck method, and Ken, who was a yeoman, retyped every one of those letters for me, including the one that got me my first job at *Better Homes and Gardens*.

He was the least likely looking typist you could imagine, a huge guy who attacked his typewriter with a fury that made you expect to see pieces of the machine fly around the room. He told me in his letter that he now operates a service station and towing service in Winter Haven, Florida. It was wonderful to hear from him, and to relive for just a few moments those youthful and hopeful days of long ago.



Let's keep in touch . . .

Last February I wrote about the marvelous Flinn family reunions of my childhood in Peru, Indiana, and mentioned that I'd lost track of all of the Flinns. I've since heard from two distant Flinn relatives, one of whom has researched the family tree back to the days of the American Revolution.

These friends and relatives have certainly added some texture to my life. You can bet that I'm not going to let them slip away again in the rush of everyday busyness. Which reminds me to remind you that the weekend of August 3 is the official *Better Homes and Gardens* Family Reunion Weekend. Of course, it's a bit late to start planning for this year, but family reunions are a great idea for any time. And, it's not too early to start planning now for next August's Family Reunion Weekend.

I don't know if we'll ever get all the Flinns and Jordans rounded up for a reunion, but we're back in contact, and that's a start.

David Jordan, Editor

Get the custom treatment

AND FEEL RIGHT AT HOME

50% OFF

Call 1-800-4-CUSTOM



Sears custom decorators make house calls.

For a free, in-home consultation and complimentary Idea Book, call 1-800-4-CUSTOM*, toll free. Our experts will bring you a wealth of fresh ideas and a huge selection of materials, including our Coronet collection of fabrics, and blinds by Levolor Lorentzen, Inc.—at 50% savings.



Celebrate Sears New Century and make sure your decorating ideas are right at home.
On sale July 27 to August 30.

There's more for your life at SEARS

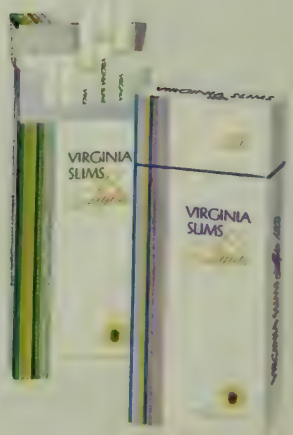
Celebrating Our New Century

©Sears, Roebuck and Co., 1986. Available at most Sears retail stores. Prices and dates apply only to the Continental United States, except Alaska. Fabrication, labor, and installation extra.
*(1-800-428-7866). 9:00 a.m. to 9:00 p.m. Monday through Friday. 9:00 a.m. to 6:00 p.m. Saturday. Central Daylight Time. *Operator assistance in English only.



"Aw, c'mon, an extra length cigarette just for us?"

VIRGINIA SLIMS 120's



The LONGEST Slims of all.

14 mg "tar," 1.0 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

c Philip Morris Inc. 1986

FAMILY NETWORK

Readers' solutions to family and community problems

Hotel emergency

Last month I attended a convention at a major hotel on the East Coast. One of my colleagues wears a hearing aid that he removes before going to bed.

The first night we were there, the fire bell went off early in the morning. It turned out to be a false alarm, thank goodness, but my colleague slept right through it.

A few of us got to discussing the situation on the plane home. It's something a person might not think about until it's too late.

L. R.
Chicago, Illinois

Editors note: The American Hotel & Motel Association recommends that hearing-impaired persons inform the front desk of their situation when checking in, so that they can be personally assisted in case of an emergency.

Too many chefs

My wife and I both like to cook, but we always seem to end up in an argument when we try to fix a meal together. We fuss about really dumb things—like how to brown pork chops or who has to make the spinach salad.

After six months of marriage, we finally hit on a solution. We take turns being head chef and assistant. The head chef picks the menu and divides up the chores; the assistant is not allowed to argue.

Now cooking is less competitive and a lot more fun.

J. Montgomery
St. Louis, Missouri

Overflowing gardens

I wonder how many people realize that food banks can use fresh vegetables as well as canned goods.

It seems that every year we end up with lots of extra produce from our garden. We take what we can't use to the food bank, where the staff is more than happy to see that it gets to the right people right away.

R. Hall
Raleigh, North Carolina

WRITE TO US

Family Network welcomes letters from you, our readers, describing how you or your friends and neighbors solved problems involving family or community; or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of Better Homes and Gardens®.

Go ahead, get close.



You've got the fresh breath Freedent® gum gives. It's the only gum that won't stick to your dental work, and it cleans in between to freshen your breath while you chew.

So go ahead, get close. You've got the fresh breath Freedent gum gives.

Try Freedent. The only gum that freshens breath, without sticking.

©Wm. Wrigley Jr. Co., 1985.

Buy Cheap Socks And You'll Pay Through The Toes.

Or buy Hanes® socks. They're made to last long after other socks are on their last legs.

With the finest yarns and fibers for quality, comfort, and maximum durability. And that goes for every pair of socks we make. From infants, kids and teens to men and women.



So the next time you buy socks, buy Hanes. After all, the longer your socks last, the longer it'll be before you're footing the bill for a new pair.

Hanes® Socks are made with DUPONT Hi-Bulk Orlon® acrylic and Lycra® spandex. Hanes® is a registered trademark of Hanes Knitwear, Inc. Made in USA. Available at participating stores only. For information on store locations near you, call Adams-Millis Corporation at ***800-334-7395.***

Share in the Warm Family Spirit of the Ingalls



Founder's Day Picnic

- 9¼" fine porcelain with 24K gold rim
- Strictly Limited Edition

First Issue in the *Little House on the Prairie* Plate Collection

The endearing stories of the Ingalls family have captivated the hearts of millions. First came the books by Laura Ingalls Wilder, remembering the adventures of her childhood, followed by the popular television series inspired by these classics.

Now you can share the close-knit relationship of this famous family with your loved ones every day. The Hamilton Collection proudly presents a vibrant collector plate that portrays the Ingalls at a special event: the "Founder's Day Picnic." As you display this charming family portrait in your home, you can recall the beloved tales of the Ingalls through the enduring medium of fine porcelain.

Gifted American artist Eugene Christopherson has beautifully captured the likenesses of the Ingalls family in an original plate painting for this strictly limited edition. As they gather together with other Walnut Grove citizens to celebrate their town's founding, children romp and play in front of Oleson's Mercantile, decorated with a bright banner and American flags.

This festive plate has generated immediate demand because experienced collectors know that plates inspired by beloved entertainment themes often experience price appreciation after closing. So you are advised to order "Founder's Day Picnic" immediately.

"Founder's Day Picnic" is the first issue in a series of eight plates portraying the Ingalls family in beloved *Little House on the Prairie* episodes. As an original issue owner, you will have the right to acquire all the plates in the collection as they are issued—*without committing to any further plates now.*

Furthermore, you are guaranteed the right to return any plate within 30 days of receipt for a full refund, releasing your series rights.

Each issue in the *Little House on the Prairie* Plate Collection will be priced at just $29.50 and will be strictly limited to an edition of just 10 firing days. To preserve the integrity of the edition, each plate will be numbered by hand and will be accompanied by a Certificate of Authenticity, numbered to match the plate.

Considering the popularity of *Little House on the Prairie,* and the history of market strength in entertainment-theme plates, you should return your application by the date shown to assure yourself a priority reservation.

Ed Friendly Productions, Inc. ©1982.

Note: This is a new edition of a previous plate collection that has been closed.

Respond By:
August 30, 1986

Limit: Two plates per collector

Please accept my application for "Founder's Day Picnic," first issue in the *Little House on the Prairie* Plate Collection. 9¼" diameter; 24K gold rim, hand-numbered. I understand I am under no obligation to buy any other plate.

Yes, I wish to purchase _____ (1 or 2) "Founder's Day Picnic" plate(s) at $29.50 each (plus $2.14 postage and handling) for a total of $_____ ($31.64* or $63.28*).

Please check one:

☐ I enclose full payment by check or money order.

☐ Charge my credit card: ☐ Visa ☐ MasterCard ☐ American Express ☐ Diners Club Exp. Date _____

003164/006328

Acct. No. _____

Signature _____

86173

Name _____

Address _____

City _____

State _____ Zip _____

*Florida residents please add $1.59 per plate, sales tax. Illinois residents add $2.22 per plate.

Please allow 6–8 weeks for delivery. All applications must be signed and are subject to acceptance. Deliveries made only to U.S. and its territories.

The Hamilton Collection

9550 Regency Square Blvd., P.O. Box 44051, Jacksonville, FL 32231

Better Homes and Gardens®

Editorial Director DORIS M. EBY
Editor DAVID JORDAN
Managing Editor KATE GREER Art Director ROBERT C. FURSTENAU

Food and Nutrition Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors LYNN HOPPE BARBARA ATKINS TERRI PAUSER WOLF
Special Interest Publications JANET FIGG

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor BARBARA A. LEWIS
Associate Editors GREGORY D. COOK GAYLE GOODSON BUTLER
Special Interest Publications WILLIAM L. NOLAN KAY SANDERS DAVID W. TOHT

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Associate Editor RHODA E. JAFFIN
Special Interest Publications HEATHER J. SCHRADLE ANNE ELIZABETH POWELL

Garden, Projects, and New Products Editor DOUGLAS A. JIMERSON
New Products and 100s of Ideas Editor STEVEN COULTER
Projects Editor C. MICHAEL STOWERS
Associate Editors JANE AUSTIN McKEON NANCY HALL

Money Management, Automotive, and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor PAUL KRANTZ
General Features Editor KATHRYN STECHERT
Associate Editors GEORGE S. BUSH CAROLYN A. McNURLEN MARK A. INGEBRETSEN

Crafts, Needlework, and Tablesettings Editor JEAN LEMMON
Senior Crafts Editor JIM WILLIAMS
Associate Editor JILANN SEVERSON
Special Interest Publications LAURA HOLTORF COLLINS

Editorial Marketing Services Director MARGARET McMAHON
Editorial Management Trainee DAVID S. JOHNSON

Copy Chief ELIZABETH HAHN BROOKS
Makeup Editor LINDA R. THOMAS
Associate Makeup Editors KATHRYN DAVIDSON JUDY HUNSICKER

Managing Art Director GERALD PREATOR
Associate Art Directors KRISTIN FRANTZ BRADFORD W. S. HONG ALISANN DIXON
Senior Graphic Designer JERRY RANK
Graphic Designers ELIZABETH SLOAN BARCUS NANCY N. KLUENDER KEVIN S. LUDGATE

Executive Director Editorial Services DUANE L. GREGG
Director, Editorial Planning DAVID R. HAUPERT
Director, Editorial Research C. RAY DEATON *Research Assistant* SCOTT R. TOLAN
Administrative Editor ROSE ANDERSON *Art Business Office Manager* DIANE BOYLE
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN

MAGAZINE GROUP PRESIDENT **JAMES A. AUTRY**
Magazine Group Vice President DORIS M. EBY, Editorial Director

Vice President–Publisher, Better Homes and Gardens J. WESLEY SILK
Publishing Services Director TERRY UNSWORTH
Advertising Sales Director LENNOX E. H. STUART
Associate Publisher/Development DEL RUSHER

Magazine Group Vice President Adolph Auerbacher, Publishing Director, Special Publications and Development

Special Interest Publications and Country Home® *Editor* WILLIAM J. YATES
Managing Editor LAMONT OLSON *Art Director* DON NICKELL

Better Homes and Gardens® WOOD *Editor* LARRY CLAYTON

Meredith Publishing Services *Editor* DOUGLAS A. HOLTHAUS
Managing Editor PATRICIA POLLOCK *Design Director* DEETRA LEECH

Books *Editor* GERALD KNOX
Managing Editor DAVID A. KIRCHNER
Art Director ERNEST SHELTON
Food Editor SHARYL HEIKEN *Furnishings Editor* SHARON NOVOTNE *Crafts Editor* JOAN CRAVENS

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Executive Vice President JACK D. REHM, Corporate Services
Group Presidents: JAMES A. AUTRY, Magazines
FRED STINES, Books
W. C. McREYNOLDS, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents: DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
NEIL KUEHNL, Product Development HERB SCHULTE, Corporate Planning
WILLIAM H. STRAW, Finance GERALD D. THORNTON, Administrative Services
Secretary BETTY CAMPBELL MADDEN Treasurer MICHAEL A. SELL
Corporate Controller LARRY D. HARTSOOK

Have a problem with your subscription?

We want to solve it to your complete satisfaction, and we want to do it fast. Please write to: Robert Austin, Better Homes and Gardens®, P.O. Box 4536, Des Moines, Iowa 50336.

You can help us by attaching your magazine label here, or copy your name and address as it appears on your label. Send this along with your correspondence.

Name
Address Apt. #
City State Zip

Moving?

Simply attach the mailing label from this magazine and write in your new address below. (Please allow 4-8 weeks.)

Your New Address Goes Here

Name

Address Apt. #

City

State Zip

Subscription Rate:

12 issues $14.00. Add $12 a year for Canadian or foreign postage.

☐ Renewal ☐ New Order

For Fast Service...

...it is better to write us concerning your problem and include the magazine label. Also, address changes are handled more efficiently by mail. However, should you need to reach us quickly the following toll-free number is available:

800-247-2504

Better Homes and Gardens®

P.O. Box 4536 • Des Moines, Iowa 50336



GE BRINGS A WHOLE NEW RANGE OF POSSIBILITIES TO GAS COOKING.

General Electric has some surprising news for anyone who thought we made only the finest *electric* ranges. Now we're proudly introducing a full line of *gas* ranges as well.

Needless to say, each of our new ranges offers the kind of GE looks and performance that will ignite your senses. From cooktop models that enhance the beauty of any counter area to built-in ovens that fit beautifully into wall or cabinet space. There are even special Hi/Low Cooking Centers, complete with range and self-cleaning oven below and a second oven or microwave up above.

And all our new ranges come with something else you'll fall in love with–The GE Answer Center® service. Call us toll-free at 800-626-2000 if there's ever anything you need to know.

Come meet the new GE Gas Range. It'll light a flame in your heart, too.

We bring good things to life.

GE

A REGISTERED TRADEMARK OF GENERAL ELECTRIC COMPANY



Why more people shop at Kmart than any other store in America.

This month, like every month, almost half of America will co to K mart. Which proves, among other things, what we'v believed from the very beginning. Namely, if you care about your customers and give them good things at good prices, you make a lot of friends.

Take brand names, for instance. You won't fin just a few of them. But all your favorites. In every department. And, of course, as with everything v carry, you get the low K mart price. Plus our prom of satisfaction always.

The choice. The prices. The policies. The value. They're the things that have made u America's Favorite Store.

They, and we, will always be here when yo need us. In every one of our over 2100 stores. After all, we'd like to see even more of you.

America's Favorite Store.

Kmart®
the Saving Place

Hunter's Glen Apparel

RCA Video Cassette Recorder. Sunbeam Oskar Food Processor. Lady Pepperell Towels. Kodak VR 35 Camera. Corning Cookware

"My Uncle Louie taught me how to pick fresh vegetables in the winter."



My Uncle Louie is the "Freezer King" of Brooklyn.

Every summer he gathers the finest assortment of fresh fruit and vegetables he can find. Most of which he grows in his backyard which he calls his "garden of eatin'."

He then packs some of them away in the freezer all nice and snug in Ziploc® brand freezer bags. That way Uncle Louie can enjoy his fresh fruit and vegetables all year round.

DOM'S SUCCOTASH

(Serves 10-12)

2 cups dried lima beans
3 cups corn cut from cob
1¾ cups chopped ham
2 cups green beans
1 sm. onion, chopped
1 sweet red pepper, chopped
2 tbsps. cornstarch
½ cup chicken stock
1 cup milk
2 tbsps. sugar
¼ tsp. each: salt, white pepper and nutmeg

Soak the lima beans overnight; drain. Place limas, corn, ham in 8-qt. saucepan. Add water to cover by 2 inches. Bring to boiling; reduce heat to medium and cook until limas are tender (about 45 min.). Stir occasionally. Add green beans, onion, red pepper; cook 15 min. Drain. Dissolve cornstarch in chicken stock in another saucepan. Stir in remaining ingredients. Cook over medium heat until smooth and thickened; whisk constantly. Stir into vegetables.

Hint: Freeze fresh vegetables or leftover succotash in Ziploc Freezer Bags to enjoy homemade succotash any time of the year.

And Ziploc Freezer Bags are the only bags my Uncle Louie trusts with his precious harvest. You see, they're thick and tough for maximum freezer protection.

What's more, they have a unique zipper seal. And once that seal is locked, it stays locked.

But most important, Ziploc Freezer Bags are the best protection I've found against freezer burn. And like Uncle Louie always told me, "Dom, it's one thing to burn a steak in the oven but in the freezer, it's unforgivable."

And for our other food protection needs, we also use Ziploc Storage Bags and Sandwich Bags.

The "Freezer King." He taught me how to turn a freezer into a summer garden.



ZIPLOC. WE'VE GOT THE LOCK ON FOOD PROTECTION.

® Trademark of Dow Consumer Products Inc



Introducing Tartar Control Crest in a New Fresh Mint Gel.



Tartar Control Crest Gel with fluoride helps prevent ugly tartar buildup above the gum line between dental cleanings.

Accepted American Dental Association

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously-applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association. © P&G 1986

WHAT'S HAPPENING

WHAT'S IN, WHAT'S HOT, WHAT'S NEW, WHAT'S NOT: THE TRENDS TO WATCH

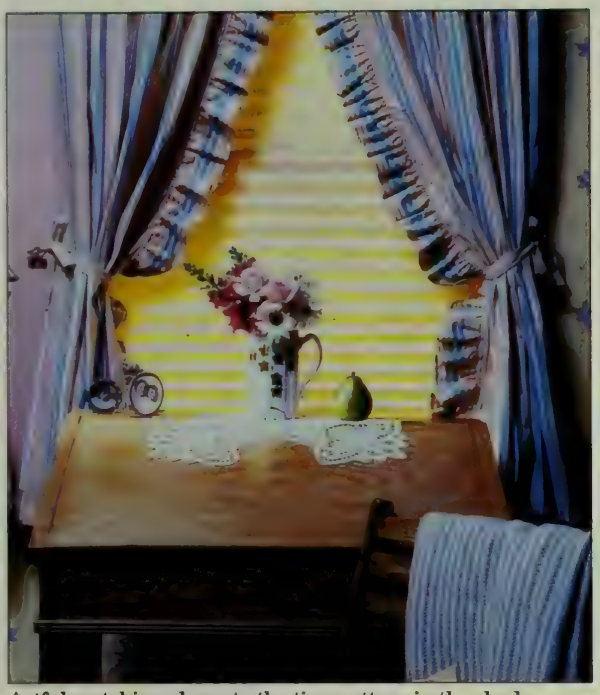
By Kathryn Stechert

.....STYLE.....

COLORFUL COORDINATES

Custom-made window covers for ready-made budgets

Decorating became just a touch easier with the introduction of new shades and blinds from Graber Industries. The window treatments, available through department stores and specialty shops, come in 40 fabrics, all designed by Gear and coordinated in pattern and color with other Gear-licensed products, including Imperial Wallcoverings, Cohama Riverdale fabrics, and Springmaid linens. Mix and match shades or blinds to draperies, pillows, wallpapers, upholstery, letting color unify the combinations.



Artful matching, down to the tiny pattern in the shade

QUOTABLES

"The emerging housing market is the 'urban suburb,' the mature suburb, close to the city and convenient to shopping and schools. People are buying in those areas and remodeling or, often, tearing down old houses and rebuilding on the lots."

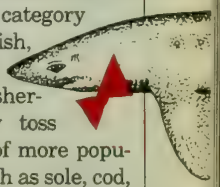
BARRY BERKUS, Berkus Group Architects

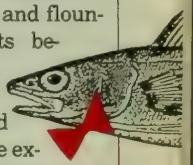
.....FOOD.....

"TRASH FISH" JUST WAITING TO BE FASHIONABLE

Mussels and monk fish were yesterday's trash fish







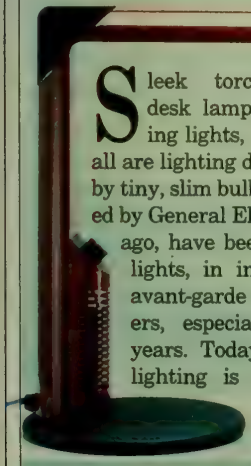
The oceans are full of delicious, easy to cook, and inexpensive fish that seldom find their way to your plate. That's because they're lumped in a category called trash fish, varieties that commercial fishermen routinely toss back in favor of more popular catches such as sole, cod, haddock, salmon, and flounder. Some rejects becoming nouveau main courses are: ocean pout and whiting, which are excellent fried or baked; red hake, also known as squirrel or mud hake and widely used in other parts of the world; ling, an eellike fish that's sweet, thick, and white; and spiney dog fish, a kind of shark. If you're interested in something other than the usual fare, look for and ask for such fish in restaurants and at markets.

THE CENTER FOR COASTAL STUDIES

continued

.....LIGHTING.....

NEW LAMP DESIGNS: THANKS TO THE TINY HALOGEN BULB



Sleek torchères, streamlined desk lamps, saucer-thin hanging lights, and delicate sconces: all are lighting designs made possible by tiny, slim bulbs. The bulbs, invented by General Electric about 30 years ago, have been used as car headlights, in industry, and by the avant-garde among lamp designers, especially in Europe, for years. Today, however, halogen lighting is beginning to enter mainstream America. Prized for the quality of the light, which is intense, white, and closer to sunlight, and for the freedom the tiny size gives lighting designers, the bulbs also deliver greater efficiency. They give more light for the wattage and last about twice as long as other bulbs.

The drawback: Many lamps, particularly imports, are not UL approved, and can pose dangers because the bulbs burn very hot. Shop for the UL label as well as good design.



Halogen delights: Nessen task lamp (*left*), and floor lamp (*right*) from George Kovacs.

continued

F O O D


Litchis


Longans


Mammees


Atemoya


Kumquats

DENNIS LONG/J.R. BROOKS & SON

NEW ADDITIONS TO THE AMERICAN CORNUCOPIA

Exotic fruits grown in the USA

Made in America. That's a label you can affix to a wide range of exotic fruits turning up in restaurants and groceries. Specialty produce used to come only from far-off lands, but a cadre of American growers is turning formerly foreign into homegrown exotics. Watch for these newcomers:

•**Mammees,** large and brown-skinned with a soft, smooth, salmon-colored or red flesh and sweet flavor.

•**Blood oranges,** less acidic than common varieties. Rich orange flavor and red flesh.

•**Cherimoyas** and **atemoyas,** large and heart-shaped. Sweet, white flesh.

•**Litchis** and **longans,** similar grapelike fruits with hard exteriors and sweet flesh; good hand fruits.

•**Kumquats,** miniature citrus fruits with an edible peel. Juicy and tart, and eaten fresh and cooked.

Next month: American-grown exotic vegetables.

A P P L I A N C E S

CUSTOMIZED KITCHENS MADE EASIER

New refrigerators create new possibilities


SEARS, ROEBUCK AND CO.

New cabinet-depth appliances

Kitchen designers just got a cool break from appliance manufacturers Sears and Admiral, who recently introduced new upscale refrigerators. Until now only one manufacturer, Sub-Zero, offered refrigerators with the customized, built-in look so popular these days. Sub-Zeros come with price tags as high as $5,000, but the new brand introductions go for around $2,500. Two important features account for the customized look: The appliances are only 24 inches deep, which means they are flush with cabinets and countertops; and they accept individualized front panels to match cabinets or other appliances. The modular Admiral units, available through contractors, can be stacked, set side by side, or arranged any way that suits your kitchen design.

AMERICAN SNAPSHOT

The 10 metropolitan areas expected to offer the most job growth during the next 15 years: Los Angeles, Boston, Anaheim, San Jose, Phoenix, the District of Columbia, Houston, Chicago, Dallas, Atlanta.

Source: The National Planning Association

B A C K Y A R D S

SCALED-DOWN LUXURY

The yards of some just-built houses are sporting small, shallow, in-ground "splash pools." They require less space and fuss than full-size pools, but still add comfort and conviviality to the backyard.



NEXT MONTH IN

Better Homes and Gardens®

DECORATING

NEW SOLUTIONS FOR PROBLEM WINDOWS

Ready-mades to the rescue!

FOOD

35 RECIPES FOR A HEALTHIER YOU

Good eating for good health!

CRAFTS

BAZAAR CRAFTS

24 make-ahead holiday gifts

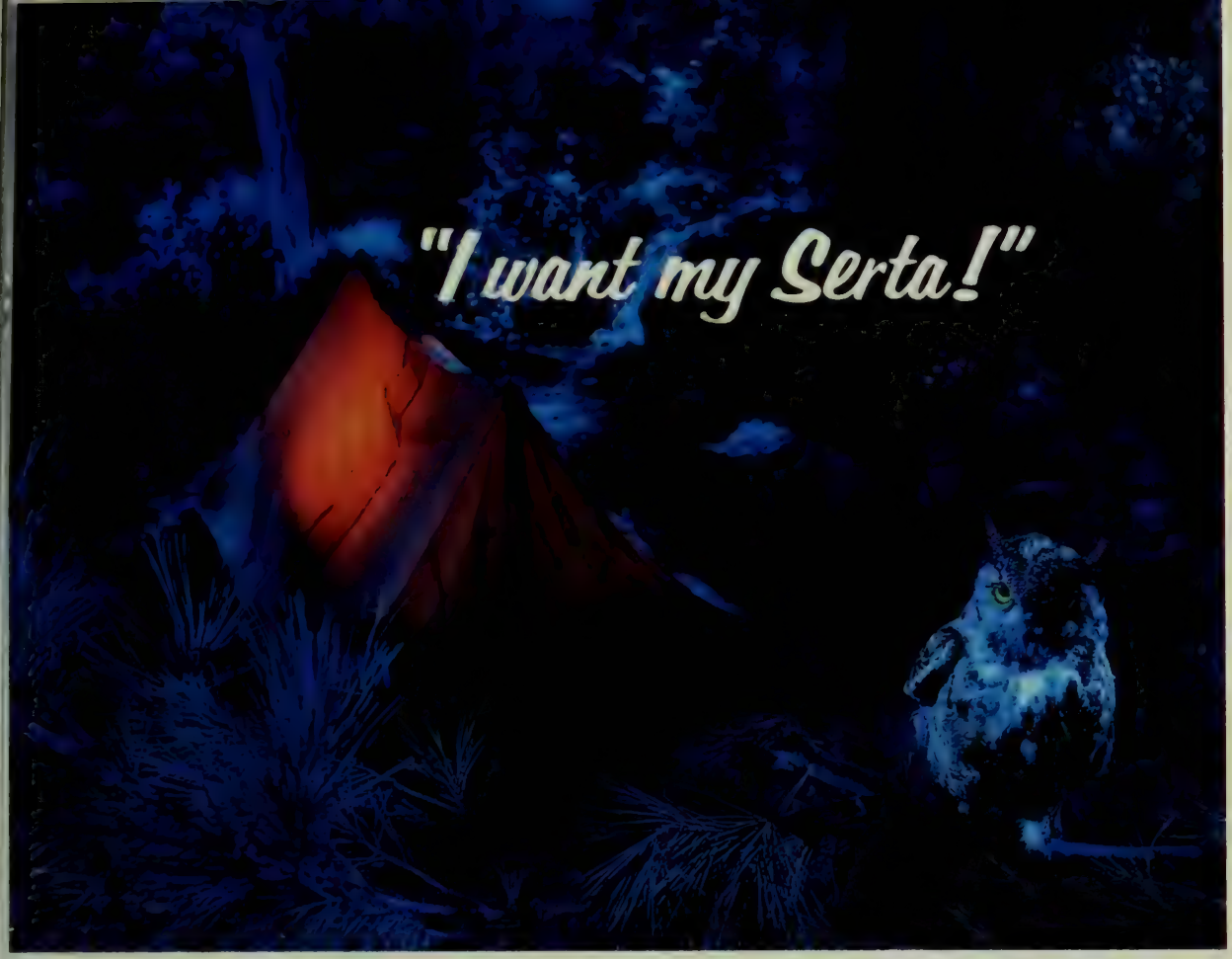
GARDENING

FLOWERING TREES

Beautify your home!

PLUS

Kitchen Remakes, Fall Vacations, and more!



DISCOVER WHY SO MANY PEOPLE SAY "I WANT MY SERTA®!"

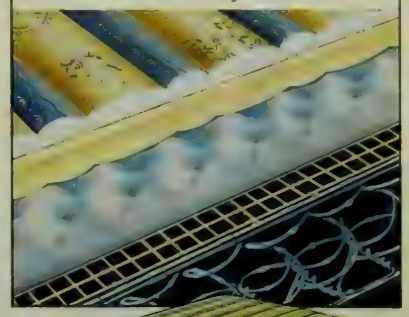
Serta Perfect Sleeper® goes beyond just being firm, beyond other mattresses, with the extra comfortable Serta Surface. Try a Serta. You'll want one too!

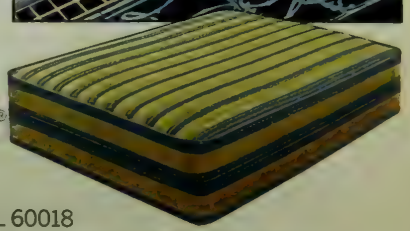
"Fantastic! We're spoiled. I can't sleep on any other mattress."
J.B., Pensacola, FL

"I like the firmness under the softness. I always thought a mattress had to be rock-hard to give support—but your mattress set has proved me wrong."
J.E., Flowery Branch, GA

"In addition to its luxurious softness, I go to bed confident my body has the support it really needs. I feel really pampered."
K.Y., Jeffersonville, IN

The Serta Surface. Layers of comfort make a difference you can feel.





Serta SERTA PERFECT SLEEPER®

© Serta, Inc., 2800 N. River Rd., Des Plaines, IL 60018
DuPont TEFLON® soil & stain mattress protector on Perfect Sleeper Masterpiece® (shown) and other Serta models.

PRESCHOOL EDUCATION

TOO MUCH, TOO SOON?

By Paul Krantz

Today, more and more preschools stress reading and math skills. Are we building better kids or breeding a generation of problems?



STEVE NIEDORF

School daze strikes earlier every year.

Preschools are the hottest growth industry going. During the last eight years, the number of licensed child-care centers has jumped 234 percent. Increasingly, those centers are gearing up to teach little Jane and Jimmy reading, math, and other subjects once reserved for older kids. And in 28 states, politicians are considering starting universal education at age four.

The trend scares many educators and child psychologists. Childhood stress is part of the danger, say the experts, but many of these superkids will face learning and social problems as well. There's evidence that pushing too hard too soon can boomerang on these kids in their teens.

ROOTS OF THE PROBLEM

Today's preschool trend can be traced to the 1960s and 1970s, when studies showed that disadvantaged kids did dramatically better in school if they first attended preschool programs like Head Start. (More recently, though, researchers have found little evidence of long-term gains for middle-class kids.) Another factor in the trend is the burgeoning population of available kids. Today, half of all mothers return to the work force within one year of giving birth, according to the National Center for Health Statistics. By 1990, 80 percent of children under six will have working moms. As a result, families need child care, and often can afford expensive private preschools.

"Parents may feel guilty about not spending enough time with their child," argues Dr. George Sterne, the head of an American Academy of Pediatrics committee on Early Childhood, Adoption, and Dependent Care. After a day of work, these parents want to give their child "quality time," but may think that that means teaching them something when the child's real need is to be cuddled or played with.

Parents who push their kids often were pushed themselves, notes child psychiatrist Dr. Michael Jellinek. Unable to meet their own parents' unreasonable expectations, these parents feel a deep need for their children to be "successful." "Unfortunately, that simply restarts the cycle," Dr. Jellinek concludes.

DO YOU PUSH TOO HARD?

University of Pennsylvania developmental psychologist Dr. Judith Coché, like others in her field, reports seeing children suffering from the effects of stress. She points to a number of warning signs parents should watch for:

- **Fatigue.** Depending on the child, this may show up as listlessness or hyperactivity. "Parents have to know how their child shows fatigue," according to Dr. Coché.
- **Stress-induced illness.** Frequent stomachaches or headaches—provided that a doctor has ruled out a physical illness—are a common sign of stress in children.
- **Concern of teachers, coaches, and others.** The people caring for your child may be the first to notice behavioral problems caused by stress. Conversely, if you suspect a problem, these people may help you pinpoint stress as the cause.
- **Parent burnout.** "If you feel you're spending too much time transporting your kids, they may be doing too much," Dr. Coché warns.

AT WHAT COST?

Three types of problems have been linked to overly aggressive preschool education:

Mental health woes

Many doctors report seeing an increase in some psychological problems among children. At a recent meeting of the American Academy of Pediatrics, childhood mental health seminars drew crowds.

"An atmosphere of pressure can lead to feelings of failure," according to Dr. Jellinek. Other psychologists find that many pushed kids begin to judge themselves on the basis of their achievements, a mind-set that often leads to mental health problems later in life.

Competitive preschools also may simply be one of too many activities.

continued



Morning is your time.

For you, Grape-Nuts® is as natural as the morning.
No added sugar. No preservatives.
Just a nutty taste. And an honest crunch.

Grape-Nuts® Cereal.
You know when you've got it good.

GENERAL FOODS

Fortified with 8 vitamins.

© 1985 General Foods Corporation. Post and Grape-Nuts are registered trademarks of the General Foods Corporation.

Smart shoppers know there's only one stop for Sesame Street® fashions.

It's elementary. It's JCPenney. Because only JCPenney carries an exclusive collection of infant, toddler and pre-school Sesame Street® apparel. So whether you're looking for Big Bird, Bert or Ernie, you'll find them all in the Sesame Street collection only at JCPenney. Outfits shown from $8.99 to $14.00.



Available at most large stores. Prices may be higher in Alaska, Hawaii and Puerto Rico. © 1986 JCPenney Co., Inc.
Sesame Street and the Sesame Street sign are trademarks and service marks of Children's Television Workshop. © 1986 Children's Television Workshop. Sesame Street Muppet Characters © 1986 Muppets, Inc.

You're looking smarter than ever.™
JCPenney

ontinued

Some children are scheduled virtually from morning until night. Philadelphia psychologist Dr. Judith Coché warns that these "overprogrammed" (or "hot-housed") kids are candidates for burnout. (See box on page 22.)

Learning problems

Short-term gains often mask educational woes. Some educators see problems arising in middle and late elementary grades. "Rigid academic programs tend to turn kids off to learning," cautions Sue Bredekamp of the National Association for the Education of Young Children. David Elkind, a professor of child study at Tufts University, argues that pushing kids too soon turns them into passive learners, people without the intiative needed to learn things on their own.

Social problems

A study published last March by Drs. David Weikart and Lawrence Schweinhart of the High/Scope Educational Research Foundation compared the graduates of a rigid preschool with more informal programs. The kids from the rigid program were more likely to have problems with their families and were less likely to get involved in school activities. On the other hand, graduates of two less academically oriented programs experienced fewer brushes with the law than students who attended no preschool. In other words, the informal preschool programs seemed to provide to their graduates a measure of immunity against delinquency.

A good preschool program allows the child to make his or her own discoveries, say most early childhood education experts. This rarely happens in preschools geared primarily to academics. In these schools, it is the adult who decides what and when the child will learn. Next month, we'll show you how to pick a good preschool.

Some experts go further. A few educators have even linked Japan's high rate of teen suicide with that country's high-pressure school system. For many Japanese, education starts at age three with a preschool entrance exam.

PRESCHOOL CAN BE HELPFUL

Preschools that avoid a rigid, academics-oriented approach to learning can do a world of good for youngsters. Most child-care experts agree that preschool can ease the transition from home to school. Learning to get along with other children and adults is the biggest argument in favor of preschool. Developing physical skills through active games and spurring emotional growth through group activities also are often-cited benefits of preschool.

Next month, we'll show you how to judge a preschool program and pick one that will give your child a good start toward kindergarten.





Your kid could win all this!

Imagine your child winning a 2-foot-high remote-controlled robot, a color TV, a VCR, a stereo, and a computer! That's the grand prize in the Sunkist Tickle Tree Gamestakes. And there are 25,000 other prizes. Look for specially-marked boxes of Sunkist Fun Fruits with Instant-Win Gamecards.

No purchase necessary. Offer void where prohibited. Gamestakes ends December 31, 1986.

25¢ Manufacturer's Coupon—Expires 8/31/87 FF-10BHG

Save 25¢ on any variety of Sunkist® Fun Fruits.™

To the consumer: This coupon good only on required purchase of product specified. Limited to one coupon per purchase. Coupon cannot be bought, sold or exchanged for cash coupons or certificates. Any other use constitutes fraud. You must pay any sales tax.

To the retailer: Thomas J. Lipton, Inc. will reimburse you for the face value of this coupon plus 8¢ for handling provided you have accepted this coupon in accordance with T. J. Lipton Redemption Policy incorporated herein by reference. Cash value 1.20¢. Mail to: Thomas J. Lipton Inc. Box R-7000 El Paso TX 79975

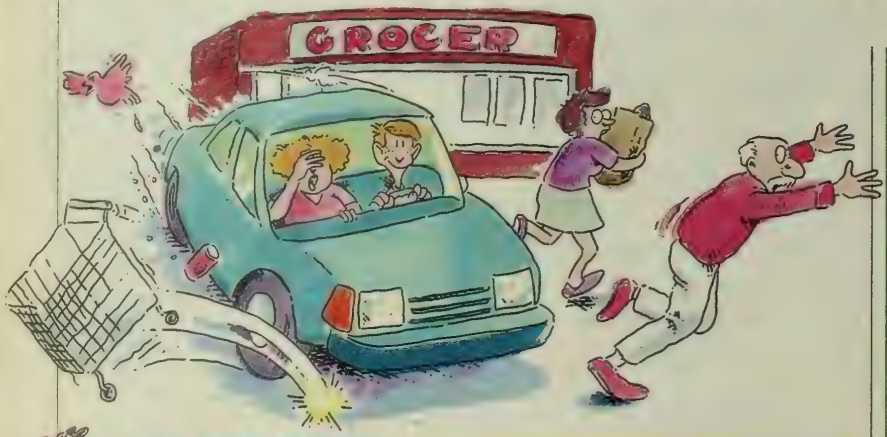


5 03 41000 28225

25¢

Sunkist is a registered trademark of Sunkist Growers Inc., Sherman Oaks, CA.

HOW **GOOD** ARE YOUR DRIVING SKILLS?



3 TESTS FOR PARENTS AND TEENS

Thirty-year veteran behind the wheel, or eager teen with new license in hand, you may be surprised when you take these basic tests about the rules of the road and other driving essentials. Let every driver in the family give it a try—then sit down together and discuss any fuzzy points. The exercise could make safer drivers of you all.

(Answers begin on page 32.)

ILLUSTRATION: KEN WESTPHAL

Test 1
RULES OF THE ROAD

1. What is the two-second rule?
2. How long does it take to cross an intersection from a full stop?
3. After a long period of driving on an expressway, why should you check speed extra carefully when exiting?
4. IPDE stands for what?
5. What is a "delayed green?"
6. Assuming dry pavement, good brakes, and ¾-second reaction time, how many feet does it take an average driver to stop from 55 mph?
7. What is the best position for your hands on the steering wheel?
8. How far ahead, in time, should a driver look? a. 2–5 seconds; b. 10–15 seconds; c. 20–30 seconds.
9. When coming up on a horse and rider or a cyclist, honk your horn to let them know you are approaching. True .... False ....
10. A bus in front of you stops at the curb; what can you expect next?
11. How many drinks does it take to affect a driver's performance?
12. A traffic light with a flashing red signal means what?
13. For safety, headlights should be on from (time) .... to (time) ....
14. Because motorcycles are much smaller than cars, they need to be allowed far less room on the road. True .... False ....

Test 2
ON-THE-ROAD ACTION

1. How do you handle a blowout?
2. When coming to an uncontrolled intersection (no stop lights or signs), in which direction do you look first?
3. The light has just turned green. What's your first response?
4. Suppose you're merging with an expressway or interstate, but misjudge the traffic and begin to run out of merge lane. What should you do?
5. You are driving in heavy rain with lots of accumulated water on the pavement. Suddenly the front end begins to move around and the steering feels very light. What has happened and what do you do?
6. You go into a tight turn too fast and the tail begins to skid. You should:
a. pump the brakes.
b. apply the brakes gently.
c. stay off the brakes.
Then . . .
a. keep steering wheel centered.
b. steer in the direction of the skid.
c. steer away from the oncoming traffic.
7. What should you do if you drop a wheel off the edge of the pavement?
8. Approaching your exit, you lift your foot to slow down and discover the accelerator has stuck. The quickest way out of trouble: switch off the engine. True .... False ....
9. The restaurant is just ahead on the other side of the intersection. When should you begin signaling your turn into the parking lot?
10. Before you change lanes on a multilane highway there are four important things to do. First you signal, then you check your mirrors. Third, you .... Fourth, you ....
11. A good driver follows several basic rules when driving in expressway or interstate traffic. Name three.
12. Name at least three things a good driver does in city traffic.

continued on page 31

New Cambridge

The generic priced cigarette that puts flavor first!

GENERIC PRICE!



Regular & Menthol, Kings & 100's

© Philip Morris Inc. 1986

12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

Mfr. suggested retail price.

YOU ARE INVITED TO ATTEND...

A Christening



Doll shown much smaller t
29" overall length (from to
bonnet to bottom of gown).

ontinued

Test 3
KNOW YOUR CAR

1. Check air pressure when tires are: a. cold; or b. hot. Why?
2. What should you do when the "check engine" light comes on?
3. A front-wheel-drive car should be towed with the: a. front wheels; b. rear wheels off the ground.
4. It is all right to mix radial and bias ply tires on the same car as long as the profile numbers match. True .... False ....
5. Experts recommend changing wiper blades: a. every 6 months; b. at least once a year; c. as soon as they show wear.
6. The best way to warm a cold engine is to: a. let the engine gently idle until the temperature needle moves from the lowest position; b. start the engine and drive off right away, but keep your speeds low until the needle moves.

WHEN YOUR YOUNGSTER IS BEHIND THE WHEEL . . .

To ease your concerns about a new teen driver, take a ride with the youngster and watch these very critical areas. Fair's fair, though; use the same checkpoints for you and your spouse the next time you're on the road.

☐ Hand position: At 9 and 3 on the steering wheel?

☐ Eye movement: Constantly checks mirrors, looks ahead?

☐ At stop signs: Looks left, right, then left again?

☐ Recognizes potential problem areas, slows down, prepares to brake, and becomes extra-alert?

☐ Signals all movements?

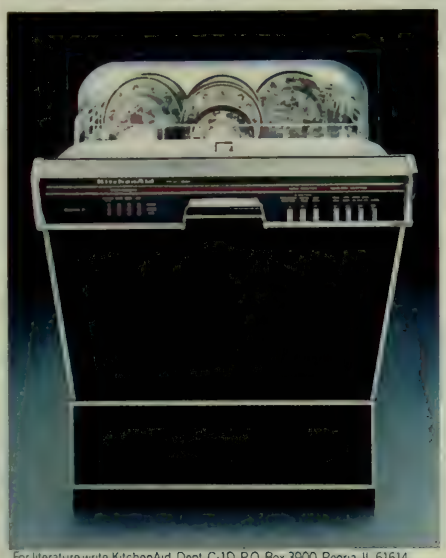
☐ Not only obeys speed limit, but adjusts speed according to situation?

☐ Always uses seat belts?

☐ Reaction to other drivers: Quick to irritate, or remains unflustered?

continued

YOU JUST RINSED YOUR LAST DISH.



That's because KitchenAid® dishwashers have the unique Triple Filtration System with a hard-food disposer. It's so tough it can grind up food, even an occasional olive pit.

This way, dishes go straight from the dinner table to the dishwasher without the mess and bother of hand rinsing. And they still come out dazzling clean.

And because it's built by KitchenAid, it's built to last.

Now, doesn't it make sense to have a dishwasher that does all the dishwashing?

KitchenAid®

For literature write KitchenAid, Dept. C-1D, P.O. Box 3900, Peoria, IL 61614

KITCHENAID® FOR THE WAY IT'S MADE.™

ADD ON BEAUTY WITHOUT BEING FUELISH.



Learn how you can have large, beautiful glass areas *and* energy efficiency under one roof. Andersen Concept IV® is a carefully worked out set of guidelines that can show you how. No matter where you live.

Send for our FREE Concept IV brochure for more details. Or buy the complete Andersen Concept IV homeowner's guide by sending in this coupon.

Come home to quality.

Andersen®



Name

Address 002-0886

City

State Zip

Area Code
Phone ( )

Mail to: Andersen Corp., P.O. Box 12, Bayport, MN 55003

I plan to ☐ remodel ☐ replace ☐ build.

☐ Send FREE 12-page Concept IV brochure.

☐ Send 128-page book. Enclosed is $6.95 check or money order payable to Andersen Corp.



much as 250 feet.
7. Left hand at 9 o'clock, right hand at 3 o'clock. And have them there all the time.
8. b. Look ahead—also called "drive ahead"—10 to 15 seconds.
9. False. An unexpected blast from a horn can startle a horse or a cyclist right into your path. A gentle toot delivered *well* in advance is OK if your way is blocked.
10. Always be prepared for passengers entering the street from in front of a bus that has just stopped.
11. One drink always affects a driver's performance.
12. Flashing red means stop, then proceed when it is safe.
13. Headlights should be on from 30 minutes after sunset to 30 minutes before sunrise. (It's the law in some states.)
14. False. Treat a motorcycle as if it were the same size as a car. DON'T try to squeeze by in the same lane when passing.

DRIVING SKILLS

continued

Test 1 Answers
RULES OF THE ROAD

1. The two-second rule states that for normal driving conditions a following distance of two seconds is considered safe.

To figure: When the back bumper of the car ahead passes a fixed checkpoint, begin counting. If you reach the point in less than two seconds, you're too close.

2. Four seconds. That means you need a gap in the traffic of approximately two-thirds of a block before attempting to cross the intersection.
3. Because of "velocitation," which causes you to feel that you're going much more slowly than you actually are. In other words, slowing just a little seems like a lot. (Race car drivers have been known to crash during the cool-off lap at the end of a race because of velocitation.)
4. IPDE is a useful acronym for a sequence of actions that should become an unconscious part of your driving discipline: Identify—hazards, problems, special situations, and so forth. Predict—what is likely to happen. Decide—what action to take. Execute—your decision.
5. A "delayed green" light lets one side of the traffic at an intersection turn or go straight before giving a green to the oncoming side.
6. If you said around 200 feet, close enough, although some sources say as



tire.
2. Look left, because that's the imme ate danger area.
3. Again, look left.
4. The tendency is to force your w into the traffic flow or stop in t merge lane. Don't do either. Stop acc erating and drive on the shoulder; th stop and wait for a sufficient break the traffic.
5. Your car is hydroplaning (also call aquaplaning). The front wheels are r ing on a cushion of water and have l all adhesion with the road. The only f SLOW DOWN!
6. c. Stay off the brakes. b. Steer in t direction of the skid.
7. When a wheel drops off the pa ment, stay cool and immediately let on the accelerator. Once the car h slowed sufficiently, gently steer it ba onto the pavement. Problems occ when a startled driver panics and hu riedly tries to yank the car back on t road.
8. False. Switching off the ignitio solves one problem, but creates a co ple of others, such as no power to t power brakes and power steering. I stead, shift into neutral—the engi will race, but probably not dangerou ly—and then steer off the road to a sa spot.
9. After you have entered the interse tion—not before, where your intentio would very likely be misinterpreted b others.
10. After signaling and checking yo mirrors, turn your head and look ov your shoulder for traffic in your blin spot and then check for another ca that may be moving into the spot yo have chosen.

Test 2 Answers
ON-THE-ROAD ACTION

1. When a tire blows, grip the wheel firmly and steer to stay in your lane. Let up on the accelerator, but do not brake. Allow the car to slow gradually. Turn on your flashers, and then drive slowly off the road to a safe location, even if that means driving until you ruin the tire. You can always replace a



1. Six dos for safe highway driving:

- Adjust speed to traffic and weather conditions.
- Keep eyes in constant movement from road to rear view mirror to side mirrors.
- Be aware of what is happening several cars ahead. For example, watch for brake lights.
- Be aware of location of traffic around you, and constantly plan a route for evasive action if that should become necessary.
- Always maintain a proper following distance.
- Read signs carefully and begin making necessary lane changes for exiting or diverging well in advance.

12. Six dos for safe city driving:

- Watch traffic lights a block ahead and keep adjusting your speed and lane accordingly.
- Cover the brake in potential problem areas; this means having your right foot hovering over the brake, ready to act.
- Always be prepared—both mentally and physically—to yield the right-of-way to others.
- Know what to expect, and expect it: kids running into the street in residential areas; driver doors opening on parked cars; bicyclists running red lights and stop signs; cars entering the street mid-block from parking garages; and so on.
- Stay in the center lane of three-lane streets.
- Always look both ways when intersecting a one-way street.

Test 3 Answers
KNOW YOUR CAR

1. a. The air expands in a warm tire, which will give an inaccurate reading.
2. Pull off the road, stop, and then seek assistance.
3. a. Otherwise damage to the engine and transmission may occur.
4. False. Mixing construction types can dramatically affect handling.
5. b. and c. As soon as they stop wiping efficiently, as well as at least once every year.
6. b. We've been letting cars idle to warm for ages, but the experts say it's easier on all systems to warm the car with some gentle driving.

—By Mike Knepper

"Sears Auto Center, you give me confidence."





"If there's one car repair job that should be warranted, it's my brake job. At Sears, it is—*for as long as I own my car.*

Because Sears knows brakes are so important to me, they train all their brake specialists at Sears Automotive Training Centers. They use only quality, new parts. Plus they're thorough. Every brake job starts with an inspection and estimate by a trained professional and ends with a road test. That's confidence!

I always feel comfortable visiting my Sears Auto Center, too. It's clean and bright. There's an easy-to-find service desk staffed by someone who speaks my language. I can catch up on paperwork in the comfortable waiting area or shop in the adjoining Sears store.

So whether I need brakes, shock absorbers or a new set of tires, I go to the place that gives me confidence: Sears Auto Center."

See your Sears Auto Center for details of Sears limited warranty on brake jobs for as long as you own your vehicle. Auto Centers at most Sears retail stores. Most services performed during prevailing store hours. Date applies only to the continental United States except Alaska. ©Sears, Roebuck and Co., 1986

Sears Tire & Auto Centers
WE INSTALL CONFIDENCE
DAY AND NIGHT

COMPLETE ONE OR TWO-WHEEL BRAKE JOB
$10 OFF
SEARS REGULAR LABOR PRICE

Service is for front, rear, disc or drum brakes on most American and import cars. If you need to replace the drums or rotors, master cylinder, brake lines or rear oil seals, the parts and labor are extra.

EXPIRES DEC. 31, 1986

100 there's more for your life at SEARS
Celebrating Our New Century

WHY YOU FIGHT ABOUT MONEY

(AND HOW YOU CAN STOP)

By Kathryn Stechert

Charles, a recently married college student, hurried home to show his wife, Karen, the 35-mm camera he had just bought. But before he could finish describing the camera's features, she began crying. "How could you?" she said. "It cost more than our *rent*."

Sounds like another argument about money, common to newlyweds *and* "oldlyweds," doesn't it? Well, it's not. Like many domestic squabbles that *seem* to be about money, that fight wasn't about finances at all. Karen wasn't upset about the money spent, though the couple had little to spare; she was troubled by the split between her and her husband's ideas about how decisions would be made in the marriage. When she said "How could you?" she meant how could he get a new camera—a major decision in her mind—and not discuss it with her first?

Luckily for the couple, they were able to talk about those differences and to reconcile their discordant expectations. In the process, they laid a foundation for smooth decision-making about many issues to come in their marriage. Not all couples are so fortunate. For many, money becomes a conflict that's never resolved.



STEVE BJORKMAN

Why couples fight about money

The reason couples clash over money is that husbands and wives can't avoid being affected by each other's attitudes about money—and those attitudes aren't always shared. Combine different attitudes about spending with a lack of compromise and you have the formula for financial strife.

"Even couples who are quite compatible may have conflicting ideas about money that they're not even aware of," says New York psychologist Michele Berdy. "But if couples talk about money, they will determine where the differences are."

How money masquerades

"Money has always been a substitute for the real thing—whatever that might be—in our lives and in our arguments," says Joseph Margolin, formerly an economist and now a psychologist in Washington, D.C.

Money can represent power, freedom, independence, affection, self-respect, sex, anxiety, security, love, and any number of idiosyncratic needs. One of Dr. Margolin's patients, for example, was a man who argued endlessly with his wife about the gas she wasted in circuitous drives home from work. With Dr. Margolin's help, the man came to see that his worry wasn't the gas bill, which was only a small part of the family budget. What

continued

What Does Money Mean to You?

Following are some key attitudes about money that people often don't even realize they have—and that can cause problems between couples.

You can use this list as a way to uncover your own feelings and to get a conversation going on the subject of money. On separate sheets of paper, you and your spouse mark "agree" or "disagree" for each of the statements below. Then go over your answers one at a time. Where do your answers match and differ? Talk about why each of you responded the way you did. You may be surprised by your spouse's answers—and even by your own. Also, you may discover attitudes neither of you knew you had.

There are no right or wrong responses; the objective is to discover where your ideas diverge.

1. Money is the measure of success.
2. Investments should be safe. I don't want to lose any sleep over them.
3. It's better to give money than to receive it.
4. Everything material that I need I have.
5. Success isn't in acquiring something, but in getting it as a bargain.
6. Money can solve most problems.
7. Saying "no" to a money request makes me feel guilty.
8. Money is the key to survival in this dog-eat-dog world.
9. Money is the reward. No money is the punishment.
10. Power is in the holder of the purse strings.
11. I wish I had more money so I could give more away to charities.
12. It's easier to get money than love.
13. Money in the bank means security.

—List prepared with New York psychoanalyst Linda Barbanel



Corian®. The beauty lasts because it's more than skin deep.



No laminated or coated surface is thick and solid like CORIAN. Its beauty goes clear through. That's the difference that makes CORIAN so carefree. Tough stains, even cigarette burns, come out with cleanser. Nicks and cuts sand out. So CORIAN keeps looking new.

Solid beauty that lasts.

CORIAN

CORIAN. Ideal for counters, vanities, shower and tub enclosures, even one-piece sink and top combinations. Custom designs and edges, too.

See your Yellow Pages for dealers, remodelers and builders who sell CORIAN.

Made only by DuPont.

Corian® is a registered DuPont trademark for its building products. Only DuPont makes Corian.

DUPONT

continued

nagged him were concerns about where his wife spent her time. He was insecure about her love, and rather than face that frightening notion, he tried to control her in other ways.

The danger in using money as a scapegoat is twofold: the issues behind the money feuds aren't faced, and the money matters aren't resolved. Both problems fester and eventually erode the relationship. Ending financial battles begins with learning to recognize when money is a mask for something else.

The danger in using money as a scapegoat is that neither the hidden issues *nor* the money matters are resolved. Both sets of problems fester and erode the relationship. The first step toward ending financial feuds is spotting when money is a mask for something else.

Spotting phony fights

You can tell that some other issue is behind a money squabble when:

- **You keep having the same argument over and over with a predictable script.** One or two discussions are all it should take to come to some plan for solving a real money issue, such as "Can we afford to fully fund our IRAs this year *and* take a family vacation?" If you get that "Uh, oh, here we go again" feeling when you talk about money, stop, listen, and try to figure out what's really going on. One couple, for example, has arguments that start like this: She says, "You're spending too much on that boat." He replies, "I've got to have some pleasures after working all week, don't I?" If they talked it over, they might find that how they spend their time, not their money, is the important issue.
- **Other fights—about in-laws, sex, housekeeping, the children—veer quickly to money topics.** If that happens, it may mean you find money to be a safer topic than other, perhaps more troubling, ones. One couple, for instance, was worried about their eldest daughter, Carrie, who was having more than her share of trouble getting through her teens. Arguments about Carrie went like this:

He: She's going to get into big trouble if she keeps running around with those punks at school.

She: If you spent some time with the kids, this wouldn't happen.

He: How can I? I have to work to support this family.

From that point they would launch into a volley of attacks and accusations about his workaholism and her waste of money. And their problems and fears about Carrie never were discussed.

- **A fight about money evokes an unreasonable emotional response.** A discussion about how money will be spent—can we afford a new floor for the kitchen?—should not bring on powerful emotions. If anger, fear, or even outrage well up in money arguments, money may be masquerading for some other issue. And whenever a disagreement summons a thought like, "I'm not going to let you get the best of me on this one," you can be sure money isn't the primary issue.
- **Veiled—or obvious—comments about the other person's skill as a money manager or money earner keep coming into the fight.** In that case, the fight may be more about the marriage than about money. An honest disagreement about how money will be spent (he wants high-yield bonds, she wants overseas stock) won't degenerate into personal attacks.

How you can break the cycle of fighting

Try these tactics if money fights are plaguing your family:

- **Decide what the focus of the discussion should be.** Whenever a conversation flares into an argument, say out loud—and often, if need be—"What are we fighting about?" Try saying something direct like: "Hey, I thought we were talking about what we could do to help Carrie; how did we get to talking about my paycheck?" That helps both of you see arguments for what they really are.
- **Talk, talk, talk.** "Even couples who are intimate tend not to deal with the issue of money until it erupts into an argument," says psychologist Berdy. The surest way to keep conflicting attitudes about money from triggering fights is to figure out what your attitudes are, what those of your spouse are, and to come to a consensus. You don't have to agree completely, of course. "You can agree to disagree on some points, but the advantage to talking is that the differences are discussed, not submerged where they can do more damage," says George E.L. Barbee, executive director of The Consumer Financial Institute in Massachusetts. Use the attitudes on *page 34* to get your discussions going.
- **Listen.** Dr. Margolin videotapes his patients to help them literally take a look at themselves. Patients often gain fresh insights into their own behavior that way. He says couples can try it at home with a tape recorder. "When you feel a stereotyped argument coming on, flip on the tape recorder," he says. "When you play it back, you might hear yourself differently." Granted, you're not likely to have a tape recorder handy at the critical moment, but even *thinking* about someone recording your conversation might help you view it in a different way.
- **Plan carefully and often.** If you and your spouse agree on goals and priorities, you won't need to argue about them—you can, instead, set about achieving them.

Barbee recommends that everyone make a wish list. Husbands and wives should make them separately and then through discussion come up with a list that represents the dreams and goals of the family.

- **Share financial decision-making.** Sociologists Philip Blumstein and Pepper Schwartz interviewed thousands of people about their relationships and reported the research in a book called *American Couples* (William Morrow, $19.95). In their research, they found that when couples take time to share control over money management, they have happier, calmer relationships. It takes effort to create budgets, to set spending priorities, and to plan for the future, but the results can be well worthwhile: a more secure financial future and a happier marriage.

Pack in the "M&M's" Pack in the smiles



"M&M's"® Plain and Peanut Chocolate Candies.





"The milk chocolate melts in your mouth—not in your hand"®

Mars Inc., 1986



Only Sears Super Plush has a worry-free warranty that never forgets.

Presenting Sears Super Plush carpeting with a full 10-year warranty.* It's the industry's best. The only warranty that not only protects against crushing and matting but fading, too.

MOHAWK
The First Name In Carpet.

Even on stairs. Or Sears will replace it—absolutely free.

And Sears exclusive Magni Y™ nylon fiber resists footprints, pawprints, spills and odors. All this and contemporary, fashionable, long-lasting looks. Made exclusively for Sears by Mohawk Carpet, New Super Plush is one more reason to celebrate our New Century. Sears guarantees it. And Sears never forgets.

There's more for your life at SEARS

Celebrating Our New Century

*See Store for Details. ©Sears, Roebuck and Co., 1986. Available at most Sears retail stores.

DO-IT-YOURSELF REMODELING

"Now this house is truly ours!"

By Gregory D. Cook



SEPT. 1980

"We spent hours riding our bicycles around the neighborhood to look at houses."

When David and Mary Ann *(right)* saw something interesting, they'd pull up and ask for a tour. The search for ideas was on. With no previous experience in the building trades, this industrious couple spent six years transforming a 1920s bungalow into their home of the future.



In 1980, David Bryant, Mary Ann Payne, and their two sons began an ambitious remodeling of the Indianapolis home they love. Ever since, they've been busy hammering and sawing their way to a house that lives like a dream.



DO-IT-YOURSELF REMODELING

Upstairs, David and Mary Ann squeezed 625 square feet of living space from an unfinished attic. Work downstairs came next.

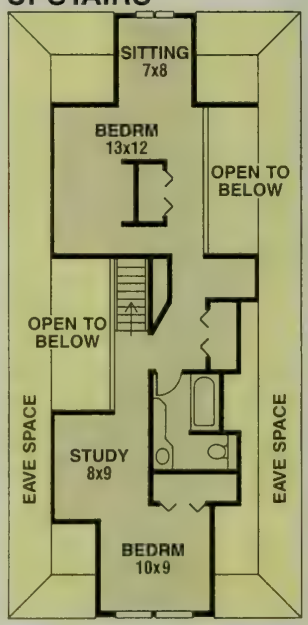


SEPT. 1981

"Back then, we were so excited we thought it would be all done in a year, maybe a year and a half!"

Six years and a ton of grit later, their eyes are open—and good thing; the newfound living space is a wonderful sight. Daylight floods the house through openings cut in the ceilings of the living and dining rooms (*see plan, right*). The skylight above the bed (*left*) makes the space seem big.

UPSTAIRS



DEC. 1981

"One thing I'd always wanted to have was a place with a view where I could sit and read," says Mary Ann.

David's a quick study. By installing new windows and insulation in the old dormer, he gave Mary Ann her niche.

The plan was to finish the upstairs first, letting the plaster dust filter down before they tackled the remodeling below. It was a sensible summertime strategy, but working through that first winter, our do-it-yourselfers discovered that a forced-air furnace recirculates scorched dust just as readily as it does heat. David and Mary Ann learned to work in warmer weather.





The original stairway was never intended to serve an upstairs living space. David boxed it in and built a new way up, leading from the foyer upstairs.

MAR. 1982

"This house had virtually no storage space, so I came up with this idea...."

David put a floor-to-ceiling wardrobe right in the middle of the room. That way, space for hanging clothes remains open, unencumbered by the sloping eaves that would have limited the usefulness of a wall-mounted closet. The bold move yielded a visual bonus, too: the vertical line breaks up an otherwise straight-shot room, creating separate spaces with their own identities. On one side of the bed, a shelved headboard faces the sleeping area, and on the other side, bifold doors open to a full-height closet. David and Mary Ann consider the new storage a boon.



DEC. 1982

"A contractor said the bathroom skylight would never work. Putting it in anyway was one of the best things we did."

There comes a time to trust your instincts. For David and Mary Ann, that time came after standing up in the tub and banging their heads against the ceiling. In spite of the contractor's warning that the skylight would leak, David carefully installed an operable bubble that remains leak-free. It raises the ceiling height to 6 feet 8 inches and provides an escape hatch for shower steam.

Three years went by from planning to completion of the upstairs, at least twice as long as planned. In retrospect, Mary Ann wonders what they ever were thinking of. Meanwhile, David dreams of becoming a full-time contractor!

DO-IT-YOURSELF REMODELING





MAR. 1983

"Now, when you open the front door, you're not wham right in the living room!"

The original entry (*right*) was centered on the house. David closed in the old front door and built the new one into the sunroom (*above*), diverting the traffic flow.

To cut costs, David sized the window openings to accept standard-size patio doors that cost considerably less than custom glass. He saved, too, by salvaging brick from the exterior to face the foundation.



AUG. 1983

"Mainly, we wanted the living room to be lived in, not a formal forgotten space."

A small house like theirs has no family room; the living room must serve as the gathering place in the home. David and Mary Ann wanted it to feel cozy as well as to blend with the contemporary remodeling throughout. David replaced small double-hung windows on both sides of the fireplace with taller casements. The new windows emphasize the vertical feel gained by opening the ceiling to the upstairs. A triple 2×8-inch beam supports the balconylike hallway on the remodeled second floor (the rough beams are merely decorative). A fireplace face-lift includes new framing and drywall over old brick.



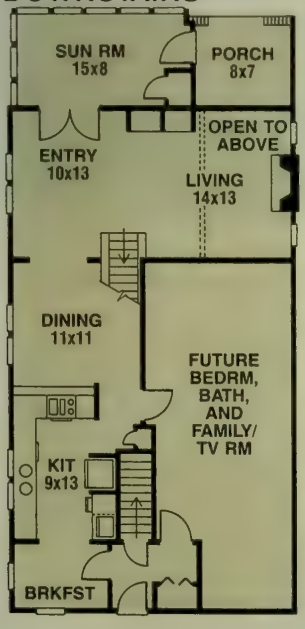
APR. 1984

"It's amazing what you can do with a Crock-Pot and a hot plate!"

For Mary Ann, do-it-yourself remodeling includes creative cooking. During the time the dining room and kitchen were gutted, she served family and friends on a card table set up beside a living room wall stripped to the lath. The new eating area—open to the foyer, living room, and kitchen—made it worth the wait.



DOWNSTAIRS



SEPT. 1985

"The kitchen is my favorite room," says Mary Ann. "From here I can see almost the whole house."

Mary Ann can stay in touch with everything while she cooks. German-made cabinets faced with white laminate and matching countertops with oak edging are practical and good-looking. David made all the door and window casings himself.



Design: David Bryant. Photographs: Jessie Walker. Family photo: James Schweiker. Field editor: Maxine Schweiker

Buying information, page 106.

AND YOU THOUGHT
WE JUST MADE
A GREAT RECLINER.

© 1986 La-Z-Boy Chair Company

MOVING

MAKING A SMART MOVE

In an ideal world, every major household move would occur without a hitch. But in reality, goods get lost and damaged. It's wise to plan accordingly.



LEARN ABOUT LIABILITY

Liability is the amount of responsibility the mover accepts for your goods while handling, storing, and transporting them. *You* choose the level of the mover's financial responsibility from three options outlined by the Interstate Commerce Commission (ICC).

Limited liability: Sixty cents per pound per item is the minimum responsibility you can choose. This comes free of added charge, but you must request and sign for it. Limited liability will not be enough in most cases. For instance, the mover's top liability on a $135, 4-pound lamp would be only $2.40.

Added valuation protection: When you sign the bill of lading without requesting limited liability, the mover must assume responsibility for



the load at $1.25 times the pound weight of your shipment. Recovery on each item is not limited by its weight. If you'd prefer to declare a specific higher dollar rate for the value of the entire load, you may do so for an extra charge.

Full-value protection: The most expensive option, such plans cover the full cost of repairing or replacing goods.

PACK IT PROPERLY

The mover's liability is contingent on the goods being properly packed. If the moving company handled the packing, it is their responsibility. If you've done the work, the movers may inspect the cartons before assuming responsibility.

CHECK FOR DAMAGE

At your new home, use the inventory as a checklist. No need to unpack every carton, but note any exterior damage and identify it by carton number on the delivery papers with a list of the contents. When you sign delivery papers, you are indicating that you accept your goods in apparent good condition, except where otherwise noted. Concealed damage may be reported later, but such claims are always difficult to settle. Document them as fully as possible.

FILE CLAIMS PROMPTLY

It's your responsibility to file a claim if any of your goods is damaged or lost; ask your mover for a company claim form. Although you have nine months to file a claim, it will hurt your settlement chances if you are not prompt. The mover expects an opportunity to make an early investigation. The mover must acknowledge your claim within 30 days of receiving it, and act on the claim within 120 days.

If you can't resolve a dispute involving an interstate move, with most movers you can take the claim to arbitration under the Dispute Settlement Program of the American Movers Conference (703/838-1930). Save all shipping and claim documents for the arbitrator or possible court action.

FITNESS MATTERS

By Gary Legwold

CHEEK TO CHEEK

DANCING TILL DAWN—or for at least 30 minutes—can help you get fit, according to a new study.

Dr. Betty Rose Griffith, past president of the National Dance Association (NDA), and her associate, Phil Martin, put college couples through the paces for 30 minutes. After a five-minute cha-cha warm-up, the couples did four minutes each of the Viennese waltz, samba, polka, and two sessions of the East Coast swing before cooling down with five minutes of cha-cha.



THE BETTMANN ARCHIVE

Why not DANCE your way to FITNESS?

- **HEART RATE:** Students measured their pulse rate for 10 seconds between dances; 44 percent of them maintained their heart rate in the exercise benefit zone, defined as 60 percent to 80 percent of their maximum heart rate. (See The Key to Fitness, *right.*)
- **30 MINUTES:** "The polka can really get your heart rate up there," says Griffith. She recommends dancing 30 minutes, three times a week. She adds that expert dancers reach the exercise benefit zone easier than people who are less skilled.
- **KEEP DANCING:** For the best aerobic benefit, Griffith suggests you warm up first and then keep dancing. Modern, jazz, and disco dancers often "go like crazy for three to five minutes, then sit down."
- **INFORMATION:** For information on a two-hour instructional video tape ($42.45 postage paid), write Griffith at the physical education department, California State University-Long Beach, Long Beach, CA 90840. For more on the benefits of dance, send a self-addressed, stamped, business-size envelope to: NDA, Box BHG, 1900 Association Drive, Reston, VA 22091.

THE KEY TO FITNESS

You may have heard about it, but do you really know what a target heart rate zone is? It's the exercise-induced pulse rate needed to improve your heart's fitness. Your target zone is 60 percent to 75 percent of your maximum heart rate in beats per minute.

The maximum heart rate varies by individual. The surest way to find out is to take an exercise stress test, which often costs $150. A less accurate but less expensive and more convenient way is to subtract your age from 220, a number based on studies of large populations. Multiply your result by 0.6 and 0.75 to get the minimum and maximum heart rates you should aim for.

Exercise Diary, which has information on target zones, can be obtained by sending a SASE (business size) to AHA, 7320 Greenville Ave., P.O. Box ED, Dallas, TX 75231.

TRAVEL FITNESS



STEVE NIEDORF

To: All business travelers
From: Management
Re: Fitness on the road

The Traveler's Fitness/Health Directory Guide for the Frequent Traveler has the lowdown on fitness facilities in or near 35 cities and 300 hotels. Some hotels even offer in-room exercise bikes.

For more on this $6 booklet, write: National Employee Services and Recreation Assn., Dept. BHG, 2400 S. Downing Ave., Westchester, IL 60153.

Other helpful sources

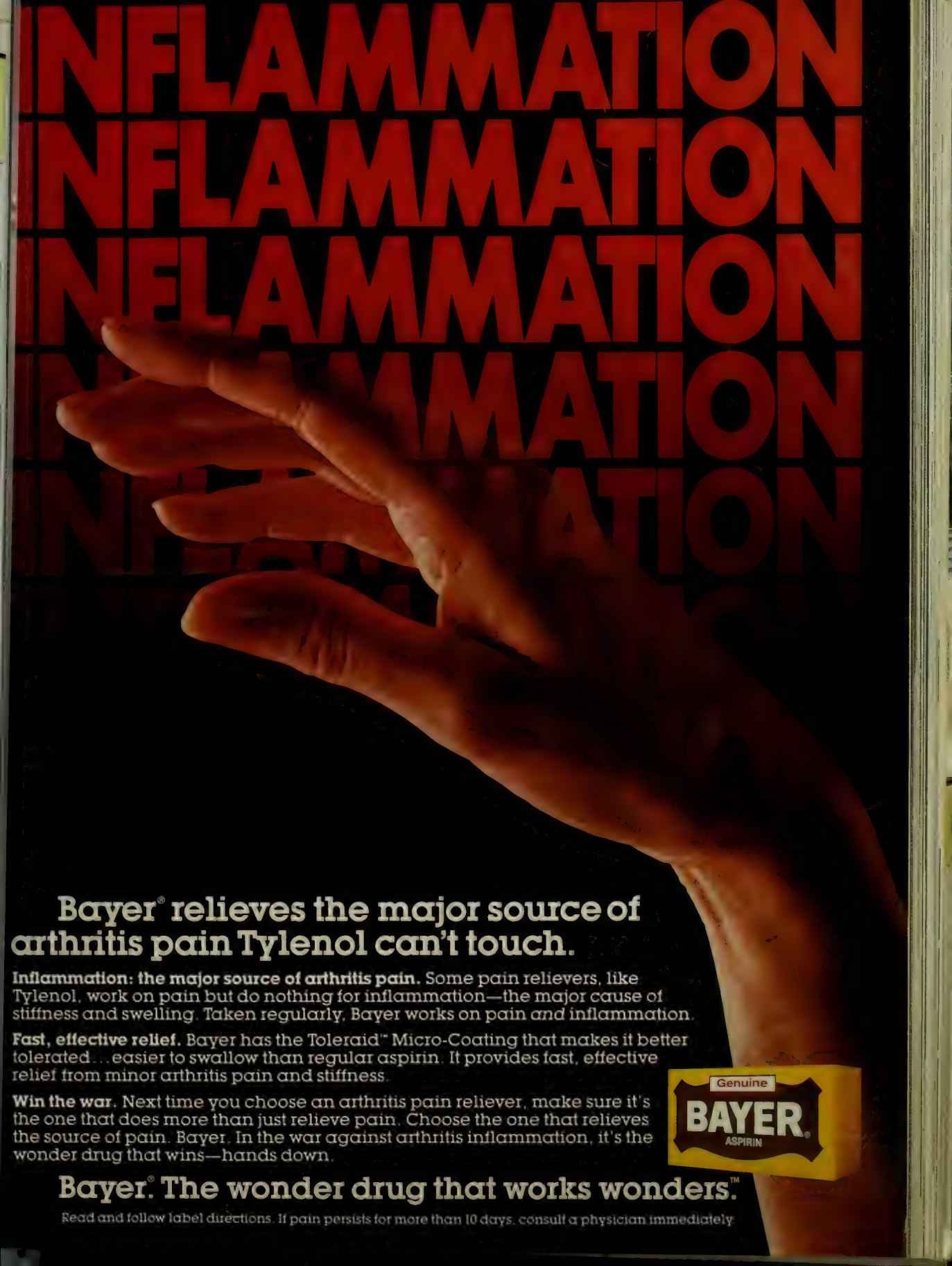
- *Travel Fit: The Ultimate Guide to Where to Work Out While on the Road,* $10.45 postage paid, from Travel Fit, 9089 Shell Rd., Cincinnati, OH 45236.
- The *Rado Guide to Metropolitan Fitness Centers,* a 16-page booklet listing 56 fitness centers in nine cities that accept short-term members. Included are: Atlanta, Chicago, Dallas, Houston, Los Angeles, Miami, New York, San Francisco, and Washington, D.C. Free from Rado jewelers or write Rado Watch Company, 1140 Avenue of the Americas, Dept. BHG, New York, NY 10036.

MOTIVATING KIDS TO EXERCISE

Good exercise habits start early. To get the ball rolling, form a contract with your child, suggests Deb Clark of the Institute for Aerobic Research. List specific exercise goals, then reward the child for reaching them. "But not with a banana split," says Clark.

Incorporate exercise into your routine. Walk to the store instead of driving. Go to exercise class with your kids.

Have fun and "emphasize that their best is fine," says Clark.


INFLAMMATION
INFLAMMATION
INFLAMMATION
Bayer® relieves the major source of arthritis pain Tylenol can't touch.
Inflammation: the major source of arthritis pain. Some pain relievers, like Tylenol, work on pain but do nothing for inflammation—the major cause of stiffness and swelling. Taken regularly, Bayer works on pain and inflammation.
Fast, effective relief. Bayer has the Toleraid™ Micro-Coating that makes it better tolerated...easier to swallow than regular aspirin. It provides fast, effective relief from minor arthritis pain and stiffness.
Win the war. Next time you choose an arthritis pain reliever, make sure it's the one that does more than just relieve pain. Choose the one that relieves the source of pain. Bayer. In the war against arthritis inflammation, it's the wonder drug that wins—hands down.
Genuine
BAYER®
ASPIRIN
Bayer®. The wonder drug that works wonders.™
Read and follow label directions. If pain persists for more than 10 days, consult a physician immediately

DIET AND HEALTH



MIKE DIETER

PROS AND CONS OF ALCOHOL

QUESTION

As far as I'm concerned there's no better refreshment than a couple of beers on a hot, summer day. Yet, many of my health-conscious friends have cut back on drinking alcohol. What are the risks?
H. M. Strother, Bloomington, Ill.

ANSWER

Combine diet and health with alcohol and you get mixed results. Negatives tend to outweigh positives.

Moderate alcohol drinking has been scientifically shown to increase high-density lipoprotein cholesterol. This cholesterol is considered the "protective" cholesterol against heart disease. The significance is not yet known.

That's the positive for alcohol; now the negative: Drinking too much—more than 2 ounces of alcohol (2 glasses of wine, 2 beers, or two mixed drinks) daily—can cause liver damage and perhaps even cancer. As alcohol is broken down in the liver, fat and protein are not metabolized normally and must be stored in the liver. The liver starts swelling. The eventual result may be cirrhosis of the liver.

Alcohol's exact role in cancer is not known, but studies suggest that alcohol promotes cancer when combined with some cancer-causing agents.

One argument against drinking rests around the waistline. Two glasses of wine or beer consumed daily can add 2 pounds of fat per month. Ouch!

One more problem: Drinking alcohol often replaces eating nutritious foods.

CRANBERRY SPRITZER

To make this sparkling refresher lower in calories as well as alcohol-free, use low-calorie cranberry juice and carbonated beverage—

2 cups lemon sherbet
2 cups cranberry juice cocktail, chilled
Ice
1 12-ounce can (1½ cups) lemon-lime carbonated beverage, chilled

In a blender container combine lemon sherbet and cranberry juice cocktail. Cover and blend on high speed till smooth. Pour *½ cup* of the lemon sherbet mixture over ice in *each* of 6 glasses. Slowly pour *¼ cup* of the lemon-lime carbonated beverage down the side of *each* glass. Stir gently with an up-and-down motion to mix. Serve immediately. Makes 6 (4-ounce) servings.

Nutrition information per serving: 167 cal., 1 g pro., 39 g carbo., 1 g fat, 5 mg chol., 33 mg sodium. U.S. RDA: 62% vit. C.

COUNT YOUR CALORIES

DRINK	AMOUNT	AVERAGE CALORIES
White table wine	4 ounces	88
Champagne	4 ounces	84
Fortified wine (dessert or aperitif)	5 ounces	211
Light beer	12 ounces	100
Regular beer	12 ounces	148
Wine cooler	12 ounces	110
Spirits		
82 proof	1½ oz.	100
90 proof	1½ oz.	120

QUESTION

What's wrong with drinking alcohol during pregnancy?
B. Wright, Portland, Oreg.

ANSWER

If you're pregnant, your unborn baby "drinks" the alcohol you drink. Alcohol crosses through the placenta and enters the fetal bloodstream at the same concentration as the alcohol in your blood. The effects are not completely understood. However, there is little doubt that excessive drinking increases the risk of miscarriages, low infant birth weight, and physical and mental defects in infants.

How much alcohol is too much during pregnancy? Your safest bet is not to drink at all, but a drink now and then has not been proved to damage the unborn child. About 45 alcoholic drinks a month or more than five drinks on any one occasion has proved to be dangerous for your unborn child.

What's on Your Mind?

We want to know about your diet and health concerns, and your favorite good-health recipes and cooking tips. Send your letters to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. We will pay $50 for each idea or question accepted and reserve the right to edit copy. No materials will be acknowledged or returned. If we buy your idea, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept any previously published materials.

With Fleischmann's®, you'll never know you're cutting cholesterol.

Current medical research indicates that Americans consume too much cholesterol. Fortunately, you can have great taste and still cut cholesterol. With Fleischmann's Margarine. And Fleischmann's can even help cut cholesterol in two ways:

First—Fleischmann's has no cholesterol, so none gets into your body.

Second—Fleischmann's is low in saturated fats and high in poly–unsaturates. Which means when you add Fleischmann's to a sensible diet, it can actually help reduce the cholesterol already in your system.

So try Fleischmann's. After all, no research has indicated that you should cut down on taste. Just cholesterol.

15¢ MANUFACTURER'S COUPON EXPIRES 8/31/87 15¢



SAVE 15¢ when you buy any one package of Fleischmann's Margarine.

834944

RETAILER: One coupon per purchase of product indicated. Any other use constitutes fraud. Consumers pay sales tax. Void if copied, transferred, prohibited, taxed, or restricted. Good only in the U.S.A., APO's, FPO's. We will reimburse you for the face value plus 8¢ handling, provided you and the consumer have complied with the offer terms. Cash value 1/20¢. **NABISCO BRANDS, INC., DEPT. 5921, EL PASO, TX 79966.**

5 29000 41015 7

There's never been a better time for the great taste of Fleischmann's

© Nabisco Brands, Inc. 1986

TALKING BACK TO YOUR DOCTOR

By George S. Bush

We've all had this experience: Your doctor rushes through your appointment, refuses to explain what's being done and why, or prescribes medications without giving you precise instructions on their use. That's the time to speak up. If you don't, you probably won't get the best care. In some cases, you may even be putting yourself at risk.

Communication is the key to better medical care, and patients must often take the lead. Even doctors are saying that it's time for doctors to get off their pedestals and for patients to get off their knees.

"It's a terrible thing to have to admit that much of the responsibility for proper care falls on the patient—but that's how it works in the real world," says Dr. James W. Long, a prominent District of Columbia internist and former health service director of the National Science Foundation.

Here's how to handle some critical moments in talking with your doctor.

When your doctor says:

What seems to be the trouble?

A good response might be:

For the past month, my right knee has been aching terribly for a couple of hours after I run through the neighborhood. But it usually doesn't bother me if I use the high school track.

Or:

When I stand up suddenly from a crouching position, I get very dizzy. I first noticed it about a week ago when I was working in the garden. I almost fainted when I got up.

In both examples, the patient is specific and factual. Write down your symptoms before you go to the doctor. That way you won't forget something during the stress of a worrisome office visit.

Be sure to note:

- When and how the problem started
- Physical changes (listlessness, poor appetite, sleep disturbance, and so on)
- Specific symptoms (such as color of sputum, consistency of stool)
- Locations and nature of pains (dull, sharp, steady, intermittent)
- Whether something similar happened to you before
- What medications you've been taking, including over-the-counter drugs such as aspirin, laxatives, antihistamines, minerals, and vitamins.
- What medications, if any, you are allergic to.

When your doctor says:

It's really nothing to worry about. I'd just forget about it.

A good response might be:

What exactly is causing my symptoms? What can I do that might alleviate the problem?

Don't expect a clear-cut diagnosis of every minor malady and don't pressure your doctor into prescribing a drug. But do insist on hearing at least some possible explanations for your symptoms. With many ailments, time is the best remedy. Give your doctor's suggestions a try, at least for a few weeks. If the problem remains, ask your doctor to check out other possibilities or request a referral to another doctor.

When your doctor says:

I'm not sure exactly what you have, but this antibiotic ought to take care of it.

A good response might be:

Is it possible to find out what's causing the infection before you prescribe an antibiotic? Just so we make sure.

When the nature of an infection isn't clear, it's often best to take a culture. If

continued

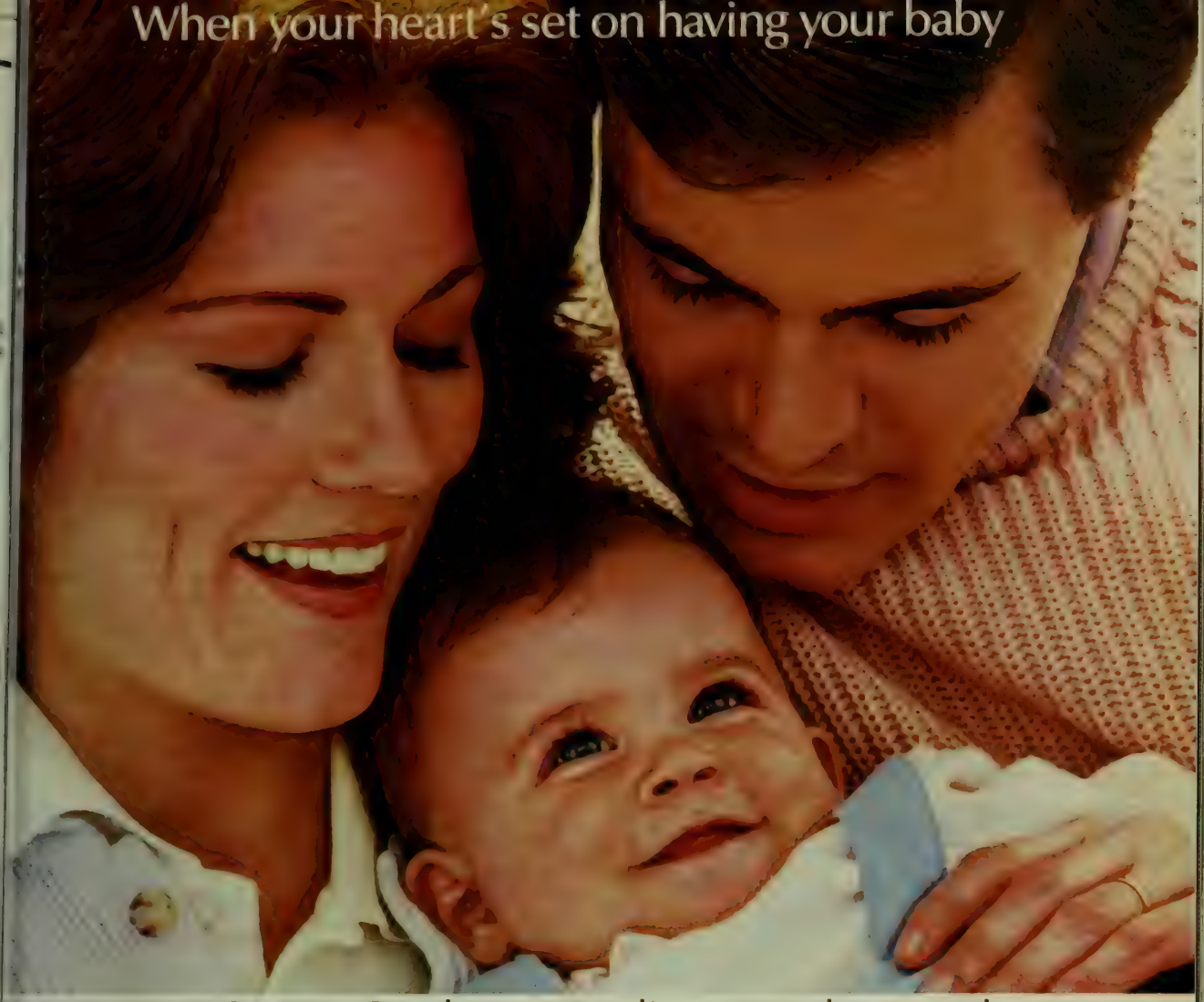


BRING THIS LIST TO YOUR DOCTOR!

These are the most important questions to ask during any office visit:

- ☐ What do you think is wrong with me? What are other possibilities?
- ☐ What treatment do you recommend? How successful is it likely to be and what are its risks? Are there other potential treatments?
- ☐ What did you find during your exam that led you to this diagnosis?
- ☐ What tests (if any) do you plan to run? What are their risks?
- ☐ How reliable are the tests? How much will they cost?
- ☐ What drugs, if any, are you prescribing? What is the purpose of the medicine? Is there a good generic available?
- ☐ What side effects should I watch for? When should I stop taking this medication? Should I stop if I have side effects?
- ☐ When and how often should I take the medicine? Should I avoid any foods or alcohol, driving, sun exposure, or other medications?
- ☐ Can you give me an information sheet on this drug?
- ☐ What are the chances of success with the surgery you are recommending? What are potential complications? Can it be done on an outpatient basis?
- ☐ Are there alternative treatments?
- ☐ What are the risks in doing nothing right now?

©STEVE BJORKMAN



FIRST RESPONSE® Ovulation Predictor Test lets you know in advance the day you're most able to become pregnant.

FIRST RESPONSE® can be a big help when you want to have your baby.

That's because there is only one day in the month a woman can become pregnant—the day she ovulates. FIRST RESPONSE predicts that day in advance, so you and your husband will know when to try. This is very important if you're having difficulty conceiving a baby, or don't want to spend months trying.

FIRST RESPONSE® Ovulation Predictor Test is a simple, 20-minute urine test that accurately measures the hormone that triggers ovulation. An obvious color change tells you ovulation will occur in 12 to 24 hours.

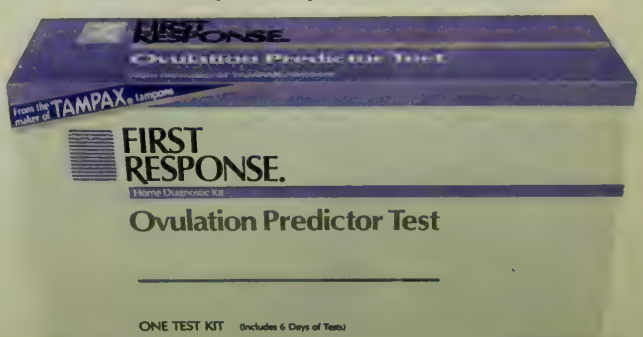
FIRST RESPONSE is far superior to the basal thermometer method that can only indicate ovulation has already occurred, which may be too late.

Each kit covers six consecutive days of testing for the month. If your cycle is irregular and you must test longer, a 3-Test Refill is available.

You can also depend on our medical information staff for answers to any questions you may have about the test. Our toll-free number is listed in every FIRST RESPONSE test kit.

FIRST RESPONSE Ovulation Predictor Test, from the maker of Tampax® tampons. It can make the difference between "hoping for" and "expecting" a baby.

You can always trust your FIRST RESPONSE.



FIRST RESPONSE, a line of professional quality home diagnostic tests, and TAMPAX are registered trademarks of Tambrands Inc. © Tambrands Inc., 1986

From the maker of TAMPAX® tampons

continued

you take the antibiotic before a culture or other test, and then it turns out that the drug doesn't work, it's often too late for another test because the first antibiotic may suppress the bacteria without getting rid of them.

When your doctor says:

We could wait a while, but I'd suggest surgery.

A good response might be:

What are some other ways we might treat this problem?

and

I'd like to check with another doctor first. I'll let you know where to send my records.

Numerous studies indicate that somewhere between 15 and 20 percent of operations turn out to have been unnecessary. Much nonemergency surgery can be avoided with the use of drugs or other types of therapy. By the same token, less than 1 percent of operations is so urgent that there's no time for a second opinion. Many experts recommend asking a local hospital or medical society for help in locating a qualified specialist to offer a second opinion.

When your doctor says:

It's almost impossible to tell what's causing your problem, but these pills will stop the itching (pain, rash).

A good response might be:

Do you know someone who specializes in this problem?

If your doctor is stumped by your problem and unwilling to recommend a specialist, call any local hospital or medical society, describe your problem, and ask for the names of specialists who might be able to help.

When your doctor says:

No problem, we'll just order some tests.

A good response might be:

What are these tests supposed to show, and are they accurate?

No test is 100 percent accurate all the time. A lie-down electrocardiogram, for example, usually can't reveal if you have coronary disease, only whether there is evidence that you've had a heart attack in the past. Another example: Only about 50 percent of chest problems are picked up by X rays the first time, and only about 80 percent the second time.

FOR MORE INFORMATION

- *Complete Home Medical Guide,* Columbia University College of Physicians and Surgeons. (Crown) $39.95.
- *New Family Medical Guide,* Better Homes and Gardens®. (Meredith) $29.95.
- *Complete Guide to Symptoms, Illness, and Surgery,* H. Winter Griffith, M.D. (The Body Press) $12.95.
- *Encyclopedia of Medicine, Nursing, and Allied Health,* Miller and Keane. (W. B. Saunders) $19.95.
- *Medical Dictionary for the Non-Professional.* (Barron's Educational Series) $5.95.
- *The Essential Guide to Prescription Drugs,* 4th edition, James W. Long, M.D. (Harper and Row) $27.50, hardcover edition; $10.95 paperback.

UNIVERSITY STUDY WITH MYCITRACIN® TYPE ANTIBIOTIC REVEALS:

Chance of infection cut 68.4% for children with minor skin injuri

A doctors' study conducted at a leading university used a first a ointment with a formula such as found in triple antibiotic Mycitrac It was applied to a variety of minor skin injuries among a group of boys and girls age two to five.

The result? The group using the ointment developed 68.4% fe incidences of skin infections than a group that did not. Or: those children who did not use the ointment were more than three times likely to become infected. When minor cuts, scrapes and burns occ use soothing Mycitracin.





Helps keep small hurts from becoming big infections.

FOR EVERYTHING IN YOUR WASH, BORATEEM® BLEACH IS LIKE A BOX OF FRESH AIR.



Borateem bleach, will get your laundry sparkling white. But that's just the beginning.

Because, unlike some ordinary bleaches, Borateem actually adds brightness and luster to all the colors you wash. And, unlike some ordinary bleaches, Borateem is so gentle, it's safe for even your most delicate items.



And, unlike some ordinary bleaches which can make your clothes reek of chlorine, Borateem leaves your entire wash smelling as fresh as all outdoors.

All that from a simple, striped white box that sits on the supermarket shelf, right next to the ordinary bleaches.

The only bleach with borax.

FRESH, FROSTY FRUIT POPS

These icy-cold treats rate high marks from both young and old. Grown-ups appreciate how easily the wholesome, low-calorie pops mix and freeze. Kids—and adults, too—will be clamoring for the refreshing fruity sweetness.



SCOTT LITTLE

Enjoy a nutritious frozen treat.

COCONUT-BERRY POPS

- 2 cups sliced fresh *or* frozen unsweetened strawberries
- 1 envelope unflavored gelatin
- 1 tablespoon lemon juice
- ½ teaspoon vanilla
- 1 cup cream of coconut
- 12 3-ounce paper cups
- 12 wooden sticks

Thaw frozen berries. In a small saucepan soften gelatin in ½ cup *water* for 5 minutes. Place over low heat; stir till gelatin dissolves. Cool gelatin mixture for 10 minutes.

Meanwhile, in a blender container or food processor bowl combine strawberries, lemon juice, and vanilla. Cover and blend till smooth. Add gelatin mixture, cream of coconut, and 1 cup *water;* cover and blend till smooth. Pour about *⅓ cup* of the strawberry mixture into *each* paper cup. Cover *each* cup with foil. Make a small hole in center of foil with a knife. Insert a stick through the hole into strawberry mixture. Freeze about 5 hours or till firm.

Before serving, let pops stand at room temperature for 10 minutes. Remove foil; peel paper cups from pops. Makes 12 servings.

Nutrition information for each frozen pop: 77 cal., 2 g pro., 4 g carbo., 7 g fat, 0 mg chol., 2 mg sodium. U.S. RDA: 25% vit. C.

ORCHARD POPS

Make good things that grow on trees even better by freezing two fruit favorites, apple and pear, on one stick—

- 2 medium pears, peeled, cored and cut up
- 1 apple, cored and chopped
- ½ cup apple juice
- 1 teaspoon lemon juice
- 6 3-ounce paper cups
- 6 wooden sticks

In a blender container or food processor bowl combine first 4 ingredients. Cover and blend or process till smooth. Pour about *⅓ cup* of mixture into *each* paper cup. Cover with foil. Make a hole in center of foil. Insert a stick through hole into fruit mixture. Freeze 5 hours or till firm. Before serving, let pops stand at room temperature 10 minutes. Remove foil; peel paper cups. Serves 6.

Nutrition information for each frozen pop: 56 cal., 0 g pro., 14 g carbo., 0 g fat, 0 mg chol., 0 mg sodium.



Some products don't come with an ingredient list. Maybe they should.

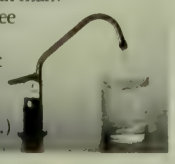
You probably keep a careful eye on the products you buy for your family. With all the ingredients making news today, you have plenty to watch out for. But ironically, you're probably overlooking the one product your family may consume more than any other: tap water. And it's easy to see why.

Unlike other products, your tap water doesn't come with a handy ingredient list attached. So you probably never thought of it as a product at all—let alone one you could replace with a better brand.

Go to the sink for a glass of—Culligan? Exactly. When your water comes from a Culligan Drinking Water System, its "ingredient list" is substantially improved. Many contaminants that could be in your water are reduced by up to 98%!

Maybe the next shopping trip you take for your family should start right at home. If your tap water doesn't come with an ingredient list, try the brand that comes with the Culligan label. Which, come to think of it, may be even better.

Just call **1-800-447-4700** and say "Hey, Culligan man!" We'll send you the free booklet "What You Should Know About the Water You Drink." (In Canada, call 1-800-268-5458.)



Culligan
Think about it.

GREAT GAZEBO!

OUT-OF-SIGHT STORAGE!

Here's a new twist to an old idea: Build a backyard gazebo where you'll sip your favorite summer cooler and store all those garden tools that otherwise clutter the yard. Combining utility with recreation may be just your cup of tea.

By definition, a gazebo offers open-air relaxation for outdoor living. This example does that and more. A dividing wall splits the space in half, creating a lounge area on the front and a storage compartment at the back.

Up-front lounging

The "people" side acts as an outdoor entertaining center. A built-in buffet counter makes serving snacks convenient; the shelving underneath provides the host or hostess access to dishware and accessories.

Storage in back

In back, a ramp leads to the storage area (*below left*). An extra-wide door accommodates large implements such as lawn mowers and wheelbarrows. Smaller tools hang from hooks on perforated hardboard.

Sound all around

Structurally, the gazebo is an octagon set on concrete piers (see plan). The decking rests on treated 2×6s, and the corner uprights are 6×6 posts. Lath provides shade.

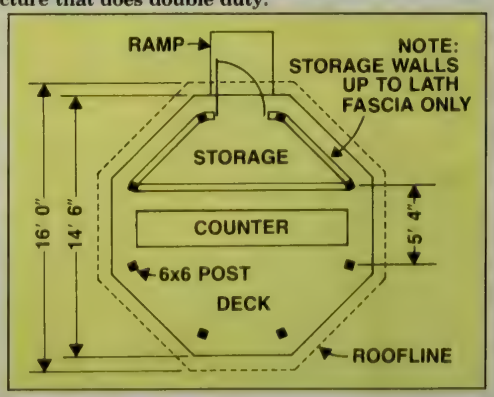
To order Project Plan 50570, send a check or money order for $5.95 to *Better Homes and Gardens* Reader Service, Box 374, Dept. 2XG, Des Moines, IA 50336.

Photographs: Karlis Grants
Landscape architect: Julia Lundy Sturdevant
Design sponsor: Western Wood Products Association
Field editor: Cathy Howard

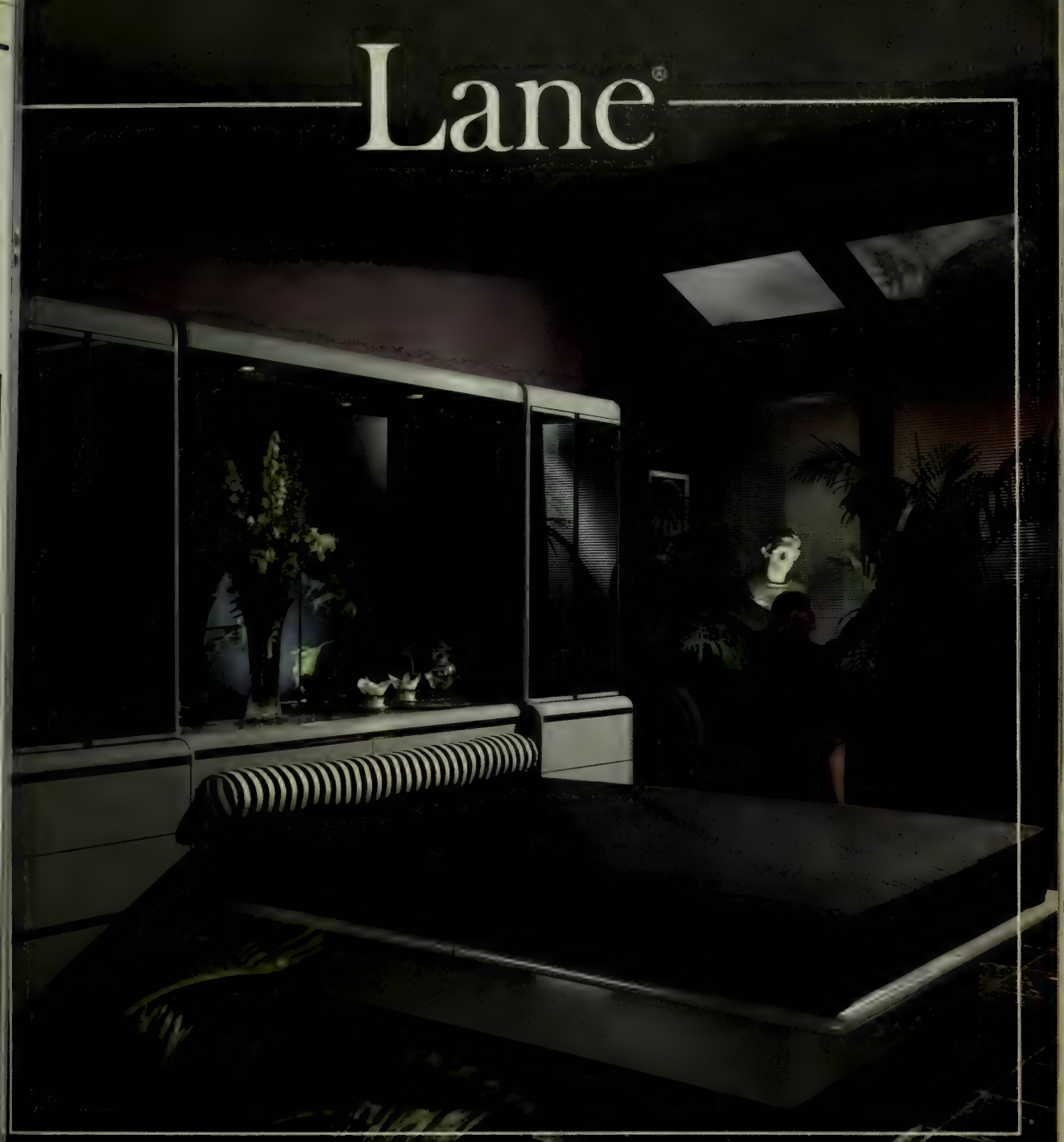


Build our gazebo and get an outdoor structure that does double duty.





Lane®



Add a closet to your bedroom without remodeling.

In little more than the space of a conventional bed and night stands, our Monreale bed wall gives you as much storage space as an additional closet. You get six drawers, two cabinets with adjustable shelves, a storage headboard for blankets and pillows, a bed-wide shelf for books and phone, controlled lighting to suit your mood and mirrors that visually increase your room size. Choose Monreale in fog gray, white or black. Dressers, chests and dining pieces available. If you need more storage space without remodeling, call toll-free 1-800-447-2882 for a Monreale dealer. For a catalog, send $3.50 to The Lane Co., Inc., Dept. C-72L, Altavista, VA 24517-0151.

FRONT PORCH
FOR A BACKYARD STORAGE SHED

After an afternoon of yard work, pack up your tools and sit for a spell. You can do both with this combination porch/storage building. It's a handy shed as well as the perfect porch to complement a small yard. Porch loungers get a sweeping view of backyard activity.

Out front on the veranda was a popular place to spend an evening not so long ago. These days people gravitate toward the backyard—but they still appreciate relaxing on a porch. The backyard building (*right*) updates an old-fashioned pleasure spot.

Front porch in the backyard

Over 19 feet long and 7 feet deep, the raised sitting area provides plenty of room for a hanging swing and overhead fan. And in front, guests on wicker rockers can enjoy the handsome brick patio. Positioning the whole structure in a corner (*see plan*) efficiently uses limited backyard space.

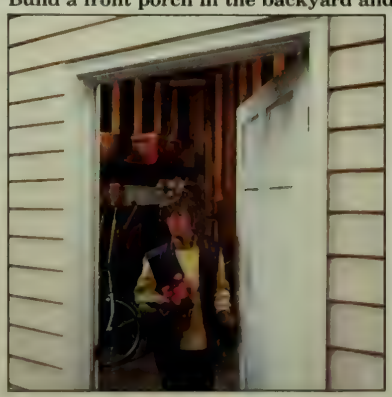
Storage space aplenty

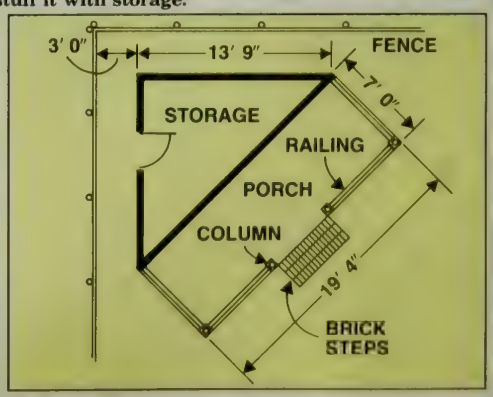
After the homeowners converted their garage to a guesthouse, out went the lawn mower, rakes, and other assorted yard implements. Now these can be stored in the triangular area behind the new porch, easily accessible yet tucked out of the way. A concrete floor, wall shelving, and hooks make this a practical shed.

To order Project Plan 50571, send a check or money order for $5.95 to *Better Homes and Gardens* Reader Service, Box 374, Dept. 2XH, Des Moines, IA 50336.



Build a front porch in the backyard and stuff it with storage.





Photographs: Bill Maris and Paul Rico
Design: Paul and Alexandra Rico
Field editor: Bonnie Warren



Free and easy as
a gentle breeze.

ISN'T IT?

Here is your breeze to glide upon, your wave to ride. Here is the liquid crystal sea to run your fingers through. Find a cove. Glimpse a view. Bermuda shows a different face to all who come here.

Call your
travel agent or:

1-800-BERMUDA

For a free Bermuda brochure
call 1-800-BERMUDA or write
Bermuda Department of Tourism
P.O. Box 7705,
Woodside, N.Y. 11377

ARISTA™



The Designer Series

A soothing waterfall fills your bath. Beauty, as fine as sculpture, surrounds you. You are about to experience the bathing pleasure that only a genuine Jacuzzi Whirlpool Bath can create. All this awaits you with the Arista.™ For the privileged two, nothing else will do.

Jacuzzi WHIRLPOOL BATH

The Real One. The Only One.

For complete color catalogs, send $2.00 to: Dept.BHM, P.O. Drawer J, Walnut Creek, CA 94596.
For dealer locations call toll free: **(800) 227-0710.** In California: **(800) 227-0991.**

THE NEW DIGITAL WHIZZES

Thanks to digital controls, major appliances have never been smarter. But you don't have to be a computer genius to use them. Read our rundown.

HOW THEY WORK

Digital appliances use a microcomputer to store and sort all kinds of information. Push a touch pad, and your new washer/dryer, microwave oven, or dishwasher will perform one task or many tasks in sequence. The computer remembers what to do when, making possible jobs you could never accomplish with a traditional knob-and-dial machine. Manufacturers want operation to be as simple as using a Touch-Tone phone, but you should ask for a complete demonstration in the store before you buy.

WHY PEOPLE ARE BUYING DIGITAL

Major appliances with standard controls still dominate the market, and digital-equipped machines cost from $100 to $200 more than a comparable standard model. So why are more and more people buying digital?

- Electronic controls provide you with more information about your appliance. For example, if the spray arm on your dishwasher becomes blocked, the machine's control panel will flash the information so you can take care of it.
- The new appliances give you the best possible performance for the least energy. Digital wizardry can delay your clothes washer's start time for you until a later time of day when energy costs may be lower.
- A single touch can start a sequence of operations. Preset cycles even prevent inexperienced users from putting together cycles or options that might produce the wrong results.
- Built-in troubleshooting systems will tell you when something is wrong, and what you can do about it. If you do have to call out for service, the internal diagnosis will speed the actual repair.
- The smooth control panels are easier to clean and keep clean than knobs or switches on standard models.

Refrigerators/freezers: The control panel signals when the doors are left open and when the interior temperature is too warm; it even lets you know when the power has been off too long. Some models also adjust internal temperature when the room temperature is cooler or warmer than usual.

Dishwashers: The control panel will tell you which cycle the washer is in, how many minutes are left in the cycle, and when the cycle is complete. Some models let you program in a "handle with care" mode for your finest china and crystal or a heavy-duty cleaning command to handle extra-dirty pots and pans.

Conventional ovens: Before electronics, your oven temperature could vary by as much as 25 degrees, a considerable variation. Now, fingertip controls allow you to expect accuracy within five degrees—a great asset when you're baking cookies or cakes. Also available are delayed start and stop features, programmed cleaning, and continuous-cleaning functions.

Washers: The biggest electronic advantage is an energy-saving one—washer controls that can be programmed for maximum energy conservation. Preprogrammed cycles adjust washer agitation rates and spin speeds for all types of fabrics and loads. The controls will even prevent you from making an error. For example, if you ask for a warm-water rinse for a load of permament press clothing, the microcomputer control will respond with a cold-water rinse. It "knows" that cold works best for a permament press cycle to prevent excessive wrinkling!

What's to come: In the future, even button pushing will be old-fashioned. We'll command our appliances by voice to clean our clothes, wash our dishes, and cook our food.

"With MasterCard Travelers Cheques my vacation starts before I leave the bank!"

–James Coburn

The whole point of a vacation is to get away from it all–unwind and leave the worries behind you. That's why, whether it's business or personal, I always ask for MasterCard Travelers Cheques® when I travel.

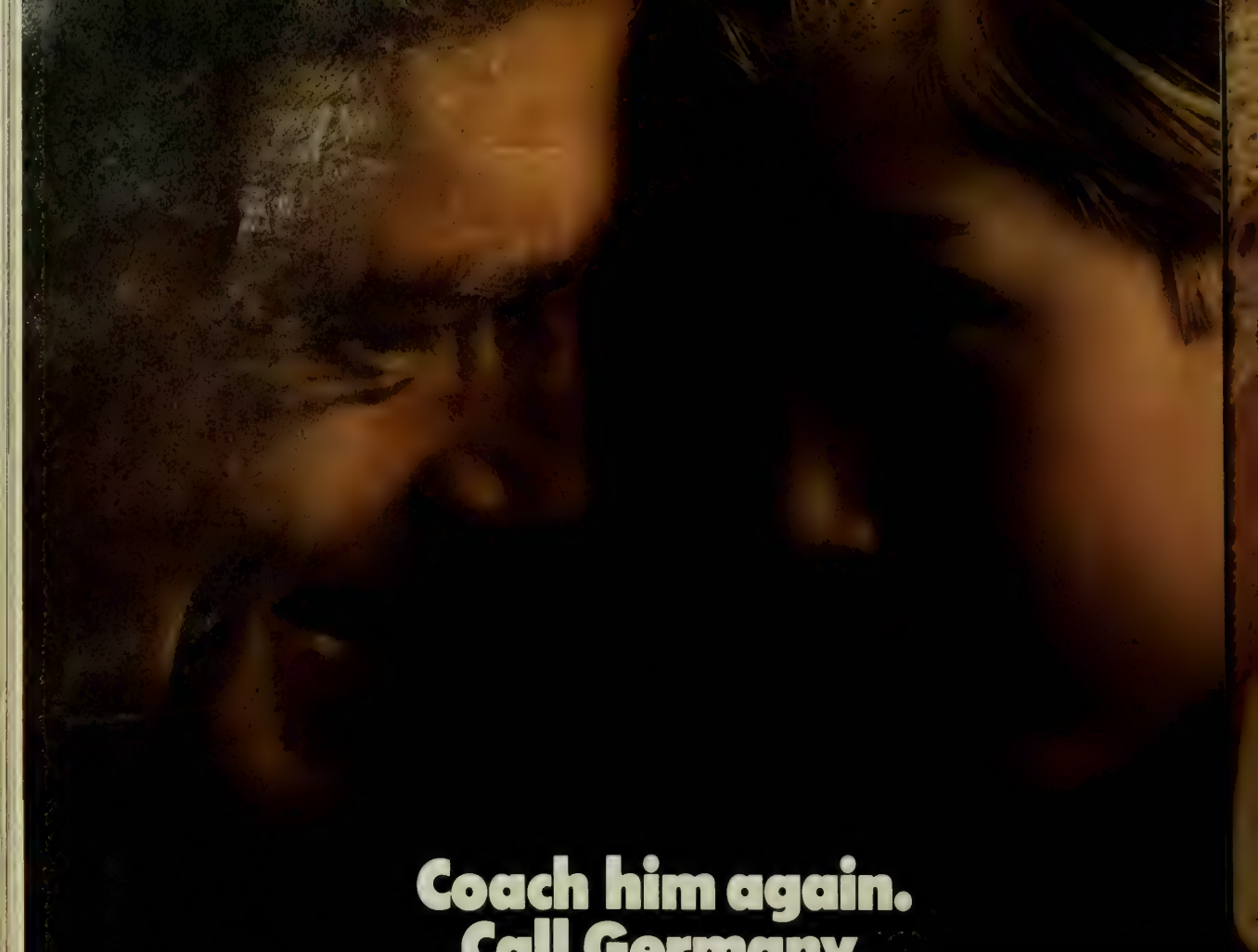
The moment I have MasterCard Travelers Cheques in my hand I have no worries. They're accepted virtually everywhere so they open up possibilities for me all over the world. If they're ever lost or stolen that's worry free too– MasterCard Travelers Cheques are actually refundable in more places than any other travelers cheque.

With MasterCard Travelers Cheques I can say hello to the possibilities and kiss my worries goodbye–that's the start of a beautiful vacation.



Master The Travel Possibilities.™

©1986 MasterCard International, Inc.



Coach him again. Call Germany.

When you lived in Frankfurt, you carried him on your shoulders and taught him how to play soccer. And when you left, your nephew promised to practice everything you'd taught him. Why not find out how good he is now?

With AT&T International Long Distance Service, it costs less than you'd think to stay close. So go ahead. **Reach out and touch someone.®**

WEST GERMANY, FRANCE, ITALY, AUSTRIA, BELGIUM, SWITZERLAND	Economy 6pm–7am	Discount 1pm–6pm	Standard 7am–1pm
AVERAGE COST PER MINUTE FOR A 10-MINUTE CALL*	**$ .71**	$ .89	$1.18

*Average cost per minute varies depending on the length of the call. First minute costs more; additional minutes cost less. All prices are for calls dialed direct from anywhere in the continental U.S. during the hours listed. Add 3% federal excise tax and applicable state surcharges. Call our toll-free number for further information or if you'd like to receive an AT&T international rates brochure **1 800 874-4000.** © 1986 AT&T

AT&T

The right choice.



Slice after slice after slice.

From hearty Ryes to authentic Sourdoughs to the whole-grain goodness of Cracked Wheat.

Slice after slice, in over 30 varieties, Earth Grains is the promise of Bread at its Best.



THE PROMISE OF BREAD AT ITS BEST

AND YOU THOUGHT WE ONLY MADE GLASSES FOR FUDDYDUDDIES.



Most of you know that Libbey makes traditional everyday glassware for America.

Always has.

Probably always will.

But look again.

We offer many fashionable styles of glassware like this contemporary Sociables tumbler.

The Sociables collection.

It's just one more example of today's kind of Libbey glassware for today's kind of woman.

Like you.



LIBBEY®
AMERICA'S GLASSMAKER
Toledo, Ohio 43666



GARDENER'S LOG

LATE-SUMMER HARVEST

The good earth gives gardeners a mouth-watering array of vegetables and herbs in August. Here's how to preserve the lasting rewards of your garden to enjoy in the months ahead.

DRY HERBS

You can bottle up the savory flavors of summer by following these techniques for drying leaves of your favorite culinary herbs.

- Harvest stems just before plants bloom.
- Tie stems in bunches; hang upside down in a dry, well-ventilated, shady area.
- Remove leaves from stems as soon as they're dry, and crumble them. Store each type in an airtight jar.

CHECK SPROUTS

Brussels sprouts should be maturing this month for fall picking. To give sprouts space to grow, remove each plant's lower leaves. The plant will look like a miniature palm tree, with its long stem and top hat of leaves.

Harvesting tips

- Pinch back the tip of each plant if sprouts don't begin maturing by late August.
- Pick sprouts when they're about 1 inch in diameter. Sprouts mature from the bottom of the stem on up.
- Leave maturing sprouts in the garden so they can get nipped by frost. (They'll improve in flavor.) If plants are still bearing by the time temperatures dip below 20 degrees Fahrenheit, move them to a cold frame to let sprouts mature.



S. D. SCHINDLER

LAVENDER

Awake, O north wind; and come, thou south; blow upon my garden, that the spices thereof may flow out.
—The Song of Solomon 4:16

DIG POTATOES

Even gardeners with minimal storage space can stow homegrown potatoes. Harvest potatoes as soon as the vines die back to the ground.

Storage tips

- Avoid bruising or puncturing a potato's thin, delicate skin when you're digging. Injury can cause spoilage.
- Cure potatoes by spreading them out in a shady, protected place for a few hours.
- Move potatoes to a dark area that has good air circulation. Light turns potatoes green and inedible.
- Store potatoes in a room with a temperature of 35 to 40 degrees. A basement or garage often will provide the proper storage conditions.
- Stack potatoes in small piles, 6 to 8 inches high. For best ventilation, keep potatoes in burlap or mesh bags.

A READER'S TIP

Harvesting dill

Dill is an annual herb, but it readily reseeds itself and spreads. To prevent dill from sprouting all over her garden, Alice Munro of Wisconsin harvests flower heads before they turn brown. She stores some dill fresh in her refrigerator for canning, and dries the rest by stripping the seeds into a paper bag.

READER MAILBOX

Do you have any gardening tips and techniques that you'd like to share with our editors and *Better Homes and Gardens* readers? Mail your garden-tested tips and color photographs (slides preferred) to Gardener's Log—BH&G Test Garden, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. We will pay $25 for each idea published and reserve the right to edit copy. No materials will be acknowledged to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as the corporation wishes. We do not accept previously published ideas.

w here's someone who knows how to flood bathroom — with sunshine. It washes the und warms her heart, summer and winter. ier skylight handles better the demands of er outside, comfort inside, beauty all l. And if Pella can make a bathroom some- avorite place, we can do it for any space you

y not enjoy a moonlight skinnydip? Watch the clouds roll by, or enjoy the privacy of Slimshade® blinds. Balance heat with Type E Slimshades or invisible energy glass options. Do your makeup by natural light.

You may opt for one or more ventilating Pella Skylights to let in fresh air. Or, bask in warm wood-framed beauty without drafts or cold spots, thanks to Pella's double insulating glass and triple weatherstripping systems. Pella Skylights come in most any size to coax sunshine and bubble-bathers into bathrooms large or small.

Let the experts at your Pella Window Store help you turn any space into a favorite place with Pella Windows, Doors, Sunrooms and Skylights. Look for us in the Yellow Pages under "Windows". Or send the coupon.

The Pella Window Store®

The bubble bath skylight

Pella makes your home a better place to live.



Free idea booklet!

Please send me a free booklet o Pella Window and Door ideas.

I plan to
☐ build, ☐ remodel, ☐ replace.

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

This coupon answered in 24 hours.

Mail to: Pella Windows and Doors, Dept. CO1H6, 100 Main Street, Pella, Iowa 50219. Also available throughout Canada. ©1986 Rolscreen Co.

SUMMER CAMP CARE PACKAGE

MAIL A LITTLE LOVE

Hale and hearty campers—whether first-timers or seasoned veterans—feel special when they receive a bundle of goodies from home.



BACKPACKER'S SUPERBARS

- ⅓ cup butter *or* margarine
- ½ cup packed brown sugar
- ½ cup quick-cooking rolled oats
- ⅓ cup all-purpose flour
- ⅓ cup whole wheat flour
- 2 tablespoons toasted wheat germ
- 2 beaten eggs
- ¼ cup packed brown sugar
- ½ cup slivered almonds
- ½ cup flaked coconut
- ¼ cup raisins

In a small mixer bowl beat butter or margarine with an electric mixer on medium speed for 30 seconds. Add the ½ cup brown sugar; beat till fluffy. Stir in oats, flours, and wheat germ. Press evenly in an ungreased 9x9x2-inch baking pan. Bake in a 350° oven for 10 minutes.

Stir together eggs and the ¼ cup brown sugar; add remaining ingredients. Pour over oat mixture in pan. Bake in a 350° oven 20 minutes or till golden. Score into bars while warm. Cool. Cut into bars. Makes 24 bars.

Nutrition information per bar: 103 cal., 2 g pro., 13 g carbo., 5 g fat, 30 mg chol., 35 mg sodium.



Mailing the Goodies

Make sure the cookies arrive in good condition by following these simple packing tips.

▶ Find a heavy box large enough to accommodate the cookies. Line it with plastic wrap or foil, then lay down a generous layer of filler such as foam packing pieces, bubble wrap, crumpled tissue paper, waxed paper, or paper bags.

▶ Wrap the cookies with plastic wrap individually or in pairs, back to back. Place the sturdiest cookies on the bottom, adding a single layer of wrapped cookies on top of the base filler. Top with a layer of filler. Continue layering, ending with plenty of filler. Pack the box full enough to prevent shifting of its contents when closed.

▶ Before closing the box, insert a card with the addresses of both the sender and the receiver in case the box is accidentally torn open.

▶ Wrap and address the box. Mark the box "perishable" to encourage careful handling.

PERRY STRUSE



CARROT AND CHEESE COOKIES

Mom likes these chewy cookies because they're wholesome; kids like 'em because they taste great—

- 1 beaten egg
- 1½ cups quick-cooking rolled oats
- 1 cup shredded cheddar cheese (4 ounces)
- 1 cup shredded carrots
- ¾ cup all-purpose flour
- ⅔ cup butter *or* margarine, softened
- ½ cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla
- ¼ teaspoon baking soda
- ¼ teaspoon ground cloves

In a large mixing bowl stir together egg, oats, cheese, carrots, flour, butter or margarine, brown sugar, cinnamon, vanilla, baking soda, and cloves. Drop from a teaspoon 2 inches apart onto a greased cookie sheet. Flatten slightly. Bake in a 375° oven for 10 to 12 minutes or till done. Remove; cool on a wire rack. Makes about 40 cookies.

Nutrition information per cookie: 72 cal., 2 g pro., 7 g carbo., 4 g fat, 18 mg chol., 60 mg sodium.



CASABLANCA GIVES ART DECO A NEW TWIST.

The look that captivated the world is back in moving style.

Introducing the Spirit of Saturn™ ceiling fan from CasaBlanca,® truly an art deco classic.

Now you can enjoy the classic design of the past with the world's most advanced Inteli-Touch® fans of today. The first computerized fans featuring wall control convenience.

CasaBlanca. Where art deco takes a turn for the better.

For a free catalog of all of our 1986 ceiling fan models, call toll-free 800/423-1821, in California 800/352-8515, or write P.O. Box 90070 Pasadena, CA 91109-5070.

CASABLANCA FAN COMPANY

© CasaBlanca Fan Company, Inc., 1986



I know. I know.

I've probably got more spice racks and copper cookware than the master chef at a French restaurant.

But just because I've got a well-equipped kitchen doesn't mean I like to spend my whole life cooking in it.

That's why I love my Jenn-Air cooktop and wall oven. They make coming up with a nice

"To look at my kitchen you'd say, here's someone who loves to cook. Wrong."

meal a lot easier.

Even plain old hamburgers or chicken taste great when you cook 'em on the grill.

And when you throw on something a little fancier, like lamb chops or salmon steak—well, it's just like you get in a gourmet restaurant. Only cheaper.

The best part is, it's so clean. Smoke and cooking odors are vented to the outside. You don't even need an overhead hood.

The Jenn-Air combination wall oven is another terrific time saver.

It's got everything. Microwave on top. Radiant and convection underneath.

I don't even have to plan ahead anymore.

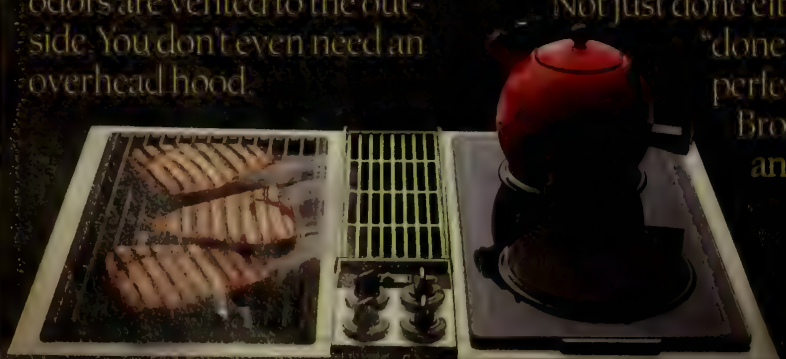
The other night I got home at 5, took a roast out of the freezer, put it in the convection oven, and it was done by 7.

Not just done either. "done to perfection." Brown and crisp on the outside. Tender and juicy on the inside.

On top of that, it cooks meats up to 1/3 faster. And it's self cleaning.

My husband Ted (who loves to eat) says getting the Jenn-Air cooktop and wall oven was the smartest thing we ever did.

I couldn't agree more. I'm cooking better tasting meals than ever. And spending a heckuva lot less time doing it.



Jenn-Air.

These days, it's the only way to cook.

For the name of your nearest dealer of Jenn-Air cooktops and wall ovens to fit any kitchen, to find out more, see your nearest Jenn-Air dealer or write to Jenn-Air, Dept. 6-A, 3035 Shadeland Ave., Indianapolis, Ind. 46226.

CARE-FREE HARDY

LILIES

By Jane Austin McKeon

BEAUTIFUL BLOOMS AT HOME ANYWHERE IN THE GARDEN





A single Pink Perfection lily (*above*) is as striking as a mass of Enchantment lilies (*right*).

PHOTOGRAPHS MARIS/SEMEL FIELD EDITOR BONNIE MAHARAM

Dazzling blooms will abound when you add lilies to your garden plan. Planted this month, these delightful all-time favorites will perform in all their glory next summer.

4 TYPES OF LILIES

For nonstop color select a few varieties from each of these lily types.



ASIATIC

Asiatic hybrids perform the opening act in early summer. Star June bloomers include the 15- to 20-inch-tall Orange Flame (*above*), Enchantment, and Connecticut King.



AMERICAN

In midsummer, the taller American hybrids steal the stage. The pastel-colored Peachblush (*above*) grows 2 to 3 feet high. Many varieties require staking.

LILIES

LANDSCAPING ALTERNATIVES

◀ PLANT A BUNCH

"Consider the lilies of the field, how they grow" naturally in undulating waves of color. You can create the same effect in your garden by planting one variety en masse. Along this rustic stone wall, orange Enchantment lilies pair up with yellow heliopsis for breathtaking drifts of bloom in midsummer. To keep plants in top form, remove the flowers as soon as they fade.

▶ OR JUST A FEW

Drama awaits at your doorstep when you plant a few lilies near your front entry. This welcoming walkway lineup includes Orange Flame, Zeus (tall yellow), Melon Time (melon-orange), Connecticut Yankee (apricot-orange), Connecticut Lemon Glow (short yellow), and White Happiness. For best results, plant three or more bulbs of each variety you choose. If you're mixing varieties, put taller ones in back.



AURELIAN

Aurelian hybrids blossom on the heels of the Americans. Standouts in this cast include the 4-foot-tall Regale and the 4- to 5-foot-tall Golden Splendor (*above*).



ORIENTAL

Exotic-looking Oriental hybrids debut in late summer. Uchida (*above*) reaches 4 to 5 feet tall and exhibits the group's characteristic backswept petals.

HOW TO PLANT A LILY

Lilies can be planted in the spring or fall, but fall planting is most common. Choose a well-drained, sunny site. Because lily bulbs are never dormant, set them in right away. Follow these five easy planting steps for best results.

To order lily bulbs for fall planting, turn to page 110.



1 Dig a hole for each bulb; make the hole big enough to let roots spread. Gently untangle the roots before you set the bulb in.



2 Sprinkle a handful of bonemeal in the bottom of each hole. Plant bulbs 6 inches deep. (Madonna lilies should be set 1 inch deep.)

LILIES



◀ IN A MIXED BORDER

Lilies can provide a strong backbone in mixed borders. Growing 2 to 6 feet tall, these versatile plants are most often used to add dependable backup color behind shorter flowers. In this midsummer mix, white regal lilies bloom like crown jewels between phlox and heliopsis. The candelabra-like flowers of snakeroot grow in the rear of the border.

▶ IN A CONTAINER

Shorter varieties, such as the 18-inch Connecticut Lemon Glow, will flourish in pots. Purchase bulbs in the spring and plant them 4 inches deep. (An 8- or 10-inch pot will hold three bulbs.) For best performance the following season, transplant bulbs into the garden after all the foliage has died back.

▶ A CHOICE VARIETY

Many of the newer lily varieties are lower growing than their back-of-the-border cousins. In this fanciful brigade of bloom, pink Exception lilies create a colorful vanguard for the bright yellow coreopsis. Growing only 18 to 24 inches tall, Exception also is an excellent candidate for patio containers. This adaptable lily bursts into bloom in early July.





3 Plant lilies in clumps of at least three bulbs of the same type and color. Space bulbs 8 inches apart. Fill each hole with soil.



4 Pack the soil down to eliminate air pockets. In northern climates, mulch planting areas with straw or leaves for winter protection.



5 Support taller varieties with stakes. Position stakes at planting time to help you remember next spring where the bulbs are planted.

MARVELOUS

MAKEOVERS

By Denise L. Caringer and Robert E. Dittmer





SPARE ROOM BECOMES DEN

No longer needed for a grown daughter, this 10×10-foot bedroom has become a flexible place for games and guests.

OUT WITH THE OLD. Before the redo, the room (*above*) was used only for occasional guests. But what the owners really wanted was a place for card parties. The problems:

- Twin beds dominated the space, leaving no room for the game table and chairs the owners needed.
- The fabrics, wall covering, and the ranch-style windows dated the room and made it feel smaller.

IN WITH THE NEW. For a change of function and mood, the owners started from scratch, using these small-room makeover tactics:

- Paint the walls and ceiling white to "enlarge" space.
- Choose lightly scaled furnishings. The slick table, sinuous chairs, and armless sofa bed offer elegance without heaviness.
- Accent boldly. The rug (with lots of white for airiness) and oversize poster add eye-popping impact.
- Create an illusion of height. The ceiling-high mini-blind, combined with open shelves and floor-to-ceiling frames, turns the odd windows into a ceiling-raising focal point.



PHOTOGRAPHS BEFORE GEORGE CEOLLA AFTER SCOTT LITTLE DESIGN ROBERT E DITTMER



MARVELOUS

MAKEOVERS





BEDROOM GAINS STORAGE, CHARM

Beautifully designed built-ins and a profusion of fresh fabrics turned a plain room into a welcoming parental retreat.

BUILT-IN START—Facing tiny, overstuffed closets, this couple built new closets around the windows on one wall. The bonus: Romantic character! Here's how to do it:

- Inside the closets, use a mix of hanging bars, shelves, and cubicles to stow everything from shirts and skirts to hats and flats.
- Combine function with romance. Nostalgic window seats bridge the closets, offering storage beneath the hinged lids.
- Add architectural impact. The new closets' height, colonial-style doors, and period hardware lend elegance to the once-plain bedroom.

DECORATIVE FINALE—Romantic fabrics and flourishes set a serene, away-from-it-all mood:

- Lacy pleated shades offer softness and privacy.
- Fabrics—nostalgic roses and coordinating stripes—rescale the windows, renew an old sofa, and create gardenlike serenity.
- A mix of old prints and vintage accents adds homey warmth.

Buying information, page 106.

PHOTOGRAPHS: BEFORE GEORGE CEOLLA. AFTER SCOTT LITTLE DESIGN RICHARD HEISS



MOVE-UP HOUSES

Ready for a bigger, better house? Here are three of the best you'll find today.

By Barbara A. Lewis

Features that sell move-up houses:

CURB APPEAL

Two-story homes, traditionally styled with wood-finish exteriors are hot tickets in the new-house marketplace.

ENERGY-SMART DESIGN

Savvy buyers care about energy efficiency—high R values in walls and ceilings, and correct siting for natural shading and solar gain.

EAT-IN KITCHENS

Busy families favor kitchens as hubs of the household. Cooks want microwave ovens, walk-in pantries, ample storage, and wood cabinets.

OPULENT MASTER SUITES

Walk-in closet/dressing areas, double vanities, and separate tub and shower enclosures ease the daily routine and pamper on-the-go couples.

TOP-QUALITY MATERIALS

Buyers tune in to finish materials that convey a touch of class—ceramic tile, expensive hardware, and wood floors receive top billing.

LIFESTYLE EXTRAS

Bonus rooms, fireplaces, and outdoor living spots prompt buyers to pay an average of 30 percent more than the value of their current home.

CONTEMPORARY COUNTRY HOME

Ann and Bill Davis built a 2,800 square-foot dream house.

• • •

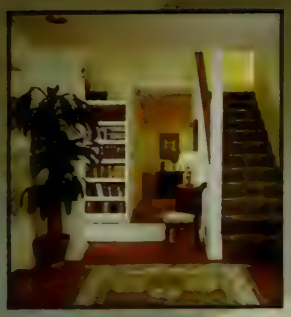


SNUGGLED into its hilltop site, the house turns a sunny face to the south and presents its back to the chilly north. Twin decks step down from the many-windowed southern exterior to terraced rock gardens. The northern exterior maintains a low street-facing profile for privacy and warmth.



PERIMETER KITCHEN is zoned for convenience as well as striking views. Countertop work areas are backed with ceramic tile, and the hardwood floor has been softly whitewashed and sealed for easy care. Fluorescent tubes, hidden by a 2×4 grid supporting milky plastic panels, suffuse the kitchen with even light.

PHOTOGRAPHERS MARIS/SEMEL ARCHITECT ALBERT M DAVIS AIA FIELD EDITOR BONNIE MAHARAM

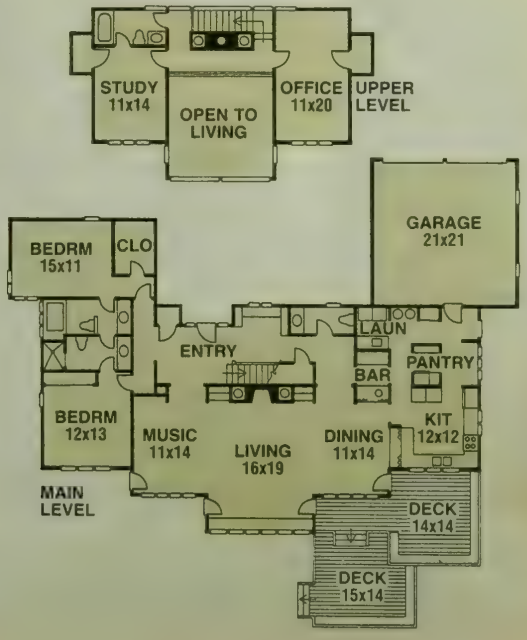


ELEGANT FOYER buffers the living room from chilly drafts.

DISTINCT ROOMS flow together in a comfortably open arrangement. The dining room pass-through closes off to hide the kitchen. A roof overhang shades the double-glazed windows from the high angles of summer sun.



LUXURY BATH is a his-and-her dream come true. A privacy wall divides the room into adjoining tiled spaces—one contains an oversize whirlpool tub, the other holds a large shower. The two areas merge at twin vanities.



TO BUY PLAN NO. 19461, SEE PAGE 110.

CAPE COD, CALIFORNIA STYLE

An island kitchen, lavish master suite, and free-flowing living spaces make this 2,610-square-foot house a best-seller.

• • •



TRADITIONAL ELEMENTS like lap siding, Palladian windows, brick chimney, and wood shingles evoke the architectural styling of the Eastern Seaboard. The mood, expressed in the light-filled interior that arcs around a low-maintenance courtyard, is strictly California. Located at the side of the house, the entry steps lead down to a formal living room.



COURTYARD is tailor-made for entertaining and dining al fresco. The spa, flanked by easy-to-tend raised planters, can be enjoyed from the kitchen, family room, and master bedroom deck.



LAVISH BATH and adjacent dressing area cater to creature comforts as well as convenience. Easy-care ceramic tile surrounds the double vanities and wraps around the tub and separate shower.



"GOURMET'S DELIGHT" is how one visitor describes the kitchen, with its oak cabinets, ceramic tile countertops, and sunny eating area. The island counter, equipped with a downdraft cooktop, keeps the all-important triangle workably compact. A greenhouse window and a double set of French doors open up the kitchen and adjacent family room to a landscaped courtyard.



MASTER SUITE has its own comfortable sitting area, where a fireplace and overstuffed chairs invite you to relax. Gracefully coffered ceilings help define the sitting and sleeping areas.

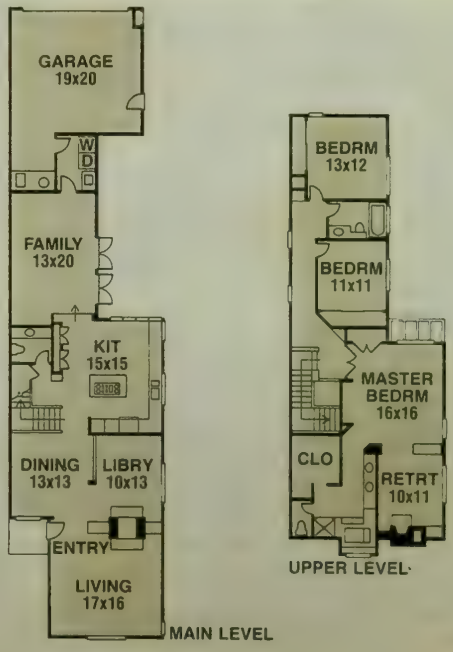
PHOTOGRAPHS: KEN WHITMORE ARCHITECT: DORIUS ARCHITECTS FIELD EDITOR: JOAN DEKNAR

PALLADIAN WINDOW provides the primary focal point of this elegantly sunken living room. Opposite the window, a striking masonry fireplace wall separates the living room from the library that lies beyond.



SEPARATE DINING ROOM, dramatically defined by the rising lines of the staircase, retains its character within the open flow of downstairs space. The formal dining area is conveniently positioned near the kitchen for entertaining.

TO ORDER PLAN NO. 19458, SEE PAGE 110.



SOLAR-EFFICIENT VICTORIAN

A masterful blend of turn-of-the-century styling and the latest solar technologies distinguishes this 2,240-square-foot home.

• • •



NORTH-FACING WINDOWS are kept to a minimum in this plan commissioned by Northeast Utilities. Window groups of low-E (low-emissivity) double glazing on the south side block the escape of heated air.



AIR-LOCK FOYER keeps the cold air out and the warm air in. Etched-glass doors and a tiled entry recall the charm of a bygone era. Bordered diagonal flooring and marble columns continue the theme.



OPEN LANDING takes center stage, commanding sweeping views of the downstairs. A decorative fan, mounted to the paneled ceiling of the living room, circulates warm air in winter and cools the house in summer.



PENINSULA COUNTER ARRANGEMENT makes it easy for the cook to keep an eye on the action in the breakfast area. Wood cabinets have been washed in pale mauve, a color that is picked up in the richer shade of the laminate countertop. The ceramic tile backsplash simplifies cleanup, and oak floors have been sealed with polyurethane for easy maintenance.



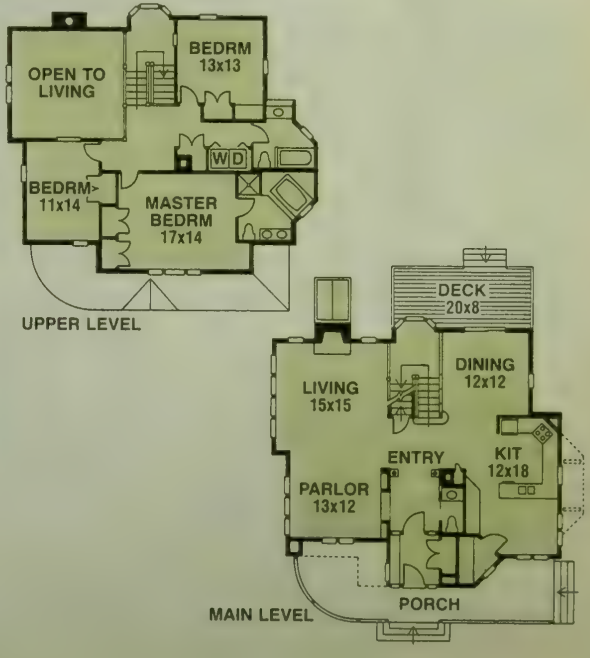
OAK DOORS and generous moldings carry the Victorian motif to the master bedroom. Double closets provide ample space for hanging clothes. The adjoining bath boasts a built-in tub and a separate shower enclosure.

INTERIORS, TERRYVILLE FURNITURE STORE. FIELD EDITOR, BONNIE MAHARAM

AWASH IN LIGHT, the downstairs living area encompasses two spaces—a lofty 2½-story living room, and a high-ceilinged, less formal "parlor." Small-pane windows in the south wall open for ventilation.



FORMAL DINING area is graced with French doors that open to a large deck. The dining room and living room lie on either side of a beautifully opened stairway that both unifies and separates the downstairs space.



TO ORDER PLAN NO. 19474, SEE PAGE 110.

Buying Information, page 106.

FOUND LIVING SPACE

By Gregory D. Cook

Need more room, but can't afford an addition? Don't spin your wheels. Make your garage over into a people space.

TOPSIDE APARTMENT



PHOTOGRAPH: S. HOPKINS ASSOCIATES

Pull the car inside; but don't stop there. Park your guests upstairs—"above it all."

This classy, topside apartment, built above a two-car garage, serves homeowners Blake and Sydney Touchstone as a self-contained guest room. Visitors feel right at home with their own entry, bath, and kitchen. When the upstairs hideaway is not housing friends of the family, the Touchstone children make full use of the room's wide-open spaces to entertain their own guests.

Rounded dormers punched through the old attic form the dramatic, curved tunnel that runs the length of the room. Windows and a skylight allow for plenty of light, and two ceiling fans circulate the air. Under-tunnel angles sharply define seating and storage areas while using the space all the way to the roofline.

Buying information, page 106.

Architect: Ernst Dorfi
Field editor: Bonnie Warren



▲ Beyond the dining area, the kitchen, with its octagonal, peek-through cutout, flanks the stairwell leading down.



▲ A sliding wood door on wall-mounted track opens to an under-the-eaves bathroom with its own shower.

► Guests lucky enough to stay here have everything they need to dine, lounge, or sleep on couches that convert into beds.

SPACIOUS FAMILY ROOM



PHOTOGRAPHS: RICK TAYLOR

A two-car garage offers space galore for family living. You'll get a lot of mileage out of this one.

It's hard to believe that the bump-out bay window at the back of the house was ever a garage door, or that the side entry was added on. When Pat and Al Scott planned their remodeling, they thought house, not garage. Unless they clued you in, you probably wouldn't guess the humble origins of their new family room.

The Scotts still use the side driveway, but now they park outside at the rear. The extra living space has more than made up for the loss of covered parking.

The ceiling follows the original peaked roof, and the stairs up to the kitchen are in the same place. New are the fireplace, custom shelving, bump-out, and quarter-round windows.



▲ The fireplace wall includes storage for toys and books. The stenciled border, painted by a local artist, wraps the room with character.



▶ The Scott family gets a lot out of their new-found space. They use the bump-out for dining and the main room for rough-and-tumble play, TV watching, and reading.

Architect: Wendell Keith, Field Editor: Ruth L. Reiter





LAMB BURGER PITAS

You'll find a cheesy surprise in the middle of this burger.

BURRITO BURGERS

A burger filled with beans and chili peppers.

BURGERS!

3 NEW VERSIONS OF AMERICA'S FAVORITE BARBECUE

By Barbara Atkins

CAJUN-STYLE PORK BURGERS

Burger heaven for lovers of hot and spicy food!



LAMB BURGER PITAS

- ⅓ cup soft bread crumbs
- 2 tablespoons plain yogurt
- 1 teaspoon dried oregano, crushed
- ¼ teaspoon ground nutmeg
- 1 *or* 2 cloves garlic, minced
- 1 pound ground lamb
- ¼ cup crumbled feta cheese
- 2 large pita bread rounds, halved crosswise
- Spinach leaves (optional)
- Sliced ripe olives (optional)

Combine crumbs, yogurt, oregano, nutmeg, and garlic. Mix in lamb. Shape into eight ¼-inch-thick patties. Place *1 tablespoon* feta atop *each* of 4 patties. Top with remaining patties. Seal edges.

Grill, uncovered, directly over *medium-hot* coals for 7 minutes. Turn and grill to desired doneness, allowing 6 to 8 minutes more for medium. Serve in pita halves lined with spinach. Top with olives and additional cheese and yogurt. Makes 4 servings.

Nutrition information per serving: 286 cal., 22 g pro., 27 g carbo., 9 g fat, 67 mg chol., 175 mg sodium.

CAJUN-STYLE PORK BURGERS

- 1 4½-ounce can tiny shrimp, drained
- 1 beaten egg
- ⅓ cup soft bread crumbs
- Cajun Seasoning (see recipe at right)
- ¾ pound ground pork
- 4 slices French bread, toasted
- Peppy Relish (see recipe at right)

Finely chop *half* of the shrimp. In a small mixing bowl stir together egg, crumbs, and Cajun Seasoning. Mix in chopped shrimp and pork. Shape into four ¾-inch-thick patties.

Grill, on an uncovered grill, directly over *medium-hot* coals for 7 minutes. Turn and grill 6 to 10 minutes more or till well done. Serve on bread; top with Peppy Relish. Makes 4 servings.

Cajun Seasoning: Combine ½ teaspoon *garlic salt,* ½ teaspoon ground *white pepper,* ½ teaspoon ground *red pepper,* ½ teaspoon ground *black pepper,* and ¼ teaspoon *dry mustard.*

Peppy Relish: Combine remaining shrimp; 1 small *tomato,* peeled, seeded, and chopped; 1 *green onion,* thinly sliced; 1 teaspoon finely chopped *jalapeño chili pepper;* and 1 small clove *garlic,* minced. Makes about ¾ cup.

Nutrition information per serving: 354 cal., 34 g pro., 25 g carbo., 12 g fat, 183 mg chol., 579 mg sodium.

BURRITO BURGERS

- 1 pound ground beef
- ¼ cup chopped canned green chili peppers, drained
- ¼ cup refried beans
- 2 slices process American cheese, halved diagonally
- 4 7-inch flour tortillas

Divide beef into fourths; pat each fourth into a 5-inch circle. Season with salt and pepper. Place *1 tablespoon* of the peppers and *1 tablespoon* of the beans on *one* side of *each* patty. Fold patties in half, forming semicircles; seal edges.

Grill, on an uncovered grill, directly over *medium-hot* coals for 7 minutes. Turn; grill to desired doneness, allowing 6 to 8 minutes more for medium. Top each patty with a halved cheese slice during last 2 minutes. Place tortillas on grill for a few seconds to heat. Serve patties in folded warm tortillas. If desired, top with shredded *lettuce,* halved *tomato slices,* sliced *green onion,* and *dairy sour cream.* Makes 4 servings.

Nutrition information per serving: 317 cal., 29 g pro., 16 g carbo., 15 g fat, 93 mg chol., and 323 mg sodium.

HOT GRILLING TIPS

- The best burger chefs start with *medium-hot* coals. To test, hold your hand over the coals at the height burgers will be cooked. If you count three seconds before the heat drives your hand away, the coals are the right temperature.
- Some like their burgers cooked to medium; some like them medium-well. But, if you're eating pork burgers, *always* cook them well-done.
- Coals flare up? Use any of these fire fighters: cover the grill, space the hot coals farther apart, or take out coals. As a last resort, mist the fire with water.

Buying information, page 106.

TO ORDER BARBECUE ACCESSORIES, SEE PAGE 110.

PHOTOGRAPH: MYRON BECK. FOOD STYLIST: MABLE HOFFMAN

GARDEN-FRESH CUISINE

SWEET & SASSY ▪ CRISP & CRUNCHY
HOT & SPICY ▪ GOOD & NUTTY



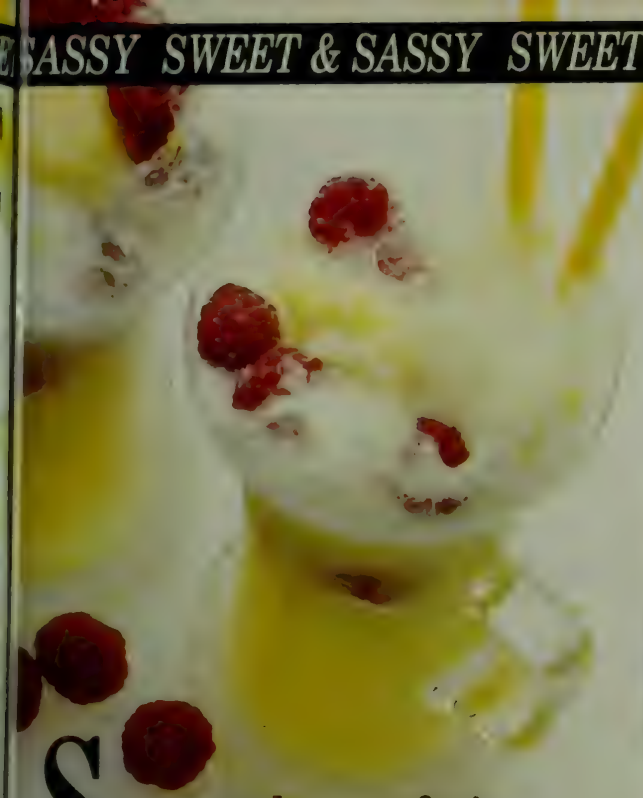
By Lynn Hoppe

GINGERSNAP BERRY PIE

Enjoy strawberry pie as never before! Heads will turn when you serve this glistening version with a blueberry bonus.

STORING TIP: Delicate berries deserve gentle treatment. Store strawberries loosely covered in the refrigerator up to a few days; store blueberries up to one week in the refrigerator. Rinse just before using.

RECIPES BEGIN ON PAGE 91.
Buying information, page 106.



RAZZLE-DAZZLE LEMONADE

Raspberries, lemon sherbet, and sparkling water blend into a surprisingly sprightly delight.

Sweet and sassy fruit temptations make captivating finales to your warm-weather meals.



PLUM DUMPLINGS AND CREAM

Classic dishes provide a treasury of creative new recipe possibilities. In this plum spin-off of traditional apple dumplings, home-style and hearty go haute.

CANTALOUPE MOUSSE

A velvety chocolate sauce, the epitome of indulgence, kisses every spoonful of this feathery-light fruit dessert. Divine!



PHOTOGRAPHS: MIKE JENSEN FOOD STYLIST: JANET PITTMAN

GARDEN-FRESH CUISINE



BEAN AND BRIE SALAD

Whether you call them string beans, snap beans, or green beans, showcase them in this easy meatless main dish.

RECIPES BEGIN ON PAGE 92.
Buying information, page 106.

BUYING TIP: The hallmark of the perfect green bean is a long, straight pod that is free from blemishes and that snaps crisply when bent. Ridges or bulges on the pod? The bean will be tough.

HONEYDEW MELON WITH SAUTÉED FRUIT

Sautéed apricots and bananas in a zesty lime sauce raise refreshing honeydew melon slices to new heights of sophistication.



Crisp and crunchy fruits and vegetables contribute color, texture, nutrients, and great taste in these smashing treats.

TOASTY CARROT CRACKERS

Flaunt your flair for making the ordinary extraordinary. Serve the crispy wafers with cheese and avocado slices.





JICAMA-CUCUMBER RELISH

Expand your produce repertoire. Jicama, a root vegetable grown in tropical America, provides the extra crunch in this sweet pickle relish for sandwiches.

GARDEN-FRESH CUISINE



PEPPERY GRILLED TURKEY MIREPOIX

Mirepoix (pronounced mir PWA), French for sautéed vegetables and herbs, dresses slices of prime turkey breast.

FREEZING TIP: Freeze some of your zucchini crop for year-round eating. When adding frozen zucchini to a recipe, remember that you're also adding extra liquid; precook it slightly and drain it first.

RECIPES BEGIN ON PAGE 95.
Buying information, page 106.

Hot and spicy seasonings such as ground red pepper, jalapeño peppers, cumin, hot pepper sauce, and mustard seed fuel the fire in these bold recipes.

SIZZLING SUMMER CHILI

Satisfy your penchant for chili with this sensational version that boasts summer's best—corn and zucchini.



BLAZE-OF-GLORY SALSA

In the spirit of revving up fruits and vegetables, here's a kicky salsa guaranteed to be a titillating experience.

Mexicans spoon on salsa in much the same way Americans sprinkle on salt. Salsas, typically a mixture of tomatoes, chili peppers, and onion, accompany most Mexican foods—egg dishes, grilled meats, cold seafood, chicken, and tacos and other tortilla specialties.

GARDEN-FRESH CUISINE



Make a culinary statement with this bread that you customize yourself. Choose from four options—zucchini, carrot, pear, or peach. It's simple, summery, and super!

CHOOSE-A-FRUIT-OR-VEGETABLE BREAD

- 1 cup all-purpose flour
- ½ cup whole wheat flour
- ⅓ cup quick-cooking rolled oats
- 1 teaspoon baking soda
- ½ cup butter *or* margarine
- ½ cup sugar
- 2 eggs
- 2 tablespoons milk
- 1 teaspoon vanilla
- ½ teaspoon finely shredded lemon peel
- 1 cup finely shredded zucchini, carrots, *or* peeled pears *or* finely chopped peeled peaches
- ½ cup chopped walnuts

Combine flours, oats, and soda; set aside. In a large mixer bowl beat butter or margarine with an electric mixer on medium speed for 30 seconds. Add sugar; beat till fluffy, scraping sides of bowl often. Add eggs, milk, vanilla, and lemon peel; beat well. Stir in vegetable or fruit. Add flour mixture, a *third* at a time, beating on low speed till combined. Stir in walnuts.

Spread batter in a greased 5½-cup ring mold or 8x4x2-inch loaf pan. Bake in a 350° oven 35 to 40 minutes for ring mold or 55 to 60 minutes for loaf pan, or till a wooden toothpick inserted in center comes out clean. Cover with foil the last 10 minutes of baking. Cool 10 minutes. Remove from pan; cool on wire rack. Wrap and store overnight for easier slicing. Makes 1 loaf, 12 servings.

Nutrition information per slice: 180 cal., 4 g pro., 14 g carbo., 12 g fat, 67 mg chol., 180 mg sodium.

We've put salad in a new light.



Just think. Fresh fruit. Healthy vegetables. The tangiest Sunkist lemons. And Knox® gelatine, naturally light, with no added sugar. All combined in a delicious summer salad that's only 60 calories a serving.

The Shimmering Citrus Summer Salad. So light, all others dim by comparison.

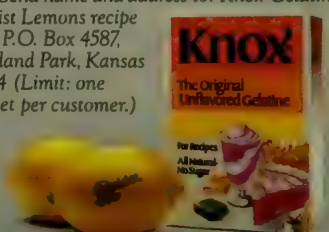
SHIMMERING CITRUS SUMMER SALAD

2	*env. Knox® Unflavored Gelatine*
1	*cup cold water*
1 3/4	*cups boiling water*
1/3	*cup plus 2 tbsp. sugar*
8–10	*thin slices cucumber*
	Grated peel of 1/2 Sunkist® lemon
	Juice of 3 Sunkist lemons (1/2 cup)
2	*Sunkist® oranges, peeled, sliced, quartered*
1	*cup chopped cucumber*
1/2	*cup chopped apple*
3	*tbsp. sliced green onion*

In medium bowl, sprinkle gelatine over cold water; let stand 1 min.; add boiling water; stir until dissolved; stir in sugar, lemon peel and juice. Chill until consistency of unbeaten egg whites, about 1 1/2 hr. In 6-cup ring mold, arrange cucumber slices and 8–10 orange quarters. Fold remaining ingredients into gelatine mixture; spoon over slices. Chill until firm. Unmold; garnish with lemon and mint. Makes 10 servings (about 60 cal/serving).

FREE RECIPE BOOKLET

Lots of "Summer Light" lemon and gelatine recipes for summer dishes that are light and delicious. Send name and address to: Knox Gelatine-Sunkist Lemons recipe offer, P.O. Box 4587, Overland Park, Kansas 66204 (Limit: one booklet per customer.)



Sunkist Lemons **Knox® Gelatine**

Sunkist and Sunkist are registered trademarks of Sunkist Growers, Inc.
© 1986 Sunkist Growers, Inc.





© 1986 Kraft, Inc

Does your pasta pass the shake and sniff test?

One whiff should tell you it's going to taste great. Even before you taste it. To make sure your pasta passes, shake on a parmesan aged 10 long months. KRAFT Parmesan. It enhances your seasonings and spices. Makes your sauce better than ever. So when you inhale that rich, mellow aroma, you'll know great Italian taste isn't far behind.

KRAFT Parmesan. Give your pasta a fair shake.™ KRAFT

FOOD

NUTRITION INFORMATION
WITH EVERY RECIPE

BETTER HOMES AND GARDENS TEST KITCHEN™

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

TRACK THE BASICS

- To help you keep track of the calories, protein, fat, cholesterol, and sodium you consume each day, we include the amounts of these nutrients by gram weight per individual recipe serving for every recipe we publish.
- You can also check the levels of vitamin A, vitamin C, thiamine, riboflavin, niacin, calcium, iron, and phosphorus in each serving of a recipe—we state these amounts in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts.
- The United States Recommended Daily Allowances are standards developed by the Food and Drug Administration. Use the U.S. RDAs as a guide to see how your recipes meet your nutritional needs.

HOW WE FIGURE THE NUTRITION INFORMATION

- When ingredient options appear in a recipe, we use the first ingredient choice for the analysis.
- We omit optional ingredients from the nutrition analysis.
- We base the nutritional analysis on the first serving size if a recipe gives variable serving sizes.

USE THE NUMBERS

- Start by looking at the nutrients each recipe provides. Then decide that recipe's importance to your diet.
- Here are some simple guidelines based on daily needs of females, 23 to 50 years old (in general, males and teenagers need more calories):

calories—2,000
protein—45 to 65 grams
fat—85 grams
cholesterol—300 milligrams
sodium—1,100 to 3,300 milligrams

Use these as approximate figures—there's no real harm in going over or under these figures in any single day, but aim for a balanced diet overall.

NOTE

We test all our microwave recipes in countertop microwave ovens that operate on 600 to 700 watts. Cooking times in these recipes are approximate because microwave ovens vary from manufacturer to manufacturer.



New Lipton® Nacho Cheese and Creamy Herb Recipe Soup Mix for Dip.

Two delicious new dips with classic Lipton seasonings. And a delightfully fresh, homemade taste.

New Nacho Cheese with delicate taco seasoning, chili powder, and cheddar cheeses. And new Creamy Herb with parsley, garlic, chives, and a touch of lemon. Delicious!

So come on. Double dip into great taste.

Dip Into Lipton.



MANUFACTURER'S COUPON | EXPIRES 9-30-87

20¢

Save 20¢ on new Lipton® Nacho Cheese or Creamy Herb Recipe Soup Mix for Dip.

TO THE CONSUMER: THIS COUPON GOOD ONLY ON REQUIRED PURCHASE OF PRODUCT SPECIFIED. LIMITED TO ONE COUPON PER PURCHASE. COUPON CANNOT BE BOUGHT, SOLD OR EXCHANGED FOR CASH. COUPONS OR CERTIFICATES. ANY OTHER USE CONSTITUTES FRAUD. YOU MUST PAY ANY SALES TAX

5 41000 25320 03

RS-333 BHG



TO THE RETAILER: Thomas J. Lipton, Inc. will reimburse you for the face value of this coupon plus 8¢ for handling provided you have accepted this coupon in accordance with T. J. Lipton Redemption Policy incorporated herein by reference. Cash value 1/20¢. Mail to: Thomas J. Lipton, Inc., Box R-7000, El Paso, TX 79975

continued

GINGERSNAP BERRY PIE

Crushed gingersnaps, crushed vanilla wafers, and chopped walnuts make the delicious no-fuss crust for this pie, featured on our magazine cover—

1 cup finely crushed gingersnaps (15 cookies)
¾ cup finely crushed vanilla wafers (18 cookies)
¼ cup finely chopped walnuts
⅓ cup butter *or* margarine, melted
1 envelope unflavored gelatin
1¾ cups unsweetened white grape juice
1 8-ounce package cream cheese, softened
¼ cup sugar
1 teaspoon vanilla
2½ cups blueberries
1½ cups sliced strawberries
Citrus leaves

For crust, in a medium mixing bowl combine crushed gingersnaps, crushed vanilla wafers, and walnuts. Add butter or margarine; toss well. Press crumb mixture onto bottom and 1½ inches up the sides of a 9-inch springform pan to form a firm, even crust. Bake in a 375° oven for 5 minutes. Cool on a wire rack before filling.

Meanwhile, in a medium saucepan soften gelatin in the grape juice for 5 minutes. Stir over low heat till gelatin dissolves. Chill 40 to 50 minutes or till partially set (consistency of unbeaten egg whites), stirring occasionally.

Meanwhile, in a small mixer bowl beat the cream cheese, sugar, and vanilla with an electric mixer on medium speed till smooth. Spread mixture over bottom of prepared crust. Spoon *half* of the gelatin mixture over cream cheese layer. Top with *1½ cups* of the blueberries, all of the sliced strawberries, and then the remaining blueberries. Spoon the remaining gelatin mixture over berries. Chill for 4 to 6 hours or till set. To serve, loosen crust with a narrow spatula; remove the sides of the springform pan. Garnish with citrus leaves. Makes 12 to 16 servings.

Nutrition information per serving: 186 cal., 3 g pro., 22 g carbo., 10 g fat, 26 mg chol., 114 mg sodium. U.S. RDA: 27% vit. C.

CANTALOUPE MOUSSE

Try this airy melon-textured mousse for elegant summer dining—

1¾ cups cubed cantaloupe (about 1 small cantaloupe)
2 tablespoons sugar
1 envelope unflavored gelatin
¼ cup water
½ cup whipping cream
1½ cups semisweet chocolate pieces (9 ounces)
2 tablespoons shortening
Toasted coconut (optional)
Cantaloupe slices (optional)

For mousse, in a blender container or food processor bowl place the cubed cantaloupe. Cover and blend or process till smooth. In a 1-quart saucepan stir together sugar and gelatin; stir in water. Let stand for 5 minutes. Cook and stir over low heat till gelatin is dissolved. Stir in the pureed cantaloupe. Chill to the consistency of corn syrup, stirring occasionally.

Remove from refrigerator. (Gelatin will continue to set.) In a small mixer bowl beat the whipping cream with an electric mixer on low speed till soft peaks form. When gelatin mixture is partially set (the consistency of unbeaten egg whites), fold in the whipped cream. Pour into four 6-ounce custard cups. Chill about 4 hours or till firm.

For sauce, in a heavy small saucepan combine the semisweet chocolate pieces and shortening. Cook and stir over low heat till the chocolate begins to melt. Immediately remove saucepan from the heat. Stir till smooth.

To serve, spoon about *3 tablespoons* of the warm sauce into individual shallow bowls. Unmold *each* cantaloupe mousse and place atop chocolate sauce in bowls. Drizzle *1* to *2 teaspoons* of sauce over *each* mousse. Garnish with the toasted coconut and cantaloupe slices. Makes 4 servings.

Microwave directions: Puree cantaloupe as above. In a microwave-safe 1-quart casserole stir together the sugar and gelatin; stir in water. Let stand 5 minutes. Micro-cook on 100% power (high) for 1 to 2 minutes or till gelatin is dissolved, stirring once.

Stir in cantaloupe. Chill to the consistency of corn syrup, stirring occasionally. Remove from refrigerator. (Gelatin will continue to set.) In a small mixer bowl beat whipping cream with an electric mixer on low speed till soft peaks form. When gelatin mixture is partially set (consistency of unbeaten egg whites), fold in the whipped cream. Pour mixture into four 6-ounce custard cups. Chill about 4 hours or till firm.

For sauce, in a 4-cup glass measure combine semisweet chocolate pieces and shortening. Micro-cook on 100% power (high) about 2 minutes or till chocolate is melted, stirring once. Stir till smooth. Serve as directed above.

Nutrition information per serving: 305 cal., 4 g pro., 28 g carbo., 23 g fat, 41 mg chol., 16 mg sodium. U.S. RDA: 28% vit. A, 21% vit. C.

RAZZLE-DAZZLE LEMONADE

¾ cup sugar
6 to 8 lemons
1 cup fresh raspberries *or* blueberries
1 pint lemon sherbet
3 cups carbonated water, chilled

For syrup, in a small saucepan combine sugar and 1¼ cups *water.* Cook over medium heat 1 to 2 minutes or till dissolved, stirring occasionally. Cool.

Finely shred *2 teaspoons* lemon peel. Squeeze juice from lemons (about 1½ cups). In a 4-cup pitcher combine syrup, peel, juice, and berries. Cover; chill.

For *each* serving, place 1 scoop sherbet in tall glass. Pour *½ cup* each syrup mixture and carbonated water over sherbet. Makes 6 (10-ounce) servings.

Nutrition information per serving: 215 cal., 1 g pro., 53 g carbo., 1 g fat, 5 mg chol., 32 mg sodium. U.S. RDA: 54% vit. C.

PLUM DUMPLINGS AND CREAM

¼ cup sugar
¼ teaspoon ground nutmeg
½ of a 3-ounce package cream cheese, softened
1½ cups all-purpose flour
½ cup butter *or* margarine
4 to 5 tablespoons cold water
6 plums, halved and pitted
Light cream *or* milk

Combine sugar and nutmeg. In a small mixer bowl beat cheese on medium speed till fluffy. Beat in *3 tablespoons* of sugar mixture. Set aside.

For dough, combine flour and ¼ teaspoon *salt.* Cut in butter till pieces are size of small peas. Sprinkle *1 tablespoon* water over part of mixture; gently toss with fork. Push to side of bowl. Repeat till all is moistened. Form into ball.

On lightly floured surface roll dough to a 18x12-inch rectangle. Cut into six 6-inch squares. Spread *2 teaspoons* of cheese mixture over cut side of a plum half. Top with another plum half. Place in center of a dough square. Moisten dough edges with water. Fold corners to center; pinch to seal edges. Repeat with remaining plum halves. Place in shallow baking pan. Brush *each* bundle with cream; sprinkle with remaining sugar mixture. Bake in a 375° oven about 30 minutes or till pastry is light brown and plum is tender. Serve warm with cream or milk. Serves 6.

Nutrition information per serving: 344 cal., 5 g pro., 41 g carbo., 19 g fat, 49 mg chol., 268 mg sodium. U.S. RDA: 18% vit. A, 15% thiamine, 12% riboflavin, 10% niacin.

continued

AT LAST, A CHOCOLATE MOUSSE FOR PEOPLE WHO LIKE EATING BETTER THAN COOKING.

INTRODUCING JELL-O® RICH & LUSCIOUS MOUSSE.

Now it takes just 10 minutes to make a mousse that's smooth and light and delicious. It comes out perfect every time—you just mix a package with milk. And it comes in two great flavors—chocolate and chocolate fudge.

With Jell-O® Rich & Luscious Mousse, there's no reason not to indulge yourself.

GENERAL FOODS

© 1986 General Foods Corp.



continued

BEAN AND BRIE SALAD

When Brie cheese is fully ripened, it has an even texture—soft and creamy, yet not runny—

- 1 recipe Yogurt and Chive Dressing
- 1½ cups water
- ½ cup wheat berries
- ½ pound green beans, bias-sliced into 1-inch pieces (2 cups)
- 4 medium tomatoes, cut into wedges
- Savoy cabbage leaves
- 2 4½-ounce wheels Brie cheese, cut into bite-size wedges (2 cups)
- 1 cup broken walnuts

Prepare and chill the Yogurt and Chive Dressing. In a 1-quart saucepan bring the water to boiling. Add wheat berries. Reduce heat; simmer, covered, for 50 minutes. Drain. Rinse with cold water; drain again. Cover and chill.

In a 1½-quart saucepan cook green beans, covered, in a small amount of boiling water for 15 to 20 minutes or just till tender. Drain. Rinse with cold water; drain again. Cover and chill green beans.

To serve, arrange the green beans and tomato wedges on four cabbage-lined plates. In a small mixing bowl stir together Yogurt and Chive Dressing and wheat berries. Spoon mixture into the center of plates. Top with cheese wedges and broken walnuts. Makes 4 servings.

Yogurt and Chive Dressing: In a small mixing bowl combine ½ cup *plain yogurt* or *dairy sour cream,* 2 tablespoons grated *Parmesan cheese,* 2 teaspoons snipped *chives* or *green onion tops,* and ⅛ teaspoon *paprika.* Cover and chill till serving time. Makes about ½ cup dressing.

Nutrition information per serving: 530 cal., 25 g pro., 26 g carbo., 39 g fat, 68 mg chol., 489 mg sodium. U.S. RDA: 34% vit. A, 55% vit. C, 22% thiamine, 33% riboflavin, 11% niacin, 30% calcium, 15% iron, 41% phosphorus.

TOASTY CARROT CRACKERS

If the dough is hard to slice at room temperature, chill it before slicing—

- ¾ cup shredded carrot
- ⅓ cup water
- 1½ cups rolled oats
- ⅔ cup all-purpose flour
- ⅓ cup toasted wheat germ
- 1 tablespoon sesame seed
- ½ teaspoon garlic salt
- ¼ cup butter *or* margarine
- Wheat germ
- Swiss cheese slices (optional)
- Avocado slices (optional)

In a small saucepan combine carrot and water. Bring to boiling; reduce heat. Cover and simmer for 5 to 10 minutes or till tender. Drain. Meanwhile, in a blender container or food processor bowl place oats. Cover and blend or process about 1 minute or till oats are evenly ground; remove.

Place carrot in blender container or food processor bowl. Cover and blend or process till smooth (about ½ cup puree). In a large bowl combine oats, flour, the ⅓ cup wheat germ, sesame seed, and garlic salt. Cut in butter till mixture resembles coarse crumbs. Add carrot, mixing and kneading with hands till mixture is moistened.

Shape into a 9-inch roll. Use a serrated knife to cut into ⅛-inch slices; place on ungreased baking sheet. Sprinkle with wheat germ. Flatten very thin with bottom of glass. Bake in 375° oven about 9 minutes or till edges are light brown. Remove from baking sheet; cool on wire rack. Serve with cheese and avocado. Makes about 60 crackers.

Nutrition information per cracker: 23 cal., 1 g pro., 3 g carbo., 1 g fat, 2 mg chol., 24 mg sodium.

HONEYDEW MELON WITH SAUTÉED FRUIT

- 3 tablespoons butter *or* margarine
- Lime peel (optional)
- 1 tablespoon lime juice
- 1 tablespoon honey
- 2 medium bananas, bias-sliced into ¼-inch pieces
- 2 peaches *or* 4 apricots, peeled, pitted, and coarsely chopped
- ½ of a honeydew melon *or* cantaloupe, peeled, seeded, and cut into thin slices
- ¼ cup pine nuts, toasted

In a 10-inch skillet melt butter or margarine. Stir in lime juice and honey. Add bananas and peaches or apricots. Heat and stir about 2 minutes or till heated through. On 4 plates fan melon slices. Top with fruit mixture, peel, and nuts. Makes 4 servings.

Microwave directions: In a 1½-quart microwave-safe casserole microcook butter, uncovered, on 100% power (high) 45 to 60 seconds or till melted. Stir in lime juice and honey. Add bananas and peaches; stir to coat. Cook, uncovered, on high 1½ to 2 minutes or till fruit is heated through, stirring once. Continue as directed above.

Nutrition information per serving: 266 cal., 3 g pro., 38 g carbo., 14 g fat, 23 mg chol., and 108 mg sodium. U.S. RDA: 14% vit. A, 90% vit. C, and 18% thiamine.

continued



STIX-ALL GLUES ALMOST EVERYTHING. EXCEPT YOUR FINGERS.

Elmer's® Stix-All glues it all. With a bond that stands up to heat, cold, rain, impact and vibration. That's something no super glue can do. So use Stix-All for saving just about anything that breaks or tears. And save your skin at the same time.

BORDEN®



© Borden Inc 1986

Say hello to deli taste a whole new way.



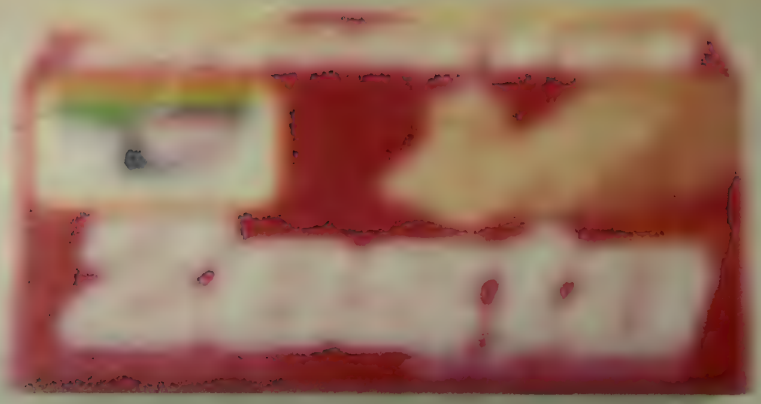
© 1986 Oscar Mayer Foods Corporation

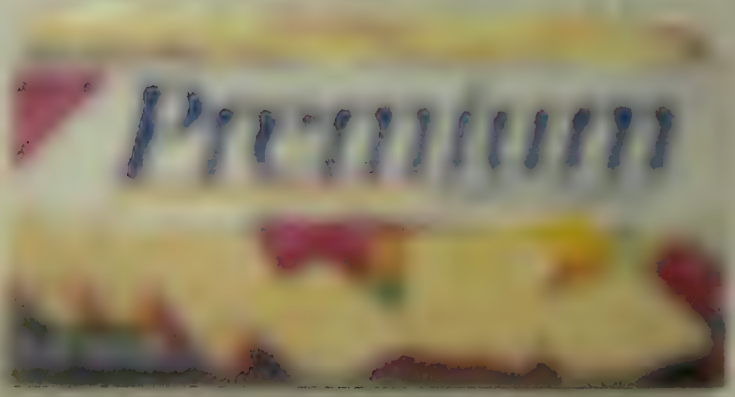


Now Oscar Mayer® Select Slices™ give you nine ways to taste America's all-time deli favorites, including Corned Beef, Pastrami, Cracked Pepper Ham and Smoked Turkey Breast. Every one of them has the real taste of the deli. And the authentic quality of Oscar Mayer.

Oscar Mayer

Italian Style Beef • Corned Beef • Pastrami • Smoked Turkey Breast • Smoked Chicken Breast
Cracked Black Pepper Ham • Smoked Cooked Ham • Italian Style Ham • Honey Ham







If you want a saltine without lard your choice is clear.

While other saltines may contain lard, Krispy® Crackers are made with vegetable shortening 100% of the time. And once you taste them, you'll see, Krispy is clearly the one for you.

Sunshine®
Where taste is everything.

Premium is a registered trademark of Nabisco Brands, Inc. Zesta is a registered trademark of Keebler Company.

"I want refreshment that's in tune with what my body needs."



For a light, refreshing taste that isn't light on nutrition.
In four delicious flavors.
50% juice.
100% great taste.
Del Monte Pineapple Blends.

IT'S THE SENSIBLE ALTERNATIVE.

© 1986 Del Monte Corporation

GARDEN-FRESH RECIPES

continued

JICAMA-CUCUMBER RELISH

Serve this crunchy vegetable relish on ham and rye sandwiches, hamburgers, hot dogs, or as a zippy accompaniment to any meal—

- 2 cups shredded, peeled jicama (½ pound)
- 2 cups shredded, seeded, unpeeled cucumber (about 1½ medium)
- ½ cup sliced pitted ripe olives
- ¼ cup chopped pimiento
- 1 tablespoon salt
- 1 cup sugar
- 1 cup vinegar
- 1 teaspoon celery seed
- 1 teaspoon mustard seed

In a large mixing bowl combine jicama, cucumber, olives, pimiento, and salt; let stand for 3 hours. Drain.

In a large kettle or Dutch oven combine sugar, vinegar, celery seed, and mustard seed. Bring to boiling, stirring to dissolve sugar. Stir in the vegetable mixture. Return to boiling. Boil, uncovered, for 5 minutes.

Ladle vegetable mixture into 3 hot, clean half-pint jars, leaving a ½-inch headspace. Wipe the jar rims; adjust the lids. Process in a boiling water bath for 15 minutes (start timing when the water boils). Makes 3 half-pints relish.

Nutrition information per 2 tablespoons relish: 24 cal., 0 g pro., 6 g carbo., 0 g fat, 0 mg chol., and 146 mg sodium.

PEPPERY GRILLED TURKEY MIREPOIX

- 4 turkey breast tenderloin steaks (1 pound total)
- 2 tablespoons butter *or* margarine, melted
- 1 large onion, finely chopped (1 cup)
- 1 medium carrot, finely chopped
- ½ cup sliced fresh mushrooms
- 1½ teaspoons snipped fresh thyme *or* ½ teaspoon dried thyme, crushed
- ⅛ to ¼ teaspoon ground red pepper
- 1 tablespoon snipped parsley

Coarsely shredded zucchini

continued

DOING OUR BEST **Tyson** JUST FOR YOU®

New Tyson Entrees
Your Passport to a World of Great Tastes

Discover a world of great tastes with Tyson Chicken Entrees. Six delicious entrees featuring tender, boneless chicken and exciting side dishes. Entrees that capture the spirit of time-honored recipes from the Orient. Italy. Mexico. And France.

Taste elegant Chicken à l'Orange with a mandarin orange glaze and fruited rice pilaf.



Microwaveable/ ovenable plate.

Exotic Chicken Oriental with a medley of rice, Oriental vegetables and crisp snow peas. Romantic Chicken Francais with a white wine sauce and green beans almondine. Or robust Chicken Parmigiana on a bed of al dente linguine with marinara sauce.

Tyson Entrees are your passport to a world of great tastes. Try all six. They're in your grocer's freezer case.





MANUFACTURER'S COUPON | SEPTEMBER 30, 1987

SAVE 35¢

On Any Tyson Entree

• Chicken à l'Orange • Chicken Oriental • Chicken Fiesta
• Chicken Parmigiana • Chicken Sweet & Sour • Chicken Francais

TO CONSUMER: This coupon good only for the product indicated. Only one coupon redeemed per purchase. ANY OTHER USE CONSTITUTES FRAUD. Coupon not transferable. Coupons cannot be duplicated. TO GROCER: Redeem [illegible] for face value plus 8¢ handling, providing you and your customer have complied with the terms of this offer and invoices proving purchase, within 90 days, of sufficient stock to cover coupons are shown upon request. ANY OTHER USE CONSTITUTES FRAUD. Send coupons to TYSON FOODS, INC., P.O. BOX 1496, CLINTON, IOWA 52736. Consumer must pay any sales tax. Good only in U.S. Void where restricted. Cash value 1/20 of one cent.

23700 801253

©1986 Tyson Foods, Inc.

continued

Grill turkey steaks directly over *medium* coals 20 to 25 minutes or till tender, turning once and brushing with *1 tablespoon* of the melted butter. Meanwhile, in a 1½-quart saucepan cook onion, carrot, mushrooms, thyme, red pepper, and ¼ teaspoon *salt* in remaining hot butter. Cover and cook over low heat for 10 to 12 minutes or till vegetables are tender. Stir in parsley.

Serve turkey on zucchini. Spoon vegetable mixture over turkey. Garnish with fresh *thyme sprigs.* Serves 4.

Nutrition information per serving: 203 cal., 29 g pro., 6 g carbo., 7 g fat, 86 mg chol., 261 mg sodium. U.S. RDA: 37% vit. A, 11% riboflavin, 38% niacin, 13% iron, 27% phosphorus.

SIZZLING SUMMER CHILI

Anaheim chili peppers are long green peppers with a mild hotness. Look for them in the produce section of your local supermarket—

- **1 pound boneless pork, cut into ½-inch cubes**
- **1 small onion, chopped (¼ cup)**
- **1 clove garlic, minced**
- **2 tablespoons cooking oil**
- **2 fresh ears of corn**
- **1 15-ounce can tomato sauce**
- **¼ cup raisins**
- **2 fresh anaheim *or* 3 fresh serrano chili peppers, seeded and finely chopped**
- **¼ teaspoon ground cumin**
- **¼ teaspoon ground coriander**
- **1 small zucchini, halved lengthwise and sliced**
- **1 recipe Cheese and Onion Corn Bread**

In a 10-inch skillet cook pork, onion, and garlic in oil till pork is brown and onion is tender. Use a sharp knife to cut corn from cob. Add corn, tomato sauce, raisins, peppers, cumin, coriander, ½ cup *water,* and ¼ teaspoon *salt* to pork mixture. Bring to boiling; reduce heat. Cover; simmer for 30 minutes. Add zucchini; cover and cook about 10 minutes more or till pork is tender. Serve over Cheese and Onion Corn Bread. Makes 4 servings.

Cheese and Onion Corn Bread: In a medium mixing bowl combine 1 *egg,* one 7-ounce package *corn muffin mix,* ½ cup shredded *Monterey Jack cheese,* ⅓ cup *milk,* and 3 sliced *green onions* just till moistened. Turn into a greased 8x8x2-inch baking pan or a 9x5x3-inch loaf pan. Bake in a 400° oven about 20 minutes or till toothpick inserted near center comes out clean. Cut into squares or slice to serve.

continued

SURE FIRE TIPS.



MERLE ELLIS
AMERICA'S BEST KNOWN BUTCHER

TIP #1 WAIT A MINUTE. Take a tip from the butcher...wait just a minute and let your lighter fluid soak into the charcoal. Then light the pile of briquets in several places. You'll find it works much better. And to assure top performance always use fast starting Royal Oak.

TIP #2 COUNT ON YOURSELF. One of the best tools for testing the temperature of your charcoal is right in the palm of your hand. If you can keep your hand just above the grill for only 2 or 3 seconds the coals are just right for cooking steaks and hamburgers.

TIP #3 TAKE A TURN FOR THE BETTER. Turning meat only once can dry it out. A steak will be juicier if you turn it every few minutes.

And when it comes to choosing a premium quality charcoal turn to Royal Oak. Its traditional blend produces that great outdoor flavor America's loved for over 40 years and Royal Oak *Plus* adds the sweet mellow taste of mesquite. So on your next cookout get Royal Oak and...

GET IT RIGHT!

MANUFACTURER COUPON EXPIRATION DATE 12/31/86

SAVE 30¢
ON A 10 LB. OR 20 LB. BAG OF
ROYAL OAK CHARCOAL OR ROYAL OAK *PLUS*

To the Consumer: This coupon good only on the products indicated. Only one coupon redeemed for purchase. Any other use may constitute fraud. Coupon non transferable. To the Retailer: We will pay legitimate retailers the face value plus 8¢ handling for each coupon received in connection with the retail sale of the product indicated. Coupon void and forfeited if invoices proving purchase of sufficient stock within the past 90 days to cover redemptions are not produced on request, or if coupon assigned, transferred or presented by one not a retail distributor of said product, or if coupon is taxed, restricted, prohibited or requires licensing. Presentation for redemption without compliance constitutes fraud. Customer pays any applicable tax. Cash redemption value 1/20th of a cent. Reproduction prohibited. Redeem by mailing to HUSKY INDUSTRIES, INC., P.O. Box 1034, Clinton, Iowa 52734 STORE COUPON.

5

16800 12030



16800 127181

Red Cabbage



What turns a tasty dip into "one of life's finer pleasures"?" GREY POUPON® Dijon Mustard, but of course! Of course you can spread it on a ham croissant sandwich, stir it into lentil soup, ladle it over Steak Diane too!

For these and other Grey Poupon recipe suggestions, send your name, address and $1 to: Grey Poupon Recipe Book, P.O. Box 7120, Clinton, IA 52736.*



Vegetables with Dijon Mayonnaise
Blend 2 egg yolks, 3 Tbsp. Grey Poupon® Dijon Mustard, 1 Tbsp. white wine vinegar and 1 tsp. dill weed in blender for 3 seconds. Slowly add 1 cup oil, blending until smooth. Serve in small red cabbage with assorted vegetables. 1½ cups.

Grey Poupon®

*Offer expires 12/31/87. Allow 6-8 weeks for shipping.

©Del Monte Corporation 1986.

GARDEN-FRESH RECIPES

continued

Microwave directions: To prepare the Cheese and Onion Corn Bread in the microwave oven, in a medium mixing bowl stir together 1 *egg,* one 7-ounce package *corn muffin mix,* ½ cup shredded *Monterey Jack cheese* (2 ounces), ⅓ cup *milk,* and 3 sliced *green onions* just till moistened.

Turn the mixture into an 8x8x2-inch or an 8x1½-inch round microwave-safe baking dish; spread evenly in the baking dish. Micro-cook, uncovered, on 100% power (high) for 4 to 5 minutes or till a toothpick inserted near center of the corn bread comes out clean, rotating the dish a half-turn once. Let the corn bread stand for 3 minutes. Cut into squares or wedges.

Nutrition information per serving: 606 cal., 34 g pro., 68 g carbo., 23 g fat, 183 mg chol., 1,423 mg sodium. U.S. RDA: 36% vit. A, 40% vit. C, 51% thiamine, 35% riboflavin, 42% niacin, 19% calcium, 23% iron, 61% phosphorus.

BLAZE-OF-GLORY SALSA

Plan to use your salsa within two or three days. If it becomes watery, stir in some tomato paste or sauce—

2 large tomatoes, peeled, seeded, and finely chopped
3 tablespoons finely chopped onion
3 tablespoons finely chopped green pepper
3 tablespoons finely chopped jalapeño chili pepper
1 tablespoon red wine vinegar
1 tablespoon snipped fresh coriander *or* 1 teaspoon dried coriander, crushed
¼ teaspoon salt
2 cloves garlic, minced
Several dashes bottled hot pepper sauce

In a medium mixing bowl combine tomatoes, onion, green pepper, jalapeño pepper, vinegar, coriander, salt, garlic, hot pepper sauce, and dash *pepper.* Cover and chill for several hours or overnight, stirring occasionally. Makes about 1½ cups sauce.

Nutrition information per tablespoon: 3 cal., 0 g pro., 1 g carbo., 0 g fat, 0 mg chol., 23 mg sodium. U.S. RDA: 10% vit. C.



SEAFOOD MANDARIN

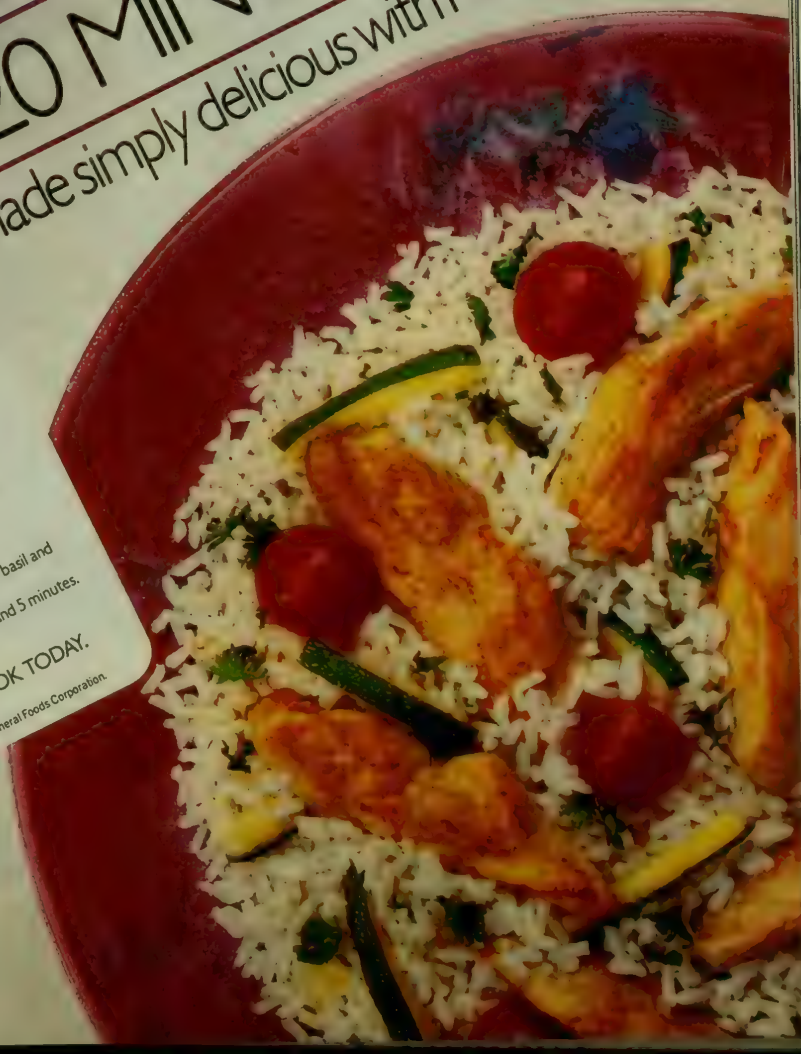
1 can (11 oz.) mandarin orange sections (reserve syrup)
1 ½ cups liquid—combine syrup from mandarin oranges and chicken broth
½ teaspoon garlic powder
¼ teaspoon ginger
¼ teaspoon salt
½ teaspoon soy sauce
1 ½ cups dry MINUTE® Rice
2 tablespoons butter or margarine
1 tablespoon oil
1 small green pepper, seeded and cut into large chunks
½ cup diagonally sliced scallions (reserve greens for garnish)
1 pound codfish fillet, cut into one-inch chunks

SAUTE rice in butter until golden. ADD oil, green pepper and scallions. Saute for 2 minutes. Add fish and chicken broth mixture. Stir gently. STIR IN spices and soy sauce. Bring to a full boil. Add orange sections. Cover and remove from heat. Let stand 5 minutes. Fluff with fork. Garnish with scallion greens. Makes 4 servings.



CUISINE IN 20 MINUTES.

Easy one-pan recipes. Made simply delicious with MINUTE® Rice.



CHICKEN ITALIA

1 pound chicken breast fillets, skinned and slivered
1 medium onion, chopped
2 tablespoons butter or margarine
1 small zucchini, cut into thin strips
1 clove garlic, finely minced
1 ½ cups chicken broth
1 tablespoon lemon juice
½ teaspoon basil leaves
¼ teaspoon salt
Dash of pepper
1 ½ cups dry MINUTE® Rice
8 cherry tomatoes, halved
2 tablespoons chopped parsley

SAUTE chicken and onion in butter until well browned. ADD zucchini and garlic, and cook 1 minute. Add broth, lemon juice, basil and seasonings. Bring to a full boil. STIR IN rice. Add tomatoes. Cover and remove from heat. Let stand 5 minutes. Fluff with fork. Garnish with parsley. Makes 4 servings.

MINUTE® RICE—FITS THE WAY YOU COOK TODAY.

© 1986 General Foods Corporation. MINUTE is a registered trademark of General Foods Corporation.

GENERAL FOODS



THE HEAT IS OFF.

Fantastic pies in just 15 minutes with absolutely no baking!

Imagine, a luscious chocolate mousse pie made with real Baker's® Chocolate and a chocolate cookie crumb crust. A sensational coconut cream pie with real toasted coconut in the crust. Or a deliciously rich cheesecake with a scrumptious crust of real graham crackers.

All you add is butter and milk.* Everything else is included. So turn off that heat. And watch your family turn on.

GENERAL FOODS

* Sugar required for cheesecake crust
Garnish as desired



JELL-O® NO-BAKE PIES

© 1986 General Foods Corporation

WIN MONEY FOR YOUR RECIPES
See Page 105 For Details

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES



Poultry for Two

File under Poultry

$100 WINNER *Gloria Bove, Bethlehem, Pa.*

Turkey and Zucchini Bundles

Surprise your dinner partner with a meal-in-a-bundle! Then top it off with a delicious and quick peach sauce—

- 1 beaten egg
- ½ cup finely chopped zucchini
- ¼ cup fine dry seasoned bread crumbs
- 2 tablespoons snipped parsley *or* 2 teaspoons dried parsley flakes
- ¼ teaspoon salt
- Dash pepper
- ½ pound ground raw turkey
- 1 tablespoon cooking oil
- 2 frozen patty shells, thawed
- 4 canned peach slices, drained
- 1 recipe Peach Sauce

In a medium mixing bowl combine egg, zucchini, bread crumbs, parsley, salt, and pepper. Add turkey; mix well. Shape turkey mixture into two 1-inch-thick patties. In a small skillet cook patties in hot oil over medium heat about 3 minutes on each side or till brown. Drain on paper towels.

On a lightly floured surface roll out each patty shell to an 8½-inch circle. Place a turkey patty in the center of each; top patty with 2 peach slices. Moisten edges of patty shell with water; bring edges up toward center and press to seal. Place on an ungreased baking sheet. Bake in a 400° oven for 20 to 25 minutes or till pastry is golden. Serve with Peach Sauce. Makes 2 servings.

Peach Sauce: In a small saucepan stir together ¼ cup *peach preserves,* 2 teaspoons *Dijon-style mustard,* and 2 teaspoons *lemon juice.* Heat through, stirring occasionally. Makes ⅓ cup.

Nutrition information per serving: 772 cal., 35 g pro., 65 g carbo., 41 g fat, 211

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES



Pineapple Desserts

File under Desserts

$100 WINNER *Ms. Carley Lindsay, Iowa City, Iowa*

Pineapple-Pecan Pizza

Carley combined several recipes to create this original and tasty dessert—

- 3½ cups (about 4 ounces) crisp rice cereal, crushed
- 6 tablespoons butter *or* margarine, melted
- 1 tablespoon sugar
- 1 recipe Creamy Filling
- 1 20-ounce can crushed pineapple
- 1 tablespoon cornstarch
- ¼ cup toasted chopped pecans
- Toasted pecan halves

Combine cereal, butter, and sugar; press into the bottom of a 12-inch pizza pan. Bake in a 350° oven 10 minutes. Cool. Prepare filling; spread over crust. Cover; chill. Combine *undrained* pineapple and cornstarch. Cook and stir till bubbly; cook and stir 2 minutes more. Cool. Spread pineapple mixture over cheese layer. Sprinkle chopped pecans in center; trim edges with pecan halves. Cover; chill. Serves 10.

Creamy Filling: In a small mixer bowl beat two 3-ounce packages *cream cheese,* softened; one *14-ounce* can *sweetened condensed milk;* ⅓ cup *lemon juice;* and 1 teaspoon *vanilla* with an electric mixer on low speed till smooth.

Nutrition information per serving: 419 cal., 7 g pro., 52 g carbo., 22 g fat, 55 mg chol., 325 mg sodium. U.S. RDA: 24% vit. A, 28% vit. C, 20% thiamine, 26% riboflavin, 12% niacin, 18% calcium, 19% phosphorus.





PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

Now there are two loose-leaf Better Homes and Gardens® cookbooks! The famous red plaid *New Cook Book* has 1,251 tested recipes. The solid-red *My Recipe Collection* keeps your own recipes organized. At bookstores, or send

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES



Pineapple Desserts

File under Desserts

$50 WINNER *Anne Billings, Deerfield Beach, Fla.*

Piña Colada Bread Pudding

Anne experimented with her grandmother's bread pudding to produce this delightful pineapple version with the flavors of a popular cocktail—

- 3 slightly beaten eggs
- 1 3-ounce package cream cheese, softened and cut up
- ½ cup packed brown sugar
- 3 cups dry whole wheat bread cubes (about 4 slices)
- 1 8¼-ounce can crushed pineapple (juice pack)
- 1 cup coconut
- ½ cup milk
- ½ cup whipping cream (optional)
- 2 teaspoons rum (optional)

In large mixing bowl combine eggs, cream cheese, and brown sugar. Stir in bread cubes, *undrained* pineapple, coconut, and milk. Place in a greased 10x6x2-inch baking dish. Bake in a 325° oven about 30 minutes or till a knife inserted near center comes out clean. Remove to wire rack; cool slightly. To serve, in a small mixer bowl beat cream and rum on low speed of an electric mixer till stiff peaks form (tips stand straight). Serve with the warm pineapple mixture. Makes 8 servings.

Nutrition information per serving: 212 cal., 5 g pro., 28 g carbo., 10 g fat, 117 mg chol., 121 mg sodium.

Buying information, page 106.

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES



Poultry for Two

File under Poultry

$50 WINNER *Mrs. Donna Lee Hanna, New Kensington, Pa.*

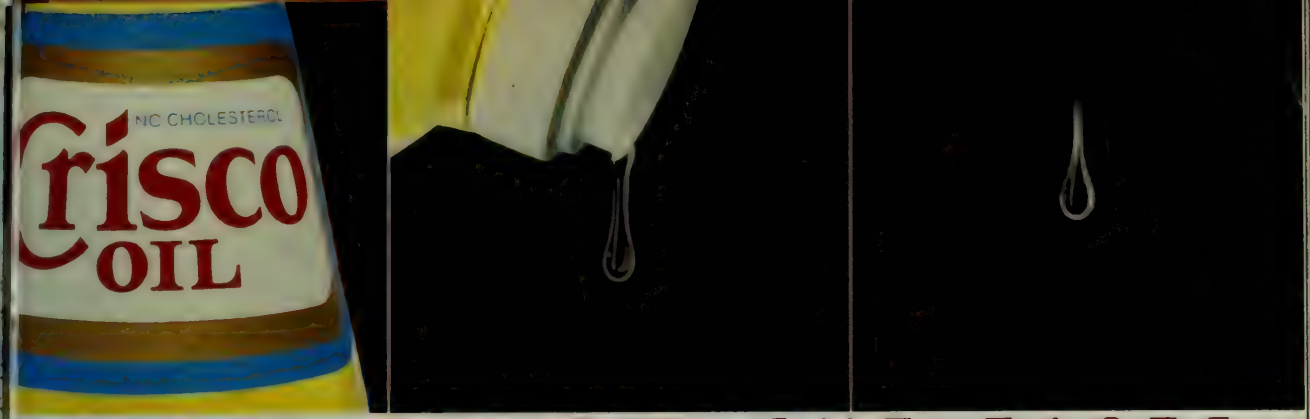
Chicken with Artichokes

Celebrate an anniversary, a birthday, or a great day with this elegant entrée that's perfect for two—

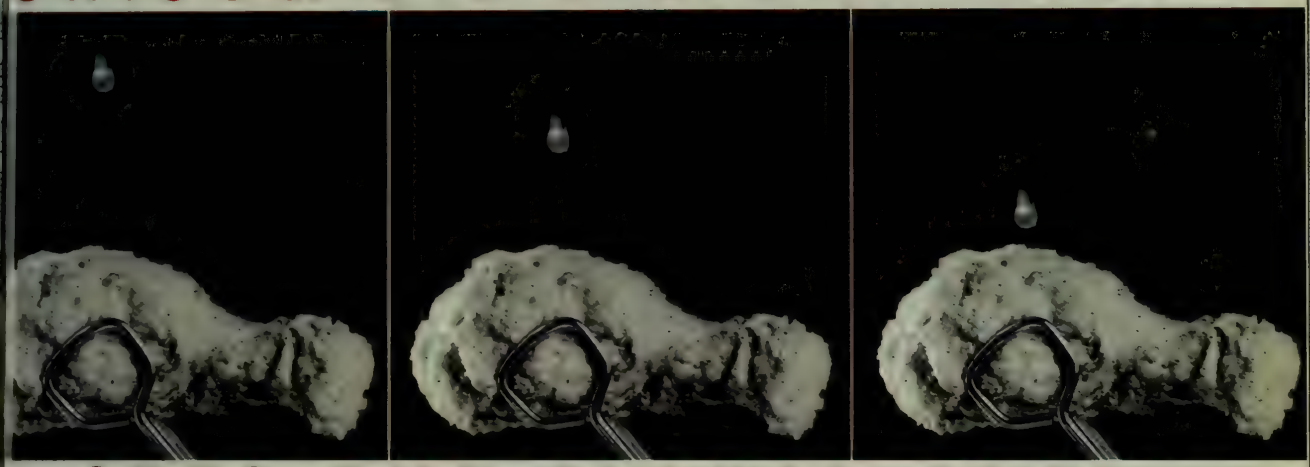
- ¼ cup mayonnaise *or* salad dressing
- 2 teaspoons white wine vinegar
- 2 teaspoons country-style Dijon mustard *or* prepared mustard
- Dash garlic salt
- 1 whole large chicken breast (about 1 pound), skinned, boned, and halved lengthwise
- 1 tablespoon cooking oil
- ¼ cup dry white wine
- Dash garlic salt
- ½ of a 14-ounce can (¾ cup) artichoke hearts, drained and quartered
- Cooked whole baby carrots (optional)

In a small mixing bowl stir together mayonnaise or salad dressing, vinegar, mustard, and dash garlic salt; set aside. Place chicken breast halves between 2 pieces of clear plastic wrap; use the flat side of a meat mallet to pound to a ¼-inch thickness. In a large skillet heat oil; brown chicken for 2 minutes on each side. Drain. Add wine and dash garlic salt; cover and simmer 4 minutes. Add artichoke hearts; cover and simmer about 2 minutes or till chicken is tender and artichoke hearts are heated through. Remove chicken, reserving 2 tablespoons of the drippings. Arrange chicken and artichoke hearts on warm dinner plates; keep warm. Add mayonnaise mixture to drippings in skillet. Cook and stir till heated through. Spoon over chicken. Serve with whole baby carrots. Makes 2 servings.

Nutrition information per serving: 466 cal., 36 g pro., 6 g carbo., 31 g fat, 102 mg chol., 546 mg sodium. U.S. RDA: 10% vit. C, 14% [illegible]



CRISCO® OIL'S LIGHT TASTE



SETS THE FLAVOR FREE!



Crisco Oil's remarkably light taste doesn't overpower the true, natural flavor of tender, crispy chicken or any delicious meal. With no greasy taste. No cholesterol. Tonight, get a leg up on great taste.

© 1986 The Procter & Gamble Co.

Only sensational salads earn the signature



When you see Signature Salads in your grocer's deli, you've found fresh salads that had to *qualify* for a place on your table. Signature Salads are made fresh daily with the quality ingredients you insist on. Every Signature Salad meets the strictest deli standards to earn your trust.

You'll find ingredients like whole fresh mushrooms—never canned—in Fresh Button Mushroom Salad. And 100 percent real ham—not ends and pieces of leftover deli meats—in Ham Salad. Real egg-rich mayonnaise, never salad dressing, goes into salads that qualify to be called Signature Salads.

The vegetables in salads like California Medley Salad are fresh, with a crispness no canned or frozen vegetables can match. And while many delis don't use cleaned deveined shrimp, nothing less is allowed in Shrimp Salad that bears the Signature.

In fact, the standards set for some Signature Salads were used by the U.S. Department of Agriculture to set their standards. High standards are just one more reason why these salads are qualified to be called Signature Salads.

On your next trip to the deli, ask if their salads qualify to be Signature Salads. You'll have the last word on quality, freshness and flavor.

Served by qualified delicatessens

SIGNATURE SALADS

National Signature Salad Review Board © 1986

WIN MONEY FOR YOUR RECIPES

This Month's Winners, Pg 101–102.

PRIZE TESTED RECIPES

THIS MONTH'S CATEGORIES

Whole Grain Side Dishes
Fish and Seafood Entrées

What creative multigrain side dish do you like to repare? When the mood strikes for a fish or seafood inner, what special recipe do you fix? Send us your ecipes—you could be a winner. Two Cooks of the Month eceive $100 each, two Runners-Up receive $50 each, and six Ionor Roll winners get $25 each. Recipes will be pictured on he Prize Tested Recipe pages next March. Winners also eceive a framed certificate and six copies of their recipe.

HINTS TO HELP YOU

Whole Grain Side Dishes: Your original recipe might be . salad, pilaf, or fruit and vegetable combination featuring ny grain such as wheat, couscous, rice, millet, or triticale. Do you use several grains or just one in your recipe? **Hints: 'ye-berry-stuffed turkey breast, wild rice salad.**

Fish and Seafood Entrées: Do you prefer to use the grill, oven, microwave, or skillet to cook your personalized fish or seafood recipe? Have you lightened classic fish recipes to match your lifestyle of healthful eating? **Tips: orange roughy and asparagus sauce, sweet-and-sour-stuffed shrimp, spicy cod stew, Cajun-style catfish.**

WINNERS IN THIS ISSUE

(See recipes on pages 101 and 102.)

Cooks of the Month

Gloria L. Bove, Bethlehem, Pa.
Ms. Carley Lindsay, Iowa City, Iowa

Runners-Up

Anne Billings, Deerfield Beach, Fla.
Mrs. Donna Lee Hanna, New Kensington, Pa.

Honor Roll

Joan B. Druhen, Waitsfield, Vt.; Crystal Garrard, Lebec, Calif.; Millie McCavour, Burnaby, B.C., Canada; Aynn Mullin, Fort Leavenworth, Kans.; Susan A. Reznicek, Ann Arbor, Mich.; Lillian Westfelt, Cleves, Ohio.

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "March Whole Grain Side Dishes" or "March Fish and Seafood Entrées." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, August 31, 1986. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8703 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation.



No Bake

Fudge Brownies

One 12-oz. pkg. (2 c.) Nestlé® TOLL HOUSE® Semi-Sweet Chocolate Morsels
One 14-oz. can sweetened condensed milk
One 8½-oz. pkg. chocolate wafers, finely crushed
1 c. chopped nuts, divided

Melt over hot (not boiling) water, Nestlé® TOLL HOUSE® Semi-Sweet Chocolate Morsels; stir until smooth* Add sweetened condensed milk, chocolate wafer crumbs and ½ c. nuts; stir until well blended. Press into foil-lined 8" square pan. Press remaining ½ c. nuts into top of brownie. Let stand at room temperature until firm. Cut into 2" squares. Makes: sixteen 2" brownies.
* In microwave: melt on high 1 min.; stir. Repeat.

TOLL HOUSE SEMI-SWEET MORSELS Nestlé

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens*® can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom - made items are omitted from the product listing.

DO-IT-YOURSELF REMODELING

Page 41 (*top*): Print—Blue Sun Galleries, 922 E. Westfield, Indianapolis, IN 46240. **Sheets** — Burlington Mills, 1345 Avenue of the Americas, New York, NY 10105. **(*Bottom*): Floor, wall tile**—Kate-Lo Incorporated, 6750 W. Broadway, Minneapolis, MN 55428. **Cabinets** — Bobger Cabinet Makers, 3737 Sutherland Avenue, Indianapolis, IN 46218.

Page 42 (*top*): Blinds — Levolor Lorentzen, Incorporated, 1280 Wall St., W, Lyndhurst, NJ 07071. **Folding chairs**—Brown Jordan, 9860 Gidley St., El Monte, CA 91734. **Hanging light fixture**—Pier I Imports, 2520 West Freeway, Ft. Worth, TX 76102. **Area rug**—Milliken & Company, La Grange, CA 30240. **French doors**—Morgan, 523 Oregon St., Post Office Box 2446, Oshkosh, WI 54902. **Door handle, latch**—Normbau Incorporated, 1040 Westgate Drive, Addison, IL 60101. **Floor tile**—American Olean Tile Company, Lansdale, PA 19446. **(*Bottom*): Track lights**—Halo Lighting, Division McGraw-Edison, 400 Busse Road, Elk Grove Village, IL 60007. **Floor, fireplace, hearth tile**—American Olean Tile Company, Lansdale, PA 19446. **Ceiling fan**—Great American Fan Company, Equity Avenue, Post Office Box 1236, Conway, AR 72032. **Knotty pine ceiling**—Champion International Company, 1 Champion Plaza, Stamford, CT 06921.

Page 43 (*top*): Hanging light fixture—Harvey Hubbell Incorporated, Christiansburg, VA 24073. **Floor tile**—American Olean Tile Company, Lansdale, PA 19446. **Ceiling fan**—Great American Fan Company, Equity Avenue, Post Office Box 1236, Conway, AR 72032. **Window shades**—BLP Interiors, 2102-C E. 52nd St., Indianapolis, IN 46205. **(*Bottom*): Cabinets**—Lager Kitchens, 35 Agnes St., East Providence, RI 02914. **Sink faucet**—Luwa Corporation, Post Office Box 16348, Charlotte, NC 28297-6348. **Dishwasher**—General Electric, Appliance Park, Louisville, KY 40225. **Track lights**—Halo Lighting, Division McGraw-Edison, 400 Busse Road, Elk Grove Village, IL 60007. **Hanging light fixture**—Pier I Imports, 2520 West Freeway, Ft. Worth, TX 76102.



MARVELOUS MAKEOVERS

Page 64 (*top*): Rug—Capel, Incorporated, 831 N. Main St., Troy, NC 27371. **Stack tables**—DIA, 123 Empire St., Montpelier, OH 43543. **Chairs** — Ello, 1034 Elm St., Rockford, IL 61102. **Lamps**—Nessen Lamp, Incorporated, 621 E. 216th St., Bronx, NY 10476. **Table** — Contemporary Mica, Incorporated, 1445 S. Laramie Avenue, Cicero, IL 60650. **Sofa**—E. R. Janata, 4632 S. Western Avenue, Chicago, IL 60609.

Pages 64–65: Rug—Capel, Incorporated (address above). **Table** — Contemporary Mica, Incorporated (address above). **Stack tables**—DIA, (address above). **Sofa**—E. R. Janata (address above). **Lamps**—Nessen Lamp, Incorporated (address above). **Chairs**—Ello (address above). **Blinds** — Kirsch Company, Post Office Box 0370, Sturgis, MI 49091.

Page 66 (left): Fabric and window treatment—Laura Ashley, Incorporated, Dept. 428H, 70 Marcus Drive, Melville, NJ 11747. **Blinds**—Verosol USA, Incorporated, RIDC Park West, 224 Park West Drive, Pittsburgh, PA 15275.

Pages 66–67: Fabric and window treatment—Laura Ashley, Incorporated (address above). **Blinds**—Verosol, Incorporated (address above).

MOVE-UP HOUSES
Page 68 (*top*): Windows—Pella Windows and Doors, Rolscreen Company, 00 Main St., Pella, IA 50219. **(*Bottom*): Cooktop**—Jenn-Air Corporation, Division of Maytag, 3035 Shadeland Drive, Indianapolis, IN 46226.
Page 69 (*bottom*): Tub—Kohler Company, Kohler, WI 53044.
Page 70 (*bottom left*): Table—Designer Collection, 17115 Jersey Avenue, Artesia, CA 90701. **Wallpaper**—Wallpride Incorporated, 7050 Valjean Avenue, Van Nuys, CA 91406. **Window shades**—Del Mar Window Coverings, 7150 Fenwick Avenue, Westminster, CA 92683. **Greenhouse window**—Vista-Room, Post Office Box 29253, Sacramento, CA 95819. **Cooktop**—Jenn - Air Corporation (address above). **Dishwasher**—KitchenAid, Incorporated, 3800 Space Drive, Dayton, OH 45414. **Sink, fixtures**—Kohler Company (adress above). **(*Top right*): Outdoor furniture**—Brown Jordan, 9860 Gidley Street, El Monte, CA 91734.
Page 71 (*top*): Sofa, chairs—Custom designed. **Striped fabric**—Pindler & Pindler, Incorporated, 2850 Santa Fe Avenue, Redondo Beach, CA 90278. **Carpet**—Royalweave Carpet Mills, 2310 E. 52nd Streeet, Los Angeles, CA 90058.
Page 72 (*top left*): Windows — Marvin Windows, 8043 24th Avenue, S, Minneapolis, MN 55420. **(*Bottom left*): Stove**—Magic Chef, Incorporated, 740 King Edward Avenue, SE, Cleveland, TN 37311. **(*Top right*): Door**—Nicolai Company, 500 NE. Multnomah Street, Portland, OR 97232.
FOUND LIVING SPACE
Page 74 (*top center*): Floor—Armstrong World Industries, Post Office Box 3001, Lancaster, PA 17604. **Ceiling fans**—Hunter, Division of Robbins Myers, Incorporated, 2500 Frisco Avenue, Memphis, TN 38114. **Table and chairs, trays, yellow chair**—Workbench, Incorporated, 470 Park Avenue, S, New York, NY 10016. **(*Bottom center*): Bathroom countertop**—Formica Corporation, 1 Cyanamid Plaza, Wayne, NJ 07470.
Pages 76–77: Carpet—Stratton Industries, Post Office Box 749, Highway 41, Cartersville, GA 30120. **Chair fabric**—Brunschwig Fils, 410 E. 62nd St., New York, NY 10021. **Dining chairs**—Storehouse, 2737 Apple Valley Road, NE, Atlanta, GA 30319.

PHILLY HAS ONLY HALF THE CALORIES OF BUTTER OR MARGARINE!

There. That should do it.



© 1986 Kraft, Inc.

BEST-OF-SEASON BURGERS
Page 78 (*top*): Plate "Hi Fi"—Mikasa, 41 Madison Avenue, New York, NY 10010. **(*Bottom*): Plate** "Rio"—Anchor Hocking Glass Corporation, Fifth & Pierce Sts., Lancaster, OH 43130.
Page 79: Plates "Colorings"—Waechtersbach USA, Incorporated, 8300 NE. Underground Drive, Kansas City, MO 64161.
GARDEN-FRESH CUISINE
Page 80: Platter "Amado" — Villeroy & Boch Tableware Limited, 41 Madison Avenue, New York, NY 10010.
Page 81 (*upper left*): Glasses—Bodum, 935 Horsham Road, Horsham, PA 19044. **(*Upper right*): Bowl and plate** "Les Bands"—Fitz & Floyd, 1371 Round Table, Dallas, TX 75247. **(*Bottom*): Plate** "Aragon" — Villeroy & Boch Tableware Ltd. (address above).
Pages 82–83 (*top*): Plate "Bel Fiore"—Villeroy & Boch Tableware Ltd. (address above). **(*Bottom*): Plate** — Waechtersbach USA, Incorporated, 8300 NE. Underground Dr., Kansas City, MO 64161.
Page 84: Plate "Napoli"—Rosenthal USA Limited, 6626 Metropolitan Avenue, Middle Village, NY 11379.
PRIZE TESTED RECIPES
Page 102 (*left*): Dessert dishes "La Konde Pink" — Fitz & Floyd 1371 Round Table, Dallas, TX 75247. **Sherbet dishes** — Riekes-Crisa Corporation, 1818 Leavenworth St., Omaha, NE 68102. **White tray** "Tech"—Beucler, Post Office Box 2382, Santa Ana, CA 92707. **(*Right*): Dinner plate** "English Chintz"—Mikasa, 41 Madison Avenue, New York, NY 10010. **Silverware** "Braid"—Yamazaki Tableware, Incorporated, 41 Madison Avenue, New York, NY 10010.



A MAD *MAL*

By Jim Williams



"Lunar" teapot, $300, and creamer by Wedgwood.
41 Madison Ave., New York, NY 10010



"Piazza" teapot, $44.; checkered cup and saucer by Taitu.
2150 Irving Blvd., Dallas, TX 75207



"New Wave" teapot by Fitz and Floyd, $25.
P.O. Box 815367, Dallas, TX 75381





Hutschenreuther's Arzberg "Modern Art" teapot, $60. "White River" cup and sugar.
41 Madison Ave,. New York, NY 10010

PHOTOGRAPHS PERRY STRUSE

TEA PARTY

Bright colors and bold, contemporary designs add fun to these stylish teapots.





"Katja" teapot by Towle, $18; sugar and creamer.
105 Sylvania Pl., South Plainfield, NJ 07080



Handpainted cat teapot from Animals & Co., $95.
Rte. 14, Box 226, Santa Fe, NM 87501



Designs by Jack Prince for Toscany. Teapot, $30.
225 Fifth Ave., New York, NY 10010

"Trio" teapot from Villeroy & Boch, $88.
41 Madison Ave., New York, NY 10010



HOW TO ORDER

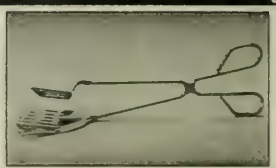
Lilies (page 59)

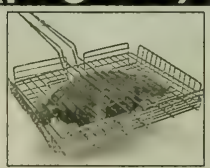


Dazzling blooms will abound when you add lilies to your garden plan. Planted this fall, these all-time favorites will provide a colorful show next summer. We have formed three collections of these carefree and hardy bulbs **available exclusively to readers of *Better Homes and Gardens*®.** Our **Asiatic Lilies Package** contains three each of Enchantment (orange), Connecticut King (yellow), Prominence (red), and White Happiness (white). Our **American Lilies Package** contains three each of Peachblush (pastel pink), Orange Flame (orange), Zeus (yellow), and Melon-Time (peach). Our **Aurelian Lilies Package** contains three each of Regale (white), Golden Splendor (yellow), and Pink Perfection (pink). **PLEASE NOTE: All Lilies will be shipped at the proper time for planting in your area of the country (approximately October 1 through November 30.)**

Garden-Fresh Cuisine (page 80)







Our **Barbecue Tool Set** includes basting brush, tongs, fork, and spatula. All are extra long for outdoor cooking (about 18 inches) with rosewood handles and leather hanging loops. All utensils are stainless steel. Our **Barbecue Spatula/Tongs** is a handy combination tool. Stainless steel, about 14 inches long. Our **All-Purpose Meat Grill** can be used directly over the coals on your outdoor grill or in your fireplace. Easy to turn, easy to use, and easy to clean; adjustable cover heights.

For Your Home Cooking Library







Hot Off the Grill puts extra sizzle and flair into barbecuing. Fresh, new flavor combinations go beyond the standard grilling favorites. Includes basics for gas, charcoal, and electric grills plus a chapter on smoking. A quality paperback containing 95 recipes, 38 color photos, and 3 menus. ***All-Time Favorite Barbecue Recipes*** is a complete guide to grilling. Hardcover. 96 pages, and 191 recipes. ***Hot & Spicy Cooking*** contains 90 gusto-grabbing recipes with a range of hotness. Includes instructions on how to use chilies and spices. A quality paperback with 42 color photos and 96 pages.

Send check or money order to:

Better Homes and Gardens SHOPPING SERVICE

Locust at 17th
Dept. 23A, Box 374
Des Moines, IA
50336

Name _____
Address _____
City _____
State _____ Zip _____

Page	Description	Qty.	Price	Total
MOVE-UP HOUSES (All prices shown at right)				
68	**No. 19461** Contemporary Country Home			
70	**No. 19458** Cape Cod, California Style			
72	**No. 19474** Solar-Efficient Victorian			
LILIES COLLECTIONS				
59	**No. 09176** Asiatic Lilies Package		$10.99	
59	**No. 09177** American Lilies Package		$16.99	
59	**No. 09178** Aurelian Lilies Package		$10.99	
GARDEN-FRESH CUISINE				
80	**No. 31152** Barbecue Tool Set		$22.99	
80	**No. 31153** Barbecue Spatula/Tongs		$4.99	
80	**No. 31121** All-Purpose Meat Grill		$8.99	
FOR YOUR HOME COOKING LIBRARY				
	No. 16285 *Hot Off the Grill*		$5.95	
	No. 16151 *All-Time Favorite Barbecue Recipes*		$6.95	
	No. 16289 *Hot & Spicy Cooking*		$5.95	
			Total of Merchandise	
			Sales Tax *	
			Shipping/Handling **	
			GRAND TOTAL	

***TAX NOTE:** We are required to collect and pay **STATE** taxes in Arizona, Connecticut, Florida, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, New Mexico, Pennsylvania, Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, New York, Ohio, Tennessee, Texas, Virginia, Washington.

****Shipping and Handling:**

For orders up to $5.00	$1.00
$5.01 to $10.00	$1.95
$10.01 to $20.00	$3.00
$20.01 to $30.00	$3.75
$30.01 to $50.00	$4.35
Over $50.00	$4.75

Credit Card Orders Speed Delivery! Fill in the lines below or **CALL TOLL FREE 800-247-5099.** In Iowa, call collect, 515-284-2856. (Toll Free not available in Alaska or Hawaii.)

Credit
Card No. _____
Expiration Date (Month/Year) _____

100% MONEY-BACK GUARANTEE if not completely satisfied!

Better Homes and Gardens®

***Better Homes and Gardens*® Family Shopping Service has selected the products shown on this page to help you re-create in your own home the ideas shown on our editorial pages.**

You save time because we've done the shopping for you.

And you can be completely confident the home plans, cookware, books, and gardening products presented on this page are of the highest quality and meet our strict standards of excellence.

Move-Up Houses (page 68)



Contemporary Country Home
(page 68)



Cape-Cod, California Style
(page 70)



Solar Efficient Victorian
(page 72)

These three home plan designs feature snazzy spaces designed for today's lifestyles. Curb appeal, smart energy design, eat-in kitchens, master suites, and other extras make each of these designs prime movers in the new house marketplace.

Choose Your Dream House the *Better Homes and Gardens*® Way!

All *Better Home and Gardens*® plans are chosen with these criteria in mind:

- Aesthetically pleasing, inside and out
- Smooth-flowing traffic pattern
- Well separated public and private areas
- Cost-effective use of space and building materials
- Suited to its climate

ALL PLANS ARRIVE COMPLETE, READY TO USE

All ***Better Homes and Gardens*®** Home Plans include a materials list for easy estimating, a full outline of specifications, and complete drawings including: exterior elevations, foundation plans showing structural support and type of material, floor plan dimensions for each level, roof plan details, kitchen and bathroom cabinet details, and a money-saving list of energy-efficient specifications.

GREAT SAVINGS . . . QUALITY HOME PLANS

Complete Home Builder's Set of Eight	$155.00
Contractor's Set of Five	$135.00
Individual Home Plan	$95.00
Additional Sets of the Same Plan	$25.00

Enjoy tremendous savings by ordering our popular 8-Set Home Builder's Package — enough plans for your general contractor, building permit department, bank/loan company, interior designer, electrical contractor, plumber, heating/ventilation contractor, and YOU!

100% MONEY-BACK GUARANTEE

Order our plans with confidence . . . you must be completely satisfied with your purchase or we want you to return the plans to us for a full, 100% Money-Back Refund — including shipping and handling

Lite 'n' Ripe Olive Masterpieces



Cheesy Tomato and Olive Appetizer



Mexican Pasta Dinner

Shrimp Sauté



Antipasto Salad

There has never been a better time to start enjoying the lite, delicious flavor of mellow, California ripe olives.

For a free copy of the new Weight Watchers approved recipe booklet, "More Ripe Olive Masterpieces," write to: California Olive Industry, Dept. WW8, P.O. Box 4098, Fresno, CA 93744



California Olive Industry

© 1986


DuPont Quality Fibers
Antron® · Orlon® · Dacron®
The Spoile
Action
RECLINERS BY
Lane®
The way America takes it easy.

The Great American LANE RECLINER SALE

AND SWEEPSTAKES

Now through Labor Day. It's our salute to the working men and women of America.

Save up to 40% on selected Lane recliner styles.

Visit a participating store listed below for special red, white and blue savings on the world's most comfortable chair, an Action Recliner by Lane. It's our salute to the working men and women of America.

And while you are there be sure to register for one of ten (10) expense paid trips for two (2) to see the Statue of Liberty.

The No. 1 selling recliner in America.

The Spoiler, like all Lane recliners, is incredibly comfortable. Each recliner has a superb mechanism either as a Wall-Saver® or rocker recliner that operates smoothly, silently and efficiently, and is backed by a lifetime limited warranty.

WIN A TRIP TO SEE THE STATUE OF LIBERTY.

Win one of ten (10) expense paid trips for two to see the Statue of Liberty. Included is air and ground transportation. Lodging for three (3) nights in one of New York's finest hotels, all meals, show tickets and cash for a shopping spree on fabulous Fifth Avenue. Visit a participating store for entry forms, official rules and details. No purchase necessary. Must be 18 or older to enter. Enter at dealer by September 6, 1986. Void where prohibited.



RTICIPATING DEALERS:

ALIFORNIA
- aheim—**R. B. Furniture**
- tesia—**R. B. Furniture**
- akersfield—**R. B. Furniture**
- arstow—**Rodman Home Fnshgs.**
- eaumont—**H.C.I. Furniture**
- armichael—**Beck's Furniture**
- hico—**Chico Furniture**
- hino—**R. B. Furniture**
- hula Vista—**Arnold's South**
- ity of Industry—**R. B. Furniture**
- orona—**Ray's Furniture Company**
- osta Mesa—**R. B. Furniture**
- ovina—**R. B. Furniture**
- rescent City—**Baker & Stanton**
- ulver City—**R. B. Furniture**
- owney—**R. B. Furniture**
- l Toro—**R. B. Furniture**
- ureka—**The White House**
- ort Bragg—**Fort Bragg Furn. Mart**
- ortuna—**Low's Furniture**
- resno—**R. B. Furniture**
- ullerton—**R. B. Furniture**
- lendale—**R. B. Furniture**
- ranada Hills—**R. B. Furniture**
- rass Valley—**Sofa Sensations**
- emet—**Rodman Home Furnishings**
- luntington Beach—**R. B. Furniture**
- ahabra—**R. B. Furniture**
- ongbeach—**R. B. Furniture**
- Los Angeles—**R. B. Furniture**
- Monterey Park—**Monterey Park**
- Napa—**Allen & Benedict**
- Northridge—**R. B. Furniture**
- Pacifica—**Alexander's Home Fnshgs.**
- Pasadena—**R. B. Furniture**
- Pomona—**R. B. Furniture**
- Rancho Mirage—**R. B. Furniture**
- Redding—**Redding Furniture**
- Riverside—**Olsan's**
- Riverside—**R. B. Furniture**
- Roseville—**Miller's Furniture**
- San Anselmo—**Braverman's**
- San Bernardino—**Olsan's**
- San Bernardino—**R. B. Furniture**
- San Carlos—**Laurel Furniture**
- San Diego—**Arnold's Interiors**
- San Diego—**Arnold's Whse. Shwrm.**
- San Marcos—**Arnold's Family Room**
- Santa Ana—**R. B. Furniture**
- Santa Rosa—**Pedersen's Furn. Co.**
- Stockton—**R. B. Furniture**
- Susanville—**Robbin's Furniture**
- Sutter Creek—**Barron's of Sutter Crk.**
- Thousand Oaks—**R. B. Furniture**
- Torrance—**R. B. Furniture**
- Ukiah—**Arneson's Home Fnshgs.**
- Ventura—**R. B. Furniture**
- Victorville—**Rodman Home Fnshgs.**
- West Los Angeles—**R. B. Furniture**
- Westminster—**R. B. Furniture**
- Woodland Hills—**R. B. Furniture**
- Yuba City—**Evan's Furniture**

OREGON
- Albany—**Gray's Home Furnishings**
- Ashland—**Provost Furniture**
- Baker—**Rouse's Home Furnishings**
- Beaverton—**R. B. Furniture**
- Bend—**M. Jacobs**
- Brookings—**Appels**
- Canby—**Martin's Town & Country**
- Clackamas—**R. B. Furniture**
- Eugene—**Edmann Furniture**
- Eugene—**Meier & Frank**
- Eugene—**M. Jacobs**
- Eugene—**Self Service Furniture**
- Gold Beach—**Henry Schroeder & Sons**
- Grants Pass—**Household Furniture**
- Hillsboro—**Self Service Furniture**
- Hood River—**Murray's Furniture**
- Klamath Falls—**Anderson Hme. Fnshgs.**
- Lebanon—**Gibbs Furniture**
- Medford—**Self Service Furniture**
- Myrtle Point—**Henry Schroeder & Sons**
- North Bend—**Henry Schroeder & Sons**
- Portland—**Kelley's Recliner Shwcse.**
- Portland—**Leather Furniture Co.**
- Portland—**Meier & Frank**
- Portland—**R. B. Furniture**
- Portland—**Self Service Furniture**
- Portland—**Shleifer Furniture**
- Redmond—**Wilson's Furniture**
- Reedsport—**Manthe's Home Fnshgs.**
- Roseburg—**Carsten's Furniture**
- Salem—**Meier & Frank**
- Salem—**Self Service Furniture**
- The Dalles—**Hampton Furniture**
- Tigard—**Directors**
- Tigard—**Self Service Furniture**

WASHINGTON
- Bellingham—**Van's Furniture**
- Bremerton—**Kaufman Lebo**
- Centralia—**Ken Schoenfeld**
- Everett—**Behars Furniture**
- Federal Way—**R. B. Furniture**
- Hogulam—**Ken Schoenfeld Furniture**
- Lynnwood—**R. B. Furniture**
- Oak Harbor—**Whidbey Furniture**
- Peshastin—**Boswell & Sons Furn.**
- Port Angeles—**Angeles Furniture**
- Raymond—**Jensen's Furniture**
- Redmond—**R. B. Furniture**
- Spokane—**Millwood Furniture**
- Tacoma—**R. B. Furniture**
- Tacoma—**Schoenfeld's Furniture**
- Tukwila—**Ken Schoenfeld**
- Tukwila—**R. B. Furniture**
- Vancouver—**Sparks**

For a brochure, write: Action Ind., Dept. No. AC61, P.O. Box 1627, Tupelo, MS 38802.

Once we perfected the pickle,



The perfect sweet pickle should sound so crisp and so crunchy that it threatens the sound barrier. That's why DEL MONTE® Sweet Pickles are sweetened and pickled in the vat for perfect crispness. Not in the bottle for something less than perfect. That's why we use 40 natural spices for perfect flavoring instead of artificial spices or coloring. But that's what it takes to find perfection in the pickle. No one said it would be easy.

perfecting the relish was easy.



First of all, we only use DEL MONTE® Pickles in DEL MONTE Relishes. Why should we gamble with someone else's pickles when we already have the perfect pickle? And since we don't compromise on the pickles in our relishes, we don't compromise on anything else in our relishes. We only use special bell peppers and natural spices for flavoring. Never any artificial spices or fillers. The result is a relish so perfect it brings the best out of anything you put it on.



Pickled perfection.

© 1986 Del Monte Corporation

FOOD NEWS

Irradiated Foods: Key To Freshness

Within the next few years, you may be able to buy produce that stays fresh in your refrigerator for weeks on end. And, before the year 2000, meats that keep for extended periods could be available, too. These foods will owe their longer shelf life to a preservation process called irradiation.

Food irradiation has been approved for use in more than 20 countries. In the U.S., irradiation has been permitted for several years on some foods, but there has never been any commercial use of the process. Unlike canning or pasteurization in which heat is used to preserve the food, irradiation is a process that does not noticeably affect a food's natural color, taste, or texture.

Potential processing value

During irradiation, foods are exposed to gamma rays (similar to X rays) which—depending on the dose—can kill insects, bacteria, yeasts, molds, and other food contaminants. For more than 40 years, FDA scientists have reviewed tests that indicate this process poses no danger to our health. Presently, the FDA allows low-dose irradiation of some spices and grains to control insects and bacteria. The process also is used to control sprouting in potatoes. Recently, the FDA proposed that higher levels of irradiation be used to control insects and bacteria in a variety of foods.

Consumers have final approval

If these irradiation proposals are approved, food processors have a hurdle to overcome: consumer acceptance. There are some consumer fears of irradiation; just the word "irradiation" raises concern.

Additionally, irradiation of foods cannot be detected by appearance, so consumer groups advocate that this preservation process be labeled on retail foods. You'll be hearing more about irradiated foods.



Aspiring Artist.

















The beautiful color and delicate texture of California Avocados can quickly turn any dish into a culinary masterpiece. They may even inspire your guests to request unlimited additions.

California™
AVOCADOS

They're ripe with possibilities.



GOLDEN GRAIN'S SUMMER COOLER.

Cool, refreshing and easy on the waistline, our Summer Cooler Salad makes for delightful warm weather enjoyment. You can't miss when you use firm textured regular or spinach Rotelle, made from Golden Grain's pure semolina wheat. It's a cool midsummer dream.

Summer Cooler Salad

⅔ cup oil
½ cup white wine vinegar
1 Tbsp. Dijon mustard
1 tsp. salt
½ tsp. pepper
2 cloves garlic, minced
2 tsp. sweet basil leaves
1 pkg. GOLDEN GRAIN ROTELLE, regular or spinach
1 head cauliflower or broccoli flowerets, cooked
1 pkg. (9 oz.) frozen cut Italian style green beans
1 can (6 oz.) large ripe olives, drained
1 cup cherry tomato halves
1 cup jack cheese, cubed (¼ lb.)

Combine oil, vinegar, mustard, salt, pepper, garlic and basil. Cook pasta as directed on package, drain and rinse in cold water. Toss dressing with pasta and remaining ingredients. Chill. Makes 12 cups salad.



MANUF. COUPON | EXPIRATION DATE 07/31/87

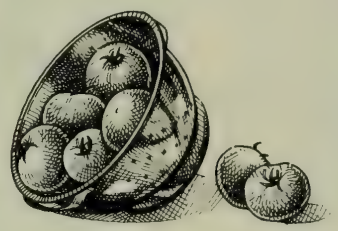
15¢ OFF
on any package of Golden Grain Rotelle

DEALER: We will redeem this coupon for 15¢ plus 8¢ handling if used to purchase one package of Golden Grain Rotelle. Mail coupon to Golden Grain Macaroni Co., P.O. Box 1480, Clinton, Iowa 52734. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request. Any other use constitutes fraud. Offer void wherever taxed, restricted or prohibited. Limit one coupon per purchase. Cash value 1/20 cent. Golden Grain Macaroni Co., San Leandro, CA 94578

15300 109491

PST-BHG-0886-NCA

Juicy Tomatoes Year-Round



Winter tomatoes can be just as juicy and flavorful as those you enjoy in summer. All it takes is a few tricks to help them ripen in your kitchen. The tomatoes you buy in the summer usually are locally grown and ripen on the vine. Winter tomatoes, on the other hand, are grown in sunny Florida, California, and Mexico. Since fully ripe tomatoes perish quickly, winter-grown tomatoes are shipped underripe. Ripening must be completed at home to develop flavor and texture.

Tips for ripening

- When buying tomatoes in the winter, choose firm ones a few days before you plan to use them.
- Place tomatoes in a large bowl or colander with stem end up to prevent bruising. Set them on a counter or pantry shelf out of direct sunlight. (High humidity also is ideal for best ripening.) Or, place tomatoes in a paper bag with a few small air vents cut into the sides.
- Keep tomatoes out of the refrigerator till fully ripened. Tomatoes need temperatures between 60 to 75 degrees to ripen properly. Cold temperatures inhibit flavor and color development.

Are they ripe yet?

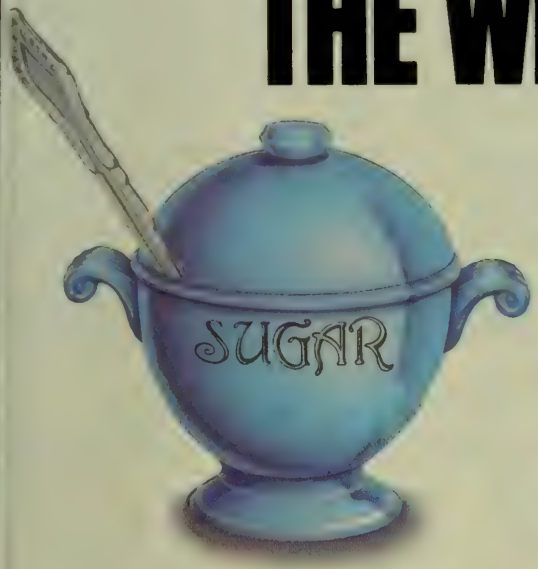
Tomatoes are fully ripened when completely red or reddish-orange, depending on the variety. They also will have a sweet aroma and give slightly to pressure. Using the above methods, this will take three to four days. Store ripe tomatoes in the refrigerator and use them within a few days.

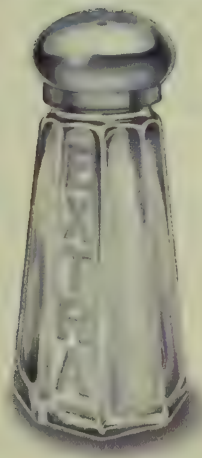
Illustration: Thomas Rosborough

THE RIGHT STUFF.



THE WRONG STUFF.







At Adams, we believe there's only one thing that belongs in peanut butter. Peanuts, freshly roasted and lightly salted. Anything else just spoils the taste.

ADAMS 100% NATURAL PEANUT BUTTER. SIMPLY NUTS.



MANUFACTURER COUPON/EXPIRES JAN. 31, 1987

25¢

SAVE 25¢ ON ADAMS 100% NATURAL PEANUT BUTTER.

Consumer: You must present product and coupon together at checkout. Retailer: Coupon value plus 8¢ handling for specified product only. Customer pays sales tax; void where prohibited, taxed or restricted. Sufficient stock invoices to cover redemption if requested. Outside agency redemption not allowed. Send to INT'L. MULTIFOODS, DEPT. #5904, EL PASO, TX 79966.

INTERNATIONAL MULTIFOODS.

24800 112559

Made in the Northwest since 1916.

© 1986 International Multifoods



21" **LaNEWBORN** is made of a remarkable new soft vinyl which looks and feels real, and is fully-washable, and poseable, with jointed arms, legs and head. **LaNEWBORN** is only one day old . . . its acrylic eyes are just slightly open, its umbilical cord is still visible, and of course, it has a "soft spot" on its carefully sculpted head. **LaNEWBORN** is anatomically correct for complete realism. Specially-packaged for us in a unique carrying box, including birth certificate, first care booklet, wristband and velcro-attached flannel diaper.

$40.00 each postage-paid in U.S.A.

PLEASE SPECIFY
BOY OR GIRL
BLACK OR WHITE

OUTSIDE U.S.A. ADD $10 PER ORDER SHIPPING & HANDLING

THE DOLL FACTORY INC.

1953 S. Military Trail - Dept. 686
West Palm Beach, FL 33415
(305) 967-9772

VISA MasterCard

Please pay by Check or Charge
Sorry, we do not ship C.O.D.
FLORIDA RESIDENTS ADD 5% SALES TAX
15 DAY SATISFACTION GUARANTEE
DEALER INQUIRIES INVITED



Easy-to-do Cross Stitch... Yours for ONLY $8.99!

Home is Where the Heart is

Available ONLY from
Better Homes and Gardens®

The authenticity of this 18th-century sampler is delicately revived in a quick-to-do stamped cross-stitch. Exclusive kit includes: special wrinkle-resistant fabric; 6-strand long fiber cotton floss in green, red, brown, blue, lavender and yellow; custom-molded, ready-to-hang Colonial Green frame; clear instructions. Measures 9" x 12" and is a perfect accent for den, bedroom, living room and hall.

100% MONEY-BACK GUARANTEE
if not completely satisfied!

HOW TO ORDER

1. Specify No. 27742 Cross Stitch Sampler $8.99 plus $1.50 shipping/handling. Include sales tax* if applicable.
2. Send name, address, order and remittance to:

Better Homes and Gardens SHOPPING SERVICE

Locust at 17th
Dept. 23E, Box 374
Des Moines, IA 50336

*TAX NOTE We are required to collect and pay STATE taxes in Arizona, Connecticut, Florida, Illinois, Iowa, Kansas, Michigan, Missouri, New Mexico, Pennsylvania, Wisconsin. We are required to pay STATE/LOCAL taxes in California, Georgia, New York, Ohio, Tennessee, Texas, Virginia, Washington

DECORATING

TLC for Outdoor Furniture

Quality designs and materials make today's porch, patio, and garden furniture tougher than ever. These tips and your tender loving care can help keep casual furniture looking good in all kinds of weather.

ALUMINUM

- Before using, inspect the furniture for damage. Tighten loose screws, and replace rusty ones with the corrosion-resistant kind. Replace worn cords or webbing, using available kits.
- Spray stiff joints of folding furniture with silicone lubricant.
- Remove white blotches with a coat of aluminum naval jelly; hose it off after a few minutes.
- Restore a satiny look with a commercial aluminum brightener, or fine steel wool dipped in kerosene. For a protective finish, apply clear lacquer or automobile paste wax.
- Wash color-coated aluminum with a mild detergent. Cover scratches with matching touch-up paint; protect with automobile wax.

WROUGHT IRON

- Remove rust with a wire brush and sand with coarse steel wool.
- Repair broken or loose joints with epoxy cement, following instructions on the label.
- Apply a special rust protector that leaves a polymer coating.
- Retouch with acrylic or oil-based paint. *Don't* use latex.
- Protect with a topcoat of automobile paste wax.

PLASTIC

- Furniture made of molded synthetics or PVC (polyvinyl chloride) shouldn't show wear for several years. To freshen, wash with a mild detergent or, better yet, creamy car polish.



Fuller-O'Brien Brings The Crown Jewels to The Bay Area

Give your home the ultimate in beautiful results and lasting protection with the very best in quality paints. Fuller-O'Brien's Crown Jewels.

- The Best for Color: Rich, clear, pure—over 1,000 beautiful colors!
- The Best for Durability: Excellent coverage and tougher finish, because we use nothing but the finest materials.
- The Best for Convenience: Easy to apply, easy to clean up with just soap and water.
- The Best...for Less: Enjoy the lasting beauty of Fuller-O'Brien's Crown Jewels at special prices now until September 1st.

Weather King II® Exterior Latex House Paint
Fights weather, moisture and mildew even better than before. A new formula so advanced we call it a "revolution in a can." Now $15.69 a gallon.

Ful-Flo® Latex Semi-Gloss Enamel
The perfect finish for woodwork, kitchen or bath. Now $15.69 a gallon.

Ful-Shield® Latex Flat Enamel
Scrubbable protection for heavy traffic areas. Now $15.69 a gallon.

Liquid Velvet® Latex Wall Paint
Long lasting, washable finish for a superior interior. Now $12.69 a gallon.

Look for the Crown Jewels at your Fuller-O'Brien Pro Shop. And discover why we say,
"If It's Worth Painting, It's Worth Fuller-O'Brien...Simply the Best."

See the Fuller-O'Brien Pro Shop dealer nearest you:

CASTRO VALLEY
Pete's Hardware Co., Inc.
2569 Castro Valley Blvd.
(415) 581-7633

FAIRFIELD
Franklin Paint & Wallpaper
1127 N. Texas St.
(707) 422-8846

LAFAYETTE
Fiesta Paints
30 Lafayette Circle
(415) 284-4353

MENLO PARK
Chaney's Paint & Wallpaper
846 Santa Cruz
(415) 325-9582

MORGAN HILL
Morgan Hill Paint & Wallpaper
16005 Monterey Rd.
(408) 778-5020

MOUNTAIN VIEW
Fuller-O'Brien Paints
1952 El Camino Real West
(415) 968-6035

OAKLAND
Fuller-O'Brien Paints
3356 Piedmont Ave.
(415) 547-4924

PLEASANT HILL
Fuller-O'Brien Paints
1476 Contra Costa Blvd.
(415) 685-2722

PORTOLA VALLEY
Portola Valley Hardware
112 Portola Valley Rd.
(415) 851-0116

REDWOOD CITY
Jordan's Paint & Wallpaper
837 Jefferson Ave.
(415) 366-3400

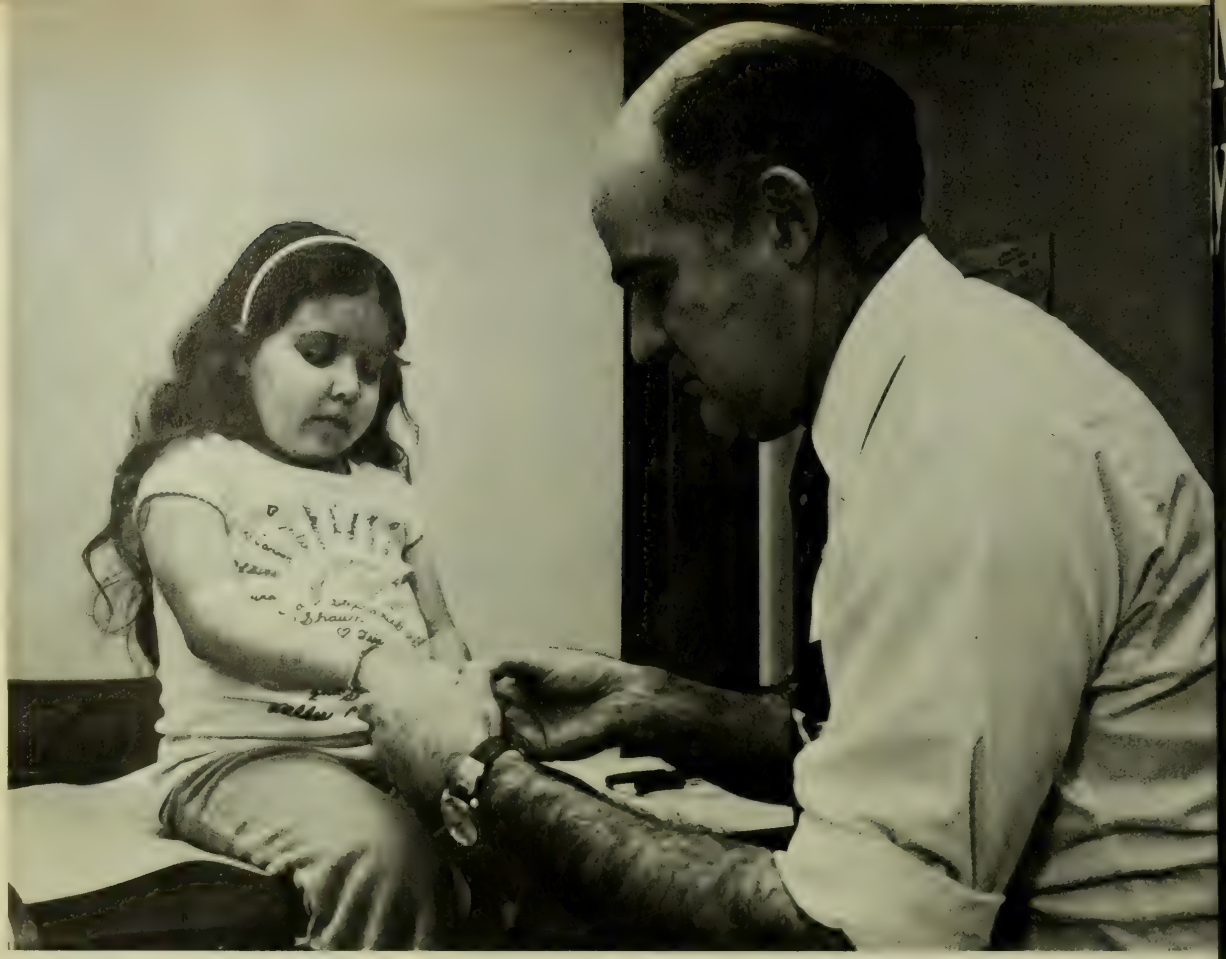
SAN BRUNO
San Bruno Lumber
101 San Bruno Ave.
(415) 588-4674

SAN FRANCISCO
Fuller-O'Brien Paints
1580 Pacific Ave.
(415) 673-6927

West Portal
True Value Hardware
311 West Portal Ave.
(415) 664-6860

SAN JOSE
Fuller-O'Brien Paints
1355 S. Bascom Ave.
(408) 287-2940

FULLER O'BRIEN® PAINTS
The Pro Shop



Do you believe in miracles?

For more than 65 years, Children's Hospital at Stanford has been a "miracle of a place" for children suffering from serious diseases and disabilities. Hard-to-live-with illnesses such as cancer, cystic fibrosis, cerebral palsy, and more.

You can help these boys and girls to healthier, happier lives by attending the Tally Ho Horse Show and Party at the Menlo Circus Club. All proceeds benefit this exceptional hospital, widely known for its contributions to pediatric care, teaching, and research.

Join us at Tally Ho for a day of fun: horse show, fashion show, entertainment, cocktails, and dining. And find out how good it feels to be a miracle worker, too!

Tally Ho Horse Show and Party
September 13, 1986
Menlo Circus Club
Atherton, CA

Information: (415) 367-7115

Woodside-Atherton Auxiliary
to Children's Hospital

Children's Hospital at Stanford

SF/H 2

Media Networks puts your local advertising in the right hands.



your business can benefit by reaching the upscale onsumers in your local market, then your advertising iessage should be running in prestigious national iagazines that reach this fast-moving target audience.

Media Networks will place your full page ad in a etwork of consumer, news and business magazines ncluding *Time, Newsweek, Sports Illustrated, House leautiful*—and many more. You pay only the local rate or issues delivered directly into the homes of your local usiness prospects. Yet your ad receives all the impact nd attention that only national magazines can offer.

Our free Target Media evaluation will help you select the best magazine mix for pinpoint accuracy in any of over 150 local U.S. markets. So you can reach just the right people, wherever they live.

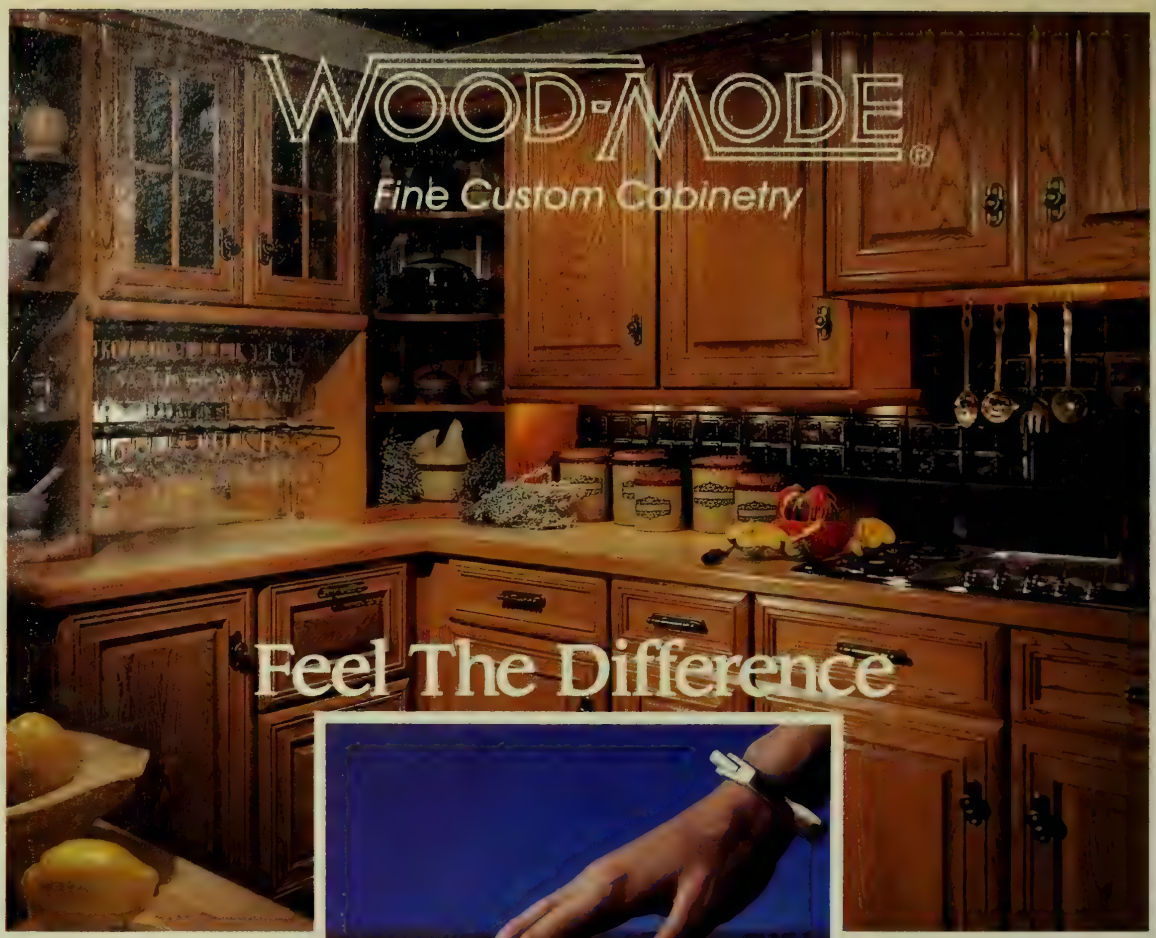
We'll show you why no one can reach your audience like Media Networks. Place a fast, toll-free call to 1-800-328-0016 or in Minnesota 1-800-642-6303.

Media Networks, Inc.
Reach your customers where they live.

Media Networks, Inc.
266 East Main Street
Stamford, Connecticut 06902
Telephone: (203) 967-3100



MNi/3M



First you'll notice the beauty of the wood. You'll want to touch it ... and you will. Rich, satiny smooth. You'll run your hand over a second cabinet with the same result.

You're experiencing the Wood-Mode difference ... a difference you can feel.

Providing you this quality difference requires a great deal more time; a lot of individual care and attention to detail. But, because we take the time and the care, our hand-rubbed finishes—which include oil rubbing, steel wool polishing and sheepskin buffing—have set a standard for the world.

In fact, Wood-Mode's multi-step finishing process of hand-applied wiping stains, sealers, catalyzed varnishes, oven baking and hand-rubbing result in a cabinetry finish unsurpassed in beauty, durability and toughness. It won't chip, peel or waterspot.

Wood-Mode fine cabinetry finishes. A story of quality. A story of value. And, another of the many reasons why Wood-Mode is America's best selling line of custom-built cabinetry.

WOOD-MODE®

Fine Custom Cabinetry

For More Information Contact Any Of The Following Authorized Dealers –

Albany
House of Kitchens
1325 Solano Ave.
Albany, CA 94706
415-525-5576

Los Gatos
European Kitchens
7 N. Santa Cruz Ave.
Los Gatos, CA 95030
408-395-1944

Millbrae
Kitchens, Baths & Cabinets
1795 El Camino Real
Millbrae, CA 94030
415-952-6323

Oakland
Federal Building Co.
3630 Park Blvd.
Oakland, CA 94610
415-482-0300

Redwood City
Selby House
1 E. Selby Lane
Redwood City, CA 94063
415-364-9686

San Francisco
Siematic
200 Kansas St.
San Francisco, CA 94103
415-558-8811

San Jose
Pacific Kitchens
1110 Meridian Ave.
San Jose, CA 95125
408-723-7073

San Rafael
Lamperti Inc.
1241 Andersen Dr.
San Rafael, CA 94901
415-454-1623

Sonoma
Design Cabinet Showroom
800 W. Napa St.
Sonoma, CA 95476
707-938-5087

Sunnyvale
International Kitchen Exchange
1175 A East Homestead Rd.
Sunnyvale, CA 94087
408-296-3055

SIN-FREE SWEETS

LUSCIOUS, LOW-CAL, LOW-FAT FROSTIES

ake the cream out of ice cream and what do you get? Light and cious, low-fat, low-cal creations. k any one of these icy-cold cones less than 200 calories. Forget the ne and save 40 calories.

REAMY CRANBERRY LICKIN'

- 1 envelope unflavored gelatin
- ¼ cup cold water
- 2 cups buttermilk
- ¼ cup frozen cranberry-orange relish, thawed
- ½ cup sugar
- ¼ cup orange juice
- 1 teaspoon vanilla
- 1 egg white
- 2 tablespoons sugar

In small saucepan soften gelatin in ater about 5 minutes. Cook and stir er medium heat till gelatin dissolves. ansfer to a large mixing bowl. Stir in ttermilk, relish, ½ cup sugar, orange ice, and vanilla. Turn into 8x8x2-inch an. Cover and freeze till almost firm.

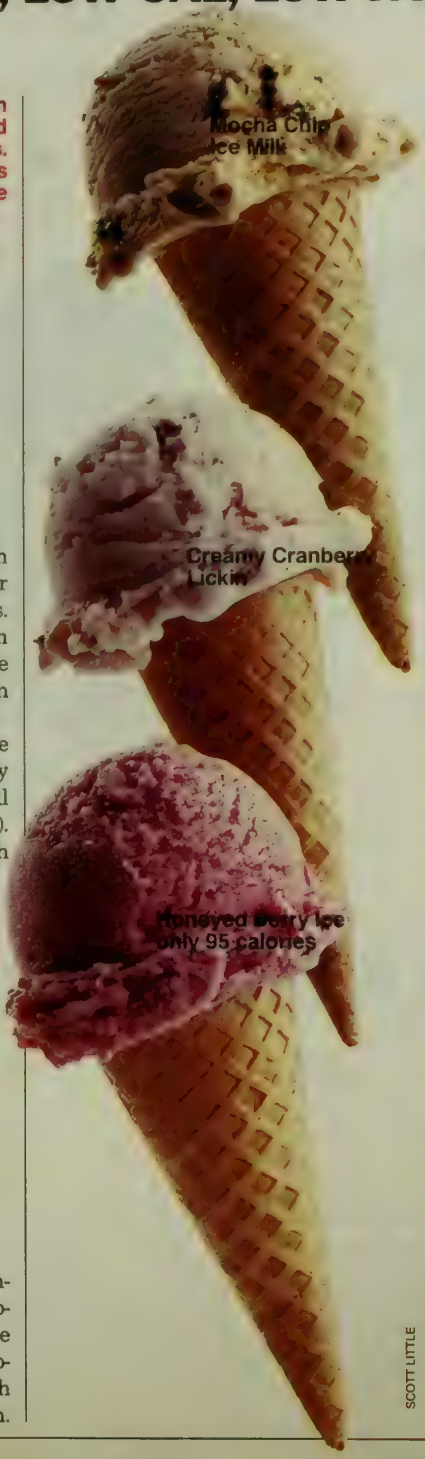
In small mixer bowl beat egg white ll soft peaks form (tips curl); gradually ld the 2 tablespoons sugar, beating till iff peaks form (tips stand straight). reak frozen mixture into chunks with wooden spoon; turn into a chilled rge mixer bowl. Beat on medium peed till fluffy. Fold in egg white. eturn mixture to cold pan. Cover; eeze till firm. Makes 12 (½-cup) ervings.

Nutrition information per serving: 2 cal., 2 g pro., 21 g carbo., 0 g fat, 1 g chol., 53 mg sodium.

HONEYED BERRY ICE

- 1 16-ounce can red raspberries
- 2 8-ounce cartons low-fat vanilla yogurt
- 1 tablespoon honey

Place raspberries in blender contain- r or food processor bowl; blend or pro- ess till smooth. Strain fruit to remove eeds. Mix together berry puree, yo- urt, and honey. Pour into 8x8x2-inch an. Freeze for 2 or 3 hours or till firm.



SCOTT LITTLE

Break frozen mixture into chunks with a wooden spoon and place in chilled large mixer bowl. Beat with an electric mixer on medium speed till fluffy. Return to pan; cover and freeze at least 6 hours or till firm. Makes about 8 (½-cup) servings.

Nutrition information per serving: 95 cal., 3 g pro., 19 g carbo., 1 g fat, 3 mg chol., 42 mg sodium. U.S. RDA: 11% calcium.

MOCHA CHIP ICE MILK

- ⅔ cup sugar
- 1 envelope unflavored gelatin
- 2 13-ounce cans (3⅓ cups) evaporated skim milk
- 1 slightly beaten egg white
- 1 beaten egg
- 1 tablespoon instant coffee crystals
- 1 teaspoon vanilla
- 1 square (1 ounce) semisweet chocolate, chopped

In a large saucepan stir together the sugar and gelatin. Stir in *half* of the milk. Cook and stir over medium-low heat till mixture almost boils and sugar dissolves; remove from heat. Stir together the egg white and egg. Stir about *half* of the hot mixture into egg mixture; return all to saucepan. Cook and stir 2 minutes more. Add remaining milk, coffee crystals, and vanilla. Cool about 30 minutes. Pour into a 9x9x2-inch pan. Freeze 2 to 3 hours or till firm.

Break the frozen mixture into chunks with a wooden spoon. In a chilled large bowl beat on medium speed till fluffy. Stir in chocolate. Return to cold pan. Cover and freeze till firm. Let stand 10 minutes at room temperature before serving. Makes 10 (½-cup) servings.

Nutrition information per serving: 142 cal., 8 g pro., 24 g carbo., 2 g fat, 30 mg chol., 110 mg sodium. U.S. RDA: 17% riboflavin, 25% calcium, and 18% phosphorus.

Low isn't... lowest.



4mg 5mg 7mg 5mg 3mg

Now Menthol is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

NOW. THE LOWEST OF ALL BRANDS

Competitive tar levels reflect either the Jan '85 FTC Report or FTC method

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

NATURE CONSERVANCIES

America's Best-Kept Vacation Secret

By George S. Bush

In wondrous enclaves of aboriginal America across our land, animals and plants of bygone times live as they did before our continent was colonized. Enjoy nature's handiwork at these sanctuaries as part of your vacation.



GEORGE S. BUSH

Getting closer to nature on your vacation



INQUISITIVE KIT FOX



KONZA PRAIRIE, KANSAS



NESTING EGRETS



GEORGE S. BUSH

TINY RAMSEY CANYON CREATURE



NIGHTSHADE BLOSSOMS

WHAT TO SEE WHERE

For nature's best shows

Nearly 1,000 preserves belong to The Nature Conservancy, an organization dedicated to saving unique, untouched areas from abuse. You can explore the sanctuaries by foot, on boat tours, or by canoe. Some may be close enough for weekend treks; others lie within easy detours along vacation routes.

● ***Conservancy preserves include every conceivable environment***—desert mountains to primeval forests. Their ecosystems support creatures you rarely see elsewhere, such as eagles and manatee, in their natural habitats. Flora is equally diverse, sometimes flourishing in such amazing combinations as cacti blooming just beyond the shade of northern pines.

● ***Sanctuaries aren't set up for lengthy stays.*** With one notable exception (Mile Hi/Ramsey Canyon Preserve, see *page 114*), they don't offer lodgings or camping. You have to rely on facilities in the vicinity.

This guide features five sanctuaries and glimpses of others. For lists of preserves in various parts of the country, write to: **Stephanie Sklar, The Nature Conservancy, 1800 N. Kent St., Dept. BHG, Arlington, VA 22209.** She'll send you a roster of conservancy chapters to contact for particulars.

continued


GREAT HORNED OWL

PAUL BULTSMA


DELICATE PRIMROSE

DAVE BARTRUFF


A PRAIRIE SEMINAR

PATRICIA D. DUNCAN


PAINTED LADY BUTTERFLY

RON PANZER


BALD EAGLE

ERWIN AND PEGGY BAUER

continued

MILE HI/RAMSEY CANYON

An oasis in southern Arizona

As you head toward the Mexican border, a mirage appears on the horizon 90 miles southeast of Tucson, Arizona: A turquoise island crowned by wisps of rain clouds seems to rise from the desert's golden swell. It's on these improbable summits, known as the Huachuca Mountains, that nature performed an astonishing feat.

A box canyon, barely wider than a bed, pierces the Huachuca's ramparts. Its shaded cleft sucks cool air from the summits to a high valley into which the canyon opens below the Huachuca's cliffs. Thanks to this natural air-conditioning and the fact that the Huachucas trap rain clouds rolling by, this valley, called Ramsey Canyon, is a fertile oasis—a Garden of Eden run amok.

Desert plants and mountain flora grow in stunning profusion: everything from Douglas fir and sycamore to chokecherry, orchids, yucca, cactus, and lemon lilies.

Hummingbirds congregate by the hundreds between April and August. Sometimes, so many are on wing that they sound like motorcycles.

While the hummers hum, woodpeckers hammer on trees; warblers flit among the bushes; deer sip from sparkling pools; and coatimundis, raccoon-like jungle creatures with long snouts, search for insect prey. Come dusk, hog-nosed bats swoop in to steal the hummingbirds' nectar, and javelinas, small wild piglike creatures from Mexico, snuffle in the brush.

PLANNING YOUR VISIT

Weekday visits to the preserve are suggested (reservations required for weekend and holiday visits). At the widest point of Ramsey Canyon, on a gravel road that winds up from the desert, stands Mile Hi, a cluster of six rustic housekeeping cottages that sleep three to six guests ($48 a night for two, $8 for each extra guest). Cabin lodgers get priority on guided walking tours up the canyon, but there's a three-quarter-mile nature loop near the cabins you can walk almost anytime (open 8 a.m. to 5 p.m. daily).

To reach Ramsey Canyon, turn off I-10 five miles west of Benson and follow State-90 south to Sierra Vista. From there, go six miles south on State-92 to Ramsey Canyon Road and turn right. The preserve lies at the end of the road, four miles fro the highway. The town of Sierra Vista ha several modest motels and eateries.

Information and Mile Hi lodgings: To and Debbie Collazo, Mile Hi/Ramsey Can yon Preserve, Box 84, Dept. BHG Hereford, AZ 85615.

VIRGINIA COASTAL ISLAND

A pristine barrier island haven

Among the country's few remaining natural seashores is the 60-mile chain of Atlantic barrier islands that barri cades the coast of the Delmarva Penin sula between the Virginia–Maryland state line and the mouth of Chesapeake Bay. A century ago, fishing villages stood on those fragile bands of sand and seashell fragments feebly held together by rooted vegetation. Since that time the settlements all have washed away and the islands today remain as pris tine as they were before humans came on the scene.

Fiddler crabs by the zillions skitter in back-bay marshes. Blue crabs prowl the inlets. Immense squadrons of shore-birds nest on the sand banks. Deer for-age in thickets. Hawks and falcons cruise the sky. Empty beaches stretch for miles.

PLANNING YOUR VISIT

The Nature Conservancy owns all or part of 13 of the islands. During fall and spring, it schedules several field trips (hikes, bird-watching junkets, and such) and workshops (topics include photography, wildlife, and natural history). Expeditions run from half days to long weekends and cost up to $325 per person (some are free).

All programs start from the reserve's headquarters in an 1806 farmstead, known as Brownsville, about two miles via back-roads east of Nassawadox, Virginia. That's on US-13, about 50 miles south of Pocomoke City, Maryland, and 30 miles north of the Chesapeake Bay Bridge–Tunnel. The best tourist facilities can be found at Chincoteague, Virginia, a seaside resort area off US-13.

Information and reservations for field trips and workshops: Virginia Coast Reserve, Dept. BHG, Brownsville, Nassawadox, VA 23413.

SANTA CRUZ ISLAND

A mini-continent off California

On the West Coast, too, the conservancy recently established a new

continued

Life Preserver.

n motor oil leaves baked-deposits that reduce per-nance and strip years off r engine's useful life. That's Mr. Goodwrench recom-nds regular oil changes GM Goodwrench Motor The Life Preserver.

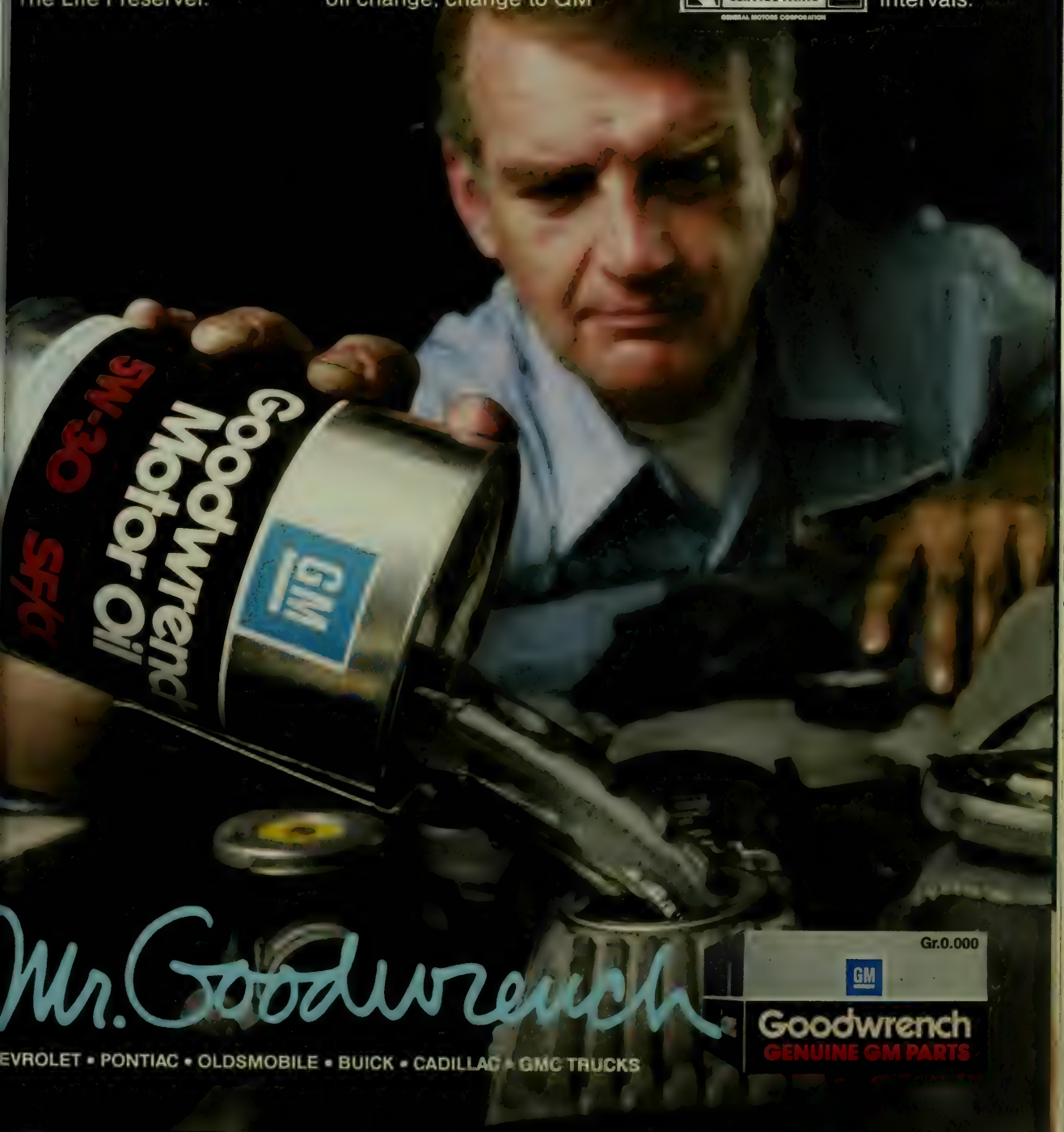
GM Goodwrench Motor Oil meets or exceeds all GM specifications for GM cars and light trucks. It reduces engine wear. Fights sludge buildup. And protects against rust.

So next time you need an oil change, change to GM Goodwrench Motor Oil.

No one knows your GM car better than Mr. Goodwrench. No one. Mr. Goodwrench also recommends GM oil filters. See your owner's manual for oil and filter change intervals.

GM QUALITY SERVICE PARTS GM

GENERAL MOTORS CORPORATION



Mr. Goodwrench

CHEVROLET • PONTIAC • OLDSMOBILE • BUICK • CADILLAC • GMC TRUCKS

Gr.0.000

GM

Goodwrench

GENUINE GM PARTS


VIRGINIA COAST RESERVE

SUSAN BOURNIQUE


PRAIRIE DOG ON THE LOOKOUT

BEN FRANKEL


SANTA CRUZ ISLAND, CALIFORNIA

BOB HANSEN


PRONGHORN ANTELOPE

ERWIN AND PEGGY BAUER


MONKEY FLOWER BLOOM

continued

preserve on a primitive island: Santa Cruz, largest of the Channel Islands off Santa Barbara, California. But this island is different from the low barrier isles of the Atlantic. Having split off from the mainland at least 100,000 years ago, Santa Cruz is a mini-continent with rugged mountains and verdant valleys. The island also is home to its own unique animal species, including a jay and a fox that evolved their own special characteristics during the millennia of their isolation.

Twice each month from April through November, commercial charter boats sail tour groups of visitors to the island for a long day. Depending on your landing spot and the time of year, you'll see tidal pools rich with starfish and sea anemones; climb steep slopes to one of the island's panoramic viewpoints; and watch gulls, cormorants, and songbirds.

The cruise, however, often is more rewarding than the walk. As you sail close to shore along the island, harbor seals and sea lions bellow from beaches where they tend their young.

PLANNING YOUR VISIT

The 23-mile crossing to the island by boat takes approximately 3½ hours each way. You spend an equal amount of time exploring Santa Cruz Island, guided by a conservancy naturalist.

Cruises cost $33 a person, regardless of age, and leave from the port of Ventura, roughly halfway between Los Angeles and Santa Barbara. The trips are limited to 35 passengers, so make your reservations early. Bring along a box lunch and something to drink.

Information: The Nature Conservancy, Santa Cruz Island Project, 213 Stearns Wharf, Dept. BHG, Santa Barbara, CA 93101. For cruise details: Island Packers, 1867 Spinnaker Dr., Dept. BHG, Ventura, CA 93001.

SANDYLANDS SANCTUARY

Nature's explosion in Texas

There are vast areas in the 100,000-acre Big Thicket wilderness of southeast Texas so impenetrable that they've never felt a human step—and they probably never will. In the Big Thicket's 2,140-acre Sandylands Sanctuary alone, deer, foxes, beavers, river otters, and armadillos frequently are sighted from the preserve's six miles of hiking trails and approximately eight miles of canoeable creek. Upon occasion; even panthers have been spotted.

Golden orb spiders as big as your hand spin webs tough enough to trap small mammals. Toiling underfoot are battalions of leaf-cutter ants—like cavalcades of six-legged ships hoisting slivers of leaves that resemble tiny green sails. Flora ranges from longleaf pine and palmetto to cactus, magnolia, insect-eating pitcher plants, and some 340 different kinds of wildflowers.

PLANNING YOUR VISIT

Sandylands' trails and creek are open to visitors during daylight hours anytime, but you'll probably see more on the free two-hour guided tours of the preserve, which can be arranged in advance.

Sandylands lies along State-327 near Silsbee, about 20 miles north of Beaumont, Texas. In Silsbee, you can stay at the Pinewood Inn and eat for reasonable prices at the Lumber Company. Rent canoes cost about $15 a day.

Preserve information: Roy E. Larsen Sandylands Sanctuary, Box 909, Dept. BHG, Silsbee, TX 77656. Guided tours: Ida McWhorter, 409/385-4135 weekday mornings. Canoe rentals: Piney Woods Canoe Rental, Box 281, Dept. BHG, Kountze, TX 77625; Terry and Jerry Canoe Rental, 10 Cravens Dr., Dept. BHG, Silsbee, TX 7765. General Big Thicket information: Big Thicket Assoc., Box 198, Dept. BHG, Sartoga, TX 77585.

NIOBRARA PRAIRIE

A Nebraska gathering ground

Prairies as the early settlers knew them, with wind-rippled seas of grass tall enough to hide people, have long since yielded to plow and combine. The prairies' most famous resident, the buffalo, has succumbed to bullets. But along northern Nebraska's Niobrara River, you'll discover one of the country's last original bluestem prairies at the Niobrara Valley Preserve, and one of the largest bison herds at the Fort Niobrara National Wildlife Refuge.

There's more to the Niobrara Valley Preserve, however, than sweeping prairie views. It's a biological crossroads. Ponderosa pine trees grow no farther east, the East's deciduous woods no farther west. And the Niobrara River, which flows through the preserve between majestic bluffs, forms the border

continued

Coconut Thumbprint Cookies

Preparation time: 25-30 minutes



- ½ cup ~~margarine~~ *Butter Flavor Crisco*
- ½ cup sugar
- 1 egg, separated
- ¾ cup unsifted all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon baking powder
- ⅔ cup flaked coconut
- ¼ cup thick preserves, jam or jelly

Preheat oven to 375°F. Grease baking sheets. Cream Butter Flavor Crisco with sugar, egg yolk and vanilla. Combine flour with salt and baking powder. Add to creamed mixture. Blend well. Form into balls about 1 inch in diameter. Beat egg white until slightly frothy. Dip dough balls into egg white, then roll in coconut. Place on greased baking sheets.

Make shallow depression in center of each cookie using thumb or back of small spoon. Spoon ½ measuring teaspoon preserves into each. Bake at 375°F for 8 or 9 minutes or until coconut begins to brown. Cool on baking sheets 1 to 2 minutes. Remove to wire rack to finish cooling completely. Makes about 2 dozen cookies.



"Butter Flavor Crisco is made just for cooking, margarine isn't. So when the recipe says margarine, use Butter Flavor Crisco instead...

...for more buttery taste."

Loretta Lynn













continued

between mixed-grass prairie to the north and bluestem sandhill prairie to the south.

Everything comes together on this sanctuary's 54,000 acres, including a comparable mix of fauna: ducks, geese, whooping and sandhill cranes, bald eagles, a variety of songbirds, coyotes, white-tailed and mule deer, pronghorn antelope, bison, and a sprawling prairie-dog town that always holds special charm for youngsters.

□ □

PLANNING YOUR VISIT

Both the preserve and the wildlife refuge are open daily (free). You may walk and/or drive on many miles of trails. Trail guides also are available when you stop in at the preserve headquarters.

Niobrara Prairie lies about midway between Cheyenne, Wyoming, and Omaha, Nebraska, off US-20. To reach it, cut north from US-20 at Johnstown and drive for approximately 16 miles on a county road toward Norden, Nebraska. This road passes the headquarters complex as you dip down to the river. To reach the wildlife refuge, go on to Norden and turn west on State-12 toward Valentine, Nebraska, for about 28 miles.

There are several small motels and cafés in Valentine and Ainsworth (on US-20, east of Johnstown). Campgrounds can be found at nearby Fairfield, Sunnybrook and Rocky Ford. Canoes for Niobrara River trips are for rent in Valentine.

Information: Al Steuter, Niobrara Valley Preserve, Rte. 1, Dept. BHG, Johnstown, NE 69214; Fort Niobrara National Wildlife Refuge, Hidden Timber Route., Dept. BHG, Valentine, NE 69201.

MORE CONSERVANCIES

For explorations perhaps closer to home

● **Arizona—Patagonia–Sonoita,** abounds with birdlife from Mexico; **Canelo Hills Cienega,** a desert oasis of wildflowers and orchids. Both within half-day excursions of Ramsey Canyon (the Ramsey staff will direct you).

Information: Patagonia–Sonoita, Box 815, Dept. BHG, Patagonia, AZ 85624; Canelo Hills, Star Rte. 289, Dept. BHG, Elgin, AZ 85611.

● **California—McCloud River Preserve,** 2,300 acres in Shasta National Forest, with tough hiking trails and a pristine trout stream (catch-and-release fishing April to November, reservations advised). A couple of miles downstream from a U.S. Forest Service campground. Off I-5 and State-89 at the foot of Mt. Shasta near the town of McCloud.

HOW TO JOIN

You don't have to be members of The Nature Conservancy to visit its sanctuaries. But you may wish to join anyway—to lend your support to the cause.

Send $10 to the conservancy's national headquarters (at the Arlington, Virginia, address on *page113*). This annual fee makes you a member of the national organization and its nearest local chapter. You get a bimonthly magazine to keep you informed of conservancy projects and acquisitions of new lands

Information: The Nature Conservancy, 785 Market St., Dept. BHG, San Francisco, CA 94103.

● **Connecticut—Devil's Den,** some 1,500-acres of aboriginal forest with 25 miles of trails. Cross-country skiing in the winter. Seven miles north of Exit 42 of the Merritt Parkway.

Information: Devil's Den, Box 1162, Dept. BHG, Weston, CT 06883.

● **Georgia—Marshall Forest,** one of the few stands of virgin chestnut oak in Dixie. Nature program, limited hiking, bird-watching, braille trail. Northwest of Atlanta 80 miles.

Information: Kathy Seaton, The Nature Conservancy, Box 270, Dept. BHG, Chapel Hill, NC 27514.

● **Illinois — Gensburg–Markham Prairie,** 120-acre virgin prairie patch with 213 different plant species. Within sight of Chicago's Sears Tower in southern Cook County. Preserve entrance located at 157 Street and Whipple in the town of Markham.

Information: Karl E. Bartell, 2528 W. Collins, Dept. BHG, Blue Island, IL 60406.

● **Kansas—Konza Prairie,** the largest remaining preserved tall grass

continued


PARLIAMENT
Lights
Parliament
Lights
100's
THE
PERFECT RECESS
Re·cess (Webster): A break from activity for rest or relaxation.
Re·cess (Parliament): A unique filter for extra smooth taste and low tar enjoyment.
URGEON GENERAL'S WARNING: Quitting Smoking
low Greatly Reduces Serious Risks to Your Health.

NATURE CONSERVANCIES

continued

prairie in the country, an 8,000-acre prairie-chicken playground. Situated off I-70 between Exits 313 and 307, south of the town of Manhattan.

Information: Director, Konza Prairie, Dept. of Biology, Kansas State University, Dept. BHG, Manhattan, KS 66502.

● **New York—Manitoga,** former 80-acre estate along the Hudson River just across from West Point. Laced with wildflowers and nature trails. Cultural and ethnic-oriented events scheduled during spring and summer. Located off State-9D, 2½ miles north of the Bear Mt. Bridge (50 miles north of New York City).

Information: Susan Eirich-Dehne, Old Manitou Rd., Dept. BHG, Garrison, NY 10524.

● **North Carolina—Nags Head Woods,** 650-acre maritime forest among the shifting barrier dunes along the Atlantic Coast's Outer Banks. Visitor center and hiking trail available; guided tours through the preserve can be arranged. Situated at the end of Ocean Acres Drive off State-158 bypass in Kill Devil Hills.

Information: Nags Head Woods Preserve, Box 1942, Dept. BHG, Kill Devil Hills, NC 27948.

● **South Carolina—Washoe Reserve,** oldest known rookery of herons, egrets, and ospreys in the country. Closed to boats during the spring nesting season. Located within t Santee Coastal Reserve at the mouth of the Santee River US-17, near the town of McClellanville.

Information: Santee Coastal Reserve, Box 167, Dep BHG, Columbia, SC 29202.

● **South Dakota—S. H. Ordway Memorial Prair** approximately 7,800 acres of virgin pothole prairie wi buffalo, eagles, waterfowl (in summer), falcons, and hawks residence. Located off State-10, east of the South Dako town of Eureka.

Information: Glen Plumb, HRC 1, Box 16, Dept. BH Leola, SD 57456.

● **Washington—Skagit River Bald Eagle Natural Are** up to 300 eagles feed on salmon here from December to la February. Watch them from the North Cascades Highwa (State-20), where it parallels the river between the towns Marblemount and Rockport.

Information: The Nature Conservancy, 1601 Secon Ave., Suite 910, Dept. BHG, Seattle, WA 98101.

HOW TO DONATE LAND

The Nature Conservancy encourages donation o ecologically significant land for preservation, or dona tion of land and property that can be sold to acquire habitats for rare and endangered species. For more about making donations: *The Nature Conservancy, 1800 N. Kent St., Dept. BHG, Arlington, VA 22209.*





Only our best. We guarantee it.

For quality you can count on, it's Pittsburgh Paints.

Discover Pittsburgh Paints today. They're the ones with the customer satisfaction guarantee printed on every can.

Pittsburgh Paints is the leader when it comes to appearance, ease of application, durability and the development of colors that last!

We satisfy all your painting needs.

PITTSBURGH PAINTS

Only our best. We guarantee it.

PITTSBURGH PAINTS

Sun-Proof®

Exterior House

Latex

Mixing Base

3.78 L



FAMILY VACATION FAVORITES

Letters From Our Readers

SENTIMENTAL JOURNEY OUT WEST

Theo Fowler, Salinas, California



The Fowler clan

My husband and I have traveled to many lovely spots, but for our 45th wedding anniversary, we wanted to do something special.

As a young man, my husband spent summers working on a cousin's ranch near Dubois, Wyoming, and our six grandchildren grew up hearing tales of those years. Why not show them this country he loved so much?

Most of our grandchildren had summer jobs. But by leaving on the weekend school was out, we squeezed in 10 days near Jackson Hole and Grand Teton and Yellowstone national parks. We saw the Tetons' beauty and the geysers and wild creatures of Yellowstone.

There were joys we always will remember: sharing with our grandchildren the places we had told them about for so long and savoring the closeness of being together without their parents. It was a gift that can never be lo

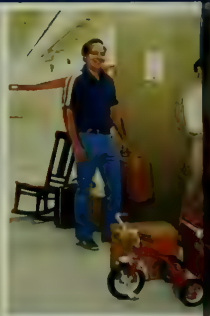
Information: The Wy ming Travel Commissio Frank Norris, Jr., Trav Center, Dept. BHG, Che enne, WY 82002.

Has your family taken a special vacation lately? We' like to hear about it in a letter addressed to Famil Vacation Favorites, Features Dept., *Better Homes an Gardens,* 1716 Locust St., Des Moines, IA 50336. If you letter is published in our "Family Vacation Favorites column, you receive $50. Letters become the propert of *Better Homes and Gardens* and will not be returned We reserve the right to shorten or edit all letters. Vaca tions must have been taken within the last three years

MOVING? Now choose the mo









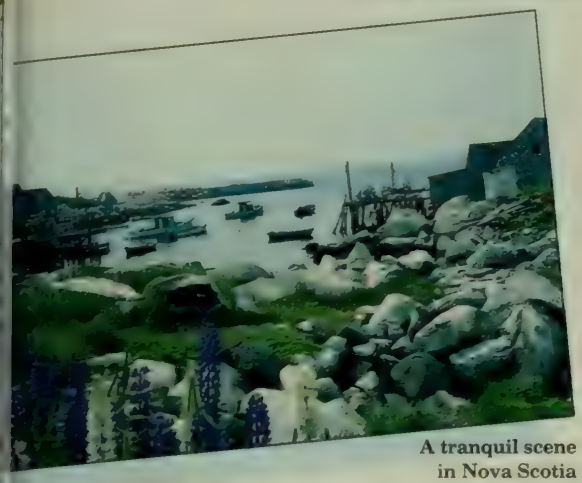
The self-service move...
U-HAUL® TRUCK & TRAILER RENTALS
• Moving Vans–Not Freight Trucks
• One-way & Local Rentals • All Sizes
• Top Maintained

Do-it-yourself...
MOVING AIDS & STORAGE
• Boxes • Furniture Pads • Hand Trucks
• Tow Bars • Tow Dollies • Car-Top Carriers
• Self-Storage Rooms

Get the right products and services at the lowest cost. Pick up a FREE 132-PAGE CATALOG at your nearby U-Haul Center. Find us in the white pages under U-Haul Centers.

NOVA SCOTIA—A PEACEFUL SOJOURN

Mrs. Judith Scalyer, Ronks, Pennsylvania



A tranquil scene in Nova Scotia

For our family of six, a vacation means fleeing a busy tourist area. We own and operate a motor inn in the heart of Pennsylvania Dutch Country. So when we think vacation, we think "PEACE." Three years ago, we found our favorite place: Nova Scotia, Canada.

We drove to Portland, Maine; boarded a ferry; and left the harbor on the Fourth of July, with fireworks in the evening sky bidding us a dramatic farewell. We dined and slept to the rocking of the ship, then awoke to see the small, sleepy fishing village of Yarmouth, Nova Scotia, seemingly painted on the horizon.

Our drive from there covered miles and miles of beautiful roadways through quaint villages. We stopped at Peggy's Cove to climb the rocks for a view of picturesque fishing cottages across the water.

Our next three days were spent in a cabin overlooking Whale Cove. We watched the sea for whales and collected rocks on the beach.

We ate in the same restaurant every night, because we couldn't tear ourselves away from the wonderful home cooking. When we complimented the waitress on the delicious oatmeal rolls, she told us she made them herself every day. As we left, she presented us with the recipe.

After a brief stop in Halifax, we drove up winding Cabot Trail to see some of the most spectacular scenery of the trip. In the cool mountains, we felt away from the world, and as we roamed unspoiled trails, we grew closer to one another.

Somewhere in that beautiful place, our youngest daughter left her precious security blanket. After thinking about it, she decided that though her blanket is lost, it surely is happy.

Information: Nova Scotia Dept. of Tourism, Box 456-BHG, Halifax, Nova Scotia B3J 2R5, Canada.

continued

at's right for you...and save





The work-saver move...
PACKING, LOADING & UNLOADING
• We Pack & Load–You Drive & Save
• We do All or Part of the Job
• Available Nationwide

The full-service move...
MOVERS WORLD® VAN LINES
• Local, Long Distance & Worldwide Moves
• Full-Service or Partial • You Pack & Load the Van, We Drive • Warehouse Storage

More for your money at your U-HAUL® Center

continued



Blue water and white sand for summer vacationing along the Lake Michigan shore

THERE'S NO PLACE LIKE LELAND!

Karla Koonce, Southfield, Michigan

Back in 1964, when my family moved to the fishing village of Leland, Michigan, I truly believed we had found "God's Country." Years later, after traveling to Europe and the Caribbean, my assessment stands. I have since married and raised three sons, and now our whole family vacations each summer in Leland.

Lake Michigan on one side and Lake Leelanau on the other provide great water fun. Our boys soon forget TV and head for the beach. Visiting Sleeping Bear Dunes National Lakeshore is one of their favorite cool-day adventures. They're always watchful for new things to see and numerous nearby villages to visit.

Leland remains a place fo us to recharge and wonde at being a part of thi beautiful universe.

Information: Michigar Travel Bureau, Box 30226 Dept. BHG, Lansing, M 48909 (800/5432-YES).

Now rent the right products at th



HOME CARE RENTALS
• Lawn & Garden • Floor & Carpet • Painting & Wallpapering • Plumbing & Electrical • Beds & Cribs

EQUIPMENT RENTALS
• Automotive • Builders' Tools • Hand Tools • Concrete & Masonry • Tractors & Backhoes

Get the right products and services at the lowest cost. Pick up a FREE 132-PAGE CATALOG at your nearby U-Haul Center. Find us in the white pages under U-Haul Centers.

BEAUTIFUL BERMUDA SOUVENIR

Barbara and Matthew Kluding, Clearwater, Florida

Our most memorable vacation ever was the delightful two weeks that we spent together in Bermuda. This lovely island off the Atlantic coast is 20 miles of sandy beaches, historical forts, and fine seafood restaurants, surrounded by crystal-clear waters. Everything that Bermuda visitors could want to see and do is easy to reach either by renting mopeds or by riding in the island's colorful pink buses.

Swimming in isolated coves, shopping for English goods in elegant stores, visiting the aquarium and botanical garden, and sipping rum drinks in quaint pubs—we did it all! The tropical scenery and friendly Bermudians created quite a romantic vacation destination.



Krista Kluding

We bought lots of souvenirs during our wonderful visit. But about nine months later, our beautiful daughter, Krista, arrived. She's the most precious vacation souvenir that we ever could hope to collect.

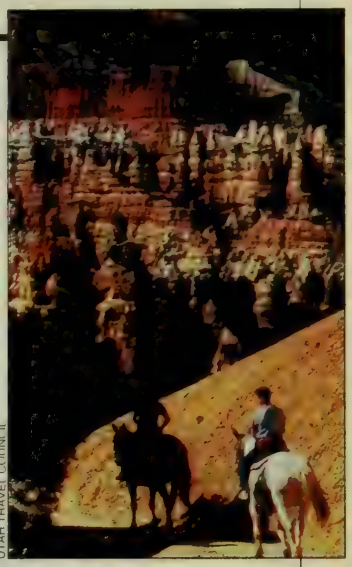
Information: Bermuda Dept. of Tourism, 310 Madison Ave., Suite 201-BHG, New York, NY 10017.

FAMILY TIMES IN UTAH WILDS

Barbara J. Smith
Audubon, Pennsylvania

With a teenage daughter constantly on the go, a son at college, and a husband involved with his career, I value our family time together—especially during camping vacations such as the one we enjoyed in Utah last summer.

Driving through the state, we saw the colorful sandstone hoodoos carved by nature at Bryce Canyon National Park. We hiked trails in the shadows of Zion National Park's massive rock walls and witnessed the stark beauty of Lake Powell. None of us will forget the night 60 shooting stars fell from the sky; the games we played by lantern light; or the tents pitched, water lugged, and meals prepared with family teamwork. Away from everyday distractions, we relearned what it means to be a family.



UTAH TRAVEL COUNCIL

Bryce Canyon, Utah

Information: The Utah Travel Council, Council Hall/Capitol Hill, Salt Lake City, UT 84114.

owest cost at U-Haul®



RECREATION RENTALS
• Luxury Motorhomes • Vacation Trailers • Tents
• Boats & Motors • Camping Gear

PARTY RENTALS
Tables & Chairs

VCR & MOVIE RENTALS

More for your money at your U-HAUL® Center

VETERINARIAN, BOARDING KENNEL, GROOMER

PICKING THE RIGHT ONES FOR YOUR PET

Emergency Aid! **After a Saturday morning tangle with the neighbor's Doberman, your tomcat, Wild Joe, needs attention. You rush to the nearest veterinarian's office. It's closed; there's nobody to help.**

Mistaken Identity! **You stop at the kennel to pick up your golden retriever, Murphy. But another golden retriever is waiting for you. By mistake, friendly old Murphy went home with somebody else.**

A Close Shave! **Igor, your prized Airedale, goes into the new groomer in town for a trim. Instead, Igor winds up sporting a poodle cut.**

Sooner or later, most pet owners call on the services of certain professionals. Whether it's a veterinarian, boarding kennel, or groomer, the best time to find good ones is *before* your pet needs them.

To start your search

Begin by getting recommendations from people you trust: neighbors, friends, and relatives who are devoted pet owners; members of cat fanciers' groups, breed and obedience clubs. Veterinarians sometimes can suggest boarding kennels and groomers, and vice versa.

Generally, breeders who raise and sell dogs and cats can recommend good veterinarians. But beware; some breeders are so cost conscious that they may be satisfied with marginal care. (Breeders usually groom their own animals and also may operate boarding kennels as a sideline.)



PERRY STRUSE

◆VETERINARIAN◆

The American Animal Hospital Association sets standards and evaluates facilities providing small-animal care. For area veterinarians with approved clinics and hospitals, send a stamped, self-addressed envelope to: *American Animal Hospital Assoc., Information Div., Denver West Office Park, Box 15899, Denver, CO 80215-0899.*



SCOTT LITTLE

◆KENNEL◆

About 1,000 boarding kennels in the U.S. belong to the American Boarding Kennel Association, which works to upgrade kennel care. For a membership roster and a copy of "How to Select a Boarding Kennel," send $2 to: *American Boarding Kennel Assoc., 4575 Galley Rd., Suite 400-A, Dept. BHG, Colorado Springs, CO 80915.*



SCOTT LITTLE

◆GROOMER◆

Groomers licensed by The National Dog Groomers Association of America (NDGAA) serve as apprentices under NDGAA members or graduate from approved schools. For groomers in your area, send a stamped, self-addressed envelope to: *National Dog Groomers Assoc., Box 101, Dept. BHG, Clark, PA 16113.*

VETERINARIAN

Besides you, the most important person in your pet's life is likely to be your veterinarian. Start narrowing your recommendations with phone calls, then follow up with visits to veterinarians you're really interested in.

Telephone questions

Usual practices—What kinds of animals does the veterinarian treat? Generally, small-animal vets are more knowledgeable about pets than veterinarians whose practices include farm animals and such. But if you have several different kinds of pets, you'll probably want a vet who can care for all of them.

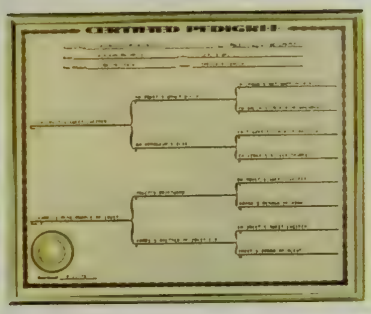
Availability—Is the office open on Saturdays and/or in the evenings? Is a veterinarian always on call in case of emergencies? Who handles patients when the veterinarian leaves town? Are clients always permitted to see the veterinarian, rather than just a technician or assistant?

Fees—The standard fee for an office call is a good

continued

"Your dog's pedigree is more than just a piece of paper."





GENETICS:
Ask a breeder to explain a dog's pedigree and you'll learn a lot. A pedigree tells you all about your dog's genetic family tree—who his parents and grandparents are, and what champions are in his line.

Conscientious breeders rely on pedigrees to improve the quality of their breed. We're always looking for combinations that consistently reproduce our breed's best qualities, while trying to breed out undesirable genetic traits like hip dysplasia, eye disease, blood disease or poor temperament.

BEST QUALITIES:
A non-pedigreed puppy may be a bit of a gamble. You may not know his adult size and weight, how long or short his coat will be, or whether his personality is suited to your lifestyle. A pedigree is practically a guarantee that your puppy will mature into a dog with all the qualities you've chosen him for.



FEEDING:
With all the work that goes into breeding champions, I've got to be as selective about feeding as I am about breeding. After all, Malamutes are working dogs who require superior nutrition from high-quality meat.



Kal Kan® delivers and provides all the vitamins and minerals my dogs need at every stage of their lives.

Nothing is too good for my animals. To me, Kal Kan® is the best I can buy.



KAL KAN.® Recommended by top breeders.®

Top Breeder of champion Alaskan Malamutes

KAL KAN PET CARE®

© Kal Kan Foods, Inc. 1986.


Marlboro
Lights
Marlboro
LIGHTS
Marlboro
LIGHTS
100's
The spirit of Marlboro
in a low tar cigarette.
SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

continued

reference for comparisons. Does the veterinarian give estimates of treatment costs? Does the clinic offer a prepaid pet-care or pet insurance plan?

The first visit

Outward appearances—Ask for a tour of the facility. Are reception and treatment areas clean? Animal odors shouldn't be overpowering. Is the office staff courteous and helpful?

You and the vet—Are you comfortable with the veterinarian? Does he or she inspire your confidence? Can you communicate? Does the veterinarian listen to what *you* have to say?

Check the office walls for credentials from an accredited college of veterinary medicine and a state license to practice. If the veterinarian has been practicing for some time, does he or she participate in continuing education programs (professional seminars and conferences)? Consider memberships in professional organizations a plus.

If there's a question about diagnosis or treatment, does the veterinarian seek second opinions? Are cases referred to specialists?

The pet/vet encounter—The veterinarian should give your pet a thorough physical and compile a complete health history during the first visit. How does your pet respond to the veterinarian? Are all those dealing with your pet caring and well-trained? Most pets don't enjoy going to the vet, but the visit shouldn't be a trauma.

BOARDING KENNEL

Full-time boarding kennels generally are your best bet. Unlike dog and cat breeders and veterinarians who board pets as a sideline, boarding kennels' primary business is boarding pets.

Telephone questions

Availability—Find out during what hours on what days you can drop off and pick up pets.

Rates—Specify the kinds and sizes of your pets. Rates vary from one animal to the next. How are boarding days figured? How late can you pick up your pet without paying for another day?

Some kennels feature a host of special services—grooming, daily walks and play periods, and such. How much will you pay for the extras?

Health-care essentials—The kennel should have arrangements to provide veterinary care, if needed. Is there a sleep-in attendant? Up-to-date immunizations should be a must for boarders. Some kennels also require a check-in bath for each pet to help curb parasites.

Chow time—Does the kennel offer a choice of rations? Can you bring your pet's food from home?

An on-the-scene inspection

Call for an appointment to visit the kennel. If you're turned down, take your business elsewhere.

Outward appearances—Are the grounds well kept? Are waiting areas clean and relatively odor free? Are cages and runs clean and free of chemical residue? Is water available to every boarder? Is the kennel building well lighted and well ventilated?

Safety and security—Are fire extinguishers accessible? Are gates and doors latched or locked? Confinement areas should be built of chain link or another sturdy material. A security fence should surround the property.

Except when boarded together at the owner's request, each animal should have its own cage or run with room to exercise. Shelter and temperature conditions should as closely as possible resemble the pets' surroundings at home.

Floors should be of an easy-to-clean, sanitary material, such as concrete, which also discourages diggers.

Personnel pointers—How do animals respond to kennel personnel? Do they shy away from any of the staff? Do employees call the boarders by name?

Animal analysis—Do pets boarded seem healthy, relaxed, fairly content?

GROOMER

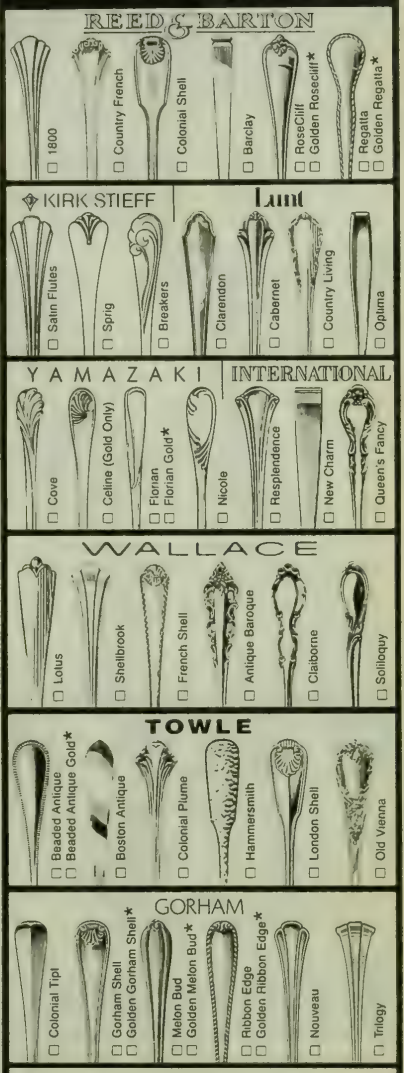
Credentials check—How long has the groomer been in business? What training has he or she had? Is the groomer experienced with the type of pet you own?

Ready references—Will the groomer provide names of customers as references? Check with your local Better Business Bureau for complaints against groomers you're considering.

Setup survey—Visit the groomer's workplace. Is it reasonably clean? Are animals handled with kindness and care? If you suspect the groomer tranquilizes pets, make a hasty exit. BHG

FINEST QUALITY STAINLESS

$1 Teaspoon Sample Offer



Kaiser Crow offers the lowest prices in America on finest quality stainless steel. Now is your chance to sample before you buy. Check desired pattern(s) above and return the entire ad. Enclose $1.00 for each spoon (*$2.00 for gold trim). Limit five spoons, one per pattern. Color brochure with complete order information included with teaspoon.

Name _____

Address _____

City _____

State _____ Zip _____

Colorado residents add sales tax. Allow 4-6 weeks for delivery
Offer Ends 12/31/86.

Mail Orders to:
Kaiser Crow, Inc.
747 Sheridan Blvd., 2D
Dept. BHG 8 T
Denver, CO 80214

Kaiser Crow
Since 1947

AFFORDABLE LUXURY



A Four Seasons® Greenhouse Addition!

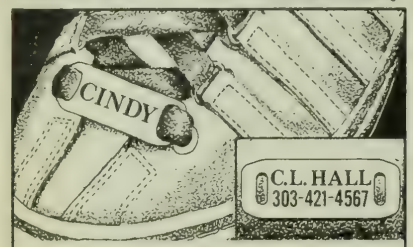
(Each Center Independently Owned & Operated)

Imagine opening up your home to the look and feel of the great outdoors with a Four Seasons® Greenhouse addition. Exclusive Four Seasons® features, including Heat Mirror™ glass (R-4) and insulated Super Shades™ (R-7), make your Four Seasons® addition as insulated as your house walls (R-11) but more exciting!

FOR DEALER NEAREST YOU AND FREE COLOR CATALOG CALL TOLL FREE
DIAL 1-800-FOUR SEASONS
5005 Veterans Memorial Hwy
Holbrook, NY 11741

FOUR SEASONS GREENHOUSES
Design & Remodeling Centers

© 4/86 Four Seasons Marketing



SNEAKER NAMEPLATES

Stylish way to tag and identify your sports and jogging shoes. 1½" lifetime solid brass plate with holes to slip onto bottom rung of any shoelace. Handsome, decorative nameplate engraved any way you wish. Neat ID's for joggers and children. Helps identify your child.

WE SHIP IN 24 HOURS **$2.50 each Ppd.**

Gemini Engraving Co. **Dept. 408-A, 5695 Xenon Way Arvada, Colorado 80002**

LEVOLOR®



LEVOLOR 1" Monaco Blinds And Other Window Treatments

Plus Custom Window Treatments From:
LOUVER DRAPE
DEL MAR • KIRSCH

FREE DELIVERY
ON MOST WINDOW ITEMS IN USA EXCEPT HAWAII & ALASKA

WALLPAPER NATIONAL BRANDS SUPER SAVINGS

CUSTOM WINDOWS & WALLS
32525 Stephenson Highway
Madison Heights, MI 48071

1-800-772-1947
In Michigan Call (313) 585-3026



REX LILIES
HUNDREDS OF WORLD FAMOUS GARDEN AND GREENHOUSE VARIETIES
Send $1 (deductible) for 72-page catalog to:
REX BULB FARMS, BOX 774 E
PORT TOWNSEND, WASHINGTON, 98368



PERSONALIZED SEWING LABELS

Your originals deserve these washable woven rayon taffeta labels. Sew into knits, dresses. Eggshell background, rich red printing with multi-colored trim. Specify "hand made" or "made especially" and your name per set.

We ship in 48 hours
•20/$4.95 •40/$7.95 •80/$11.95
Add $1.00 for postage & handling.

GEMINI GIFTS
5695 Xenon Way, Dept. 408-B
Arvada, CO 80002

STOP SWEAT FOR 6 WEEKS



HANDS UNDERARMS FEET

DRIONIC® — the heavy sweater's answer to costly and embarrassing underarm, hand or foot sweat. Short treatment with electronic Drionic keeps these areas dry for 6 week periods. Recommended by dermatologists everywhere. Send for free information.

Clinical studies available to physicians.

GENERAL MEDICAL CO., Dept. BH-229
1935 Armacost Ave., W. Los Angeles, CA 90025

Free! EARRINGS FOR SENSITIVE EARS



Fashion Earrings *Guaranteed* To End Discomfort Forever!

Whispers® are hypoallergenic *and* beautiful—*guaranteed!* Discomfort, itching, swelling and redness vanish, thanks to Roman Research—world's leading maker of sterile ear-piercing systems!

- More than 450 Styles & Colors
- 24K (Pure) Gold on Surgical Stainless Steel
- Laboratory Tested & Approved
- Lifetime Guarantee Against Irritation

$9.98 EARRINGS—*YOURS FREE!*

We're so confident you'll find Simply Whispers® the most comfortable pierced earrings you've ever worn that we'll send you our 5mm gold ball earrings (a $9.98 retail value) FREE just for ordering our full-color catalog!

RR® Roman Research Marketing
Dept. 6700 77 Accord Park Dr Norwell, MA 02061

☐ Please send my new Catalog & FREE Gold Ball Earrings! I enclose $2.00 for postage, handling & insurance

Name Age

Address

City/State/Zip DEPT 8200

Better Homes and Gardens®

Shopping editor's choice

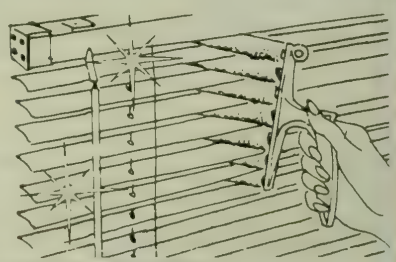
Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

By Ann Lively



Comfort slide by Beacon®

Perf-accented vamp adjusts with a unique "magic cling" closure. Cushioned insole and non-slip, suede-like lining assure comfort. Covered 2" wedge. Imported. Colors: White, Black, Red, Tan, Navy. Full- and half-sizes: 6-10,11 N,W; 5-10,11 M. Only $15.99. Two for $29.98. Please add $2.25 postage and handling (one), $3.50 (two), $4.25 (three), MONEY BACK GUARANTEE. Free 60-page color catalog with order. Old Pueblo Traders, Dept. CWR1C, 3740 E. 34th Street, Tucson, AZ 85713-5305.



Levolor brand blind cleaner

Washable synthetic lambswool rollers. It works on all vertical and horizontal blinds, including Levolors, venetian blinds, shutters etc. Brushes can be rotated to expose clean surfaces and when completely soiled, are easily removed for washing and reuse. $4.99 + $1 postage. 2 for $9 + $2 postage. Wells Interiors, Dept. BH-8, 7171 Amador Plaza Rd., Dublin, CA 94568.



Introductory color photo offer!!

Send your favorite photo or instant print (5"× 7" or smaller) to get four 2½×3½" borderless color copies for only $1, they'll include a FREE 5"× 7" color enlargement of same photo! No extra postage charges! Just send $1. Write for free mailer and information about other fine offers and products. Reliance Color Labs, Inc., Studio FBH, P.O. Box 159, Stamford, CT 06904.

VAN BOURGONDIEN'S

SAVE 50%

Exotic Lily Offer

(ASIATIC HYBRIDS)



Money-Saving Offer To Make New Friends

Low Growing—This fantastic offer by Van Bourgondien Bros., to make new friends, contains 16 of the finest Hybrid Lilies grown in Holland. These choice varieties, selected by our Dutch growers, have giant flowers . . . are vigorous and hardy . . . excellent for naturalizing in the yard, garden or border. Low growing, they are ideal for cut flowers and bloom profusely during June-July. Order now for blooms next summer with the discount-coupon below . . . we will send your bulbs at proper planting time. **This offer expires November 1, 1986.**

16 Low Growing Lilies

All of these outstanding choice Lily varieties are spectacular "show-stoppers" which florists sell for $5.00 to $6.00 per flower stalk.

Charisma—brilliant, sunny orange with a gold band, grow only 15-16" tall.

Coral Sea—unusual glowing coral-salmon blooms, a spectacular variety 3-4 ft. tall.

Venture—deep burgundy red blooms with shiny velvet petals, only 2-3 ft. tall.

Firebrand—bright fiery cherry-red flowers, grows only 2-3 ft. tall.

Gypsy—very large peach-pink blooms, grow 3-4 ft. tall.

Pollyanna—bright sunshine yellow with gold overtones, 3-4 ft.

Rosefire—striking orange and red bi-color, grow 3-4 ft. tall.

Sterling Star—pure white blooms with tiny wine dots, 2-3 ft.



Exotic Lily Offer

Item 4172

Hybrid Lilies separately packed and labeled. 2 bulbs each of the 8 named varieties listed hereon.

1 Group . . . . . (16 bulbs)
reg. $20.00 . . . . . **now $9.95**

2 Groups . . . . . (32 bulbs)
reg. $36.00 . . . . . **now $17.95**

4 Groups . . . . . (64 bulbs)
reg. $64.00 . . . . . **now $31.95**

Add $2.00 for ship. & hdlg. charge

SEND FOR **FREE CATALOG**

Full-color, over 1000 imported bulbs and unusual plants.

Van Bourgondien Bros., Box A, Dept. 4172, Rt. 109, Babylon, NY 11702

SATISFACTION GUARANTEED—ORDER TODAY





Van Bourgondien Bros.
Box A, Dept. 4172, Babylon, NY 11702

OFFER EXPIRES NOV. 1, 1986

Please send me _____ group(s) of your Exotic Lily Offer.

☐ Send me your Free Catalog.

Name _____

Address _____

City _____

State _____ Zip _____

Amt. Encl. $_____ or charge my credit card.

☐ MasterCard ☐ Visa ☐ American Express

☐ Diner's Club Expire Date _____

Card # _____

Exotic Lily Offer—Item 4172

☐ 1 Group (16 bulbs) . . . . for $9.95 plus $2.00
☐ 2 Groups (32 bulbs) . . for $17.95 plus $2.00
☐ 4 Groups (64 bulbs) . . for $31.95 plus $2.00

N.Y. State Residents Add Sales Tax



THE CATALOG FOR PEOPLE WHO LOVE THEIR PETS

Unique, hard-to-find items that make life with your pet easier. Feeders, collars, pet fashions, grooming supplies and more. PLUS gifts and clothing featuring your favorite breed.

☐ **Send your FREE color catalog**

Name _____

Address _____

pedigrees The Pet Catalog

Box 110, BH-92, Spencerport, N.Y. 14559

BASEMENT TOILET

FLUSHES UP To Sewer or Septic Tank

No Digging Up Floors

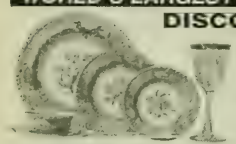
Install It Yourself - Anywhere

Write McPherson, Inc., Dept. 28

Box 15133 Tampa, Florida 33684

WORLD'S LARGEST INVENTORY!

DISCONTINUED *China* & **CRYSTAL**



ALL major brands of bone china, earthenware & crystal. Make your treasured settings complete. Write or call for a list of pieces available from our huge stock of discontinued patterns.

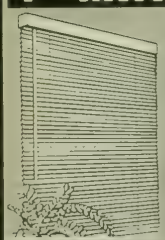
USE VISA, M'CARD,

• BUY or SELL (919) 275-7224 **REPLACEMENTS, LTD.**

1510-G HOLBROOK ST., GREENSBORO, N. C. 27403-2785

LOWEST PRICES GUARANTEED!

1" MINI-BLINDS



FACTORY TO YOU!

70% Off Retail

Our Guarantee...

SHIPPED IN 7 DAYS OR THEY'RE FREE!

CUSTOM MADE:

- Real Wood Blinds
- Vertical Blinds
- 1" Mini-Blinds

For Information & Prices: CALL TOLL FREE

1-800-351-1150

AMERICAN BLIND FACTORY

3000 Town Center #750 Southfield, MI 48075

Discount Wallcovering THE PHONE WAY

30%-50%

Buy Direct-All Brands - First Quality

Free Delivery

No Sales Tax (outside PA)

VISA MasterCard

SHOP IN YOUR NEIGHBORHOOD

Write Down Pattern Number/Book; Then Call

SILVER WALLPAPER, INC.

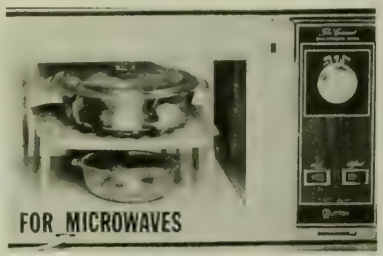
3001-11 Kensington Ave., Phila., PA 19134

Toll Free 1-800-426-6600



Cushioned Comfort

Only $19.99 (reg. $23.00) 2 adjustable leather straps guarantee perfect fit. Cushiony insole and 1¼" leather covered wedge-heel. Colors: White, Black, Beige, Camel. Full and Half sizes. 6-10, 11 N/W; 5-10, 11 M. Add $2.25 post. & hand. (one); $3.50 (two); $4.25 (three). Money Back Guarantee. Free catalog with order. Old Pueblo Traders, Dept. CWR1E, 3740 E. 34th Street, Tucson, AZ 85713-5305.



Double your microwave space

Now you can heat two or more dishes at the same time—prepare a complete meal all at once! Just think, no more cold dinners! Legs fold flat so shelf converts to an attractive serving trivet—stores easily, too! Dishwasher safe; 11"×9½"×4" with legs extended. Recipe book included. Order K1456 Micro-Cooking Shelf, $6.99 postpaid, Walter Drake, BH11 Drake Building, Colorado Springs, CO 80940.



The ultimate in personal luxury

Sterling silver brush, comb and mirror "Regency" by Gorham (3pc. set w/box) $199.95 (Reg. $400). "Chantilly" in silverplate $69.95 (Reg. $150). Shipping and Insurance charges, $5.00 each or $7.00 for two or more sets. Mail orders to Kaiser Crow, Inc., 747 Sheridan Blvd., 2D, Dept. BHG-AG, Denver, CO 80214. Or call 1-800-468-2769.



Bosom Buddy®

Breast Form for mastectomees fits inside your bra, matches former size and contour. Cool, comfortable and washable. No plastic, silicone or rubber used in construction. Fits your regular bra. Please specify bra and cup size. $49.95. Larger sizes $55. Add $3 postage. Money back guarantee. Free brochure. Visa/MC. B & B Company, Dept. BH-386. Box 5731, Boise, Idaho 83705. Phone (208)343-9696.



350 one-story home plans

A 256-page book of one-story homes under 2,00 square feet. For those with restricted, or modest buildin budgets. Over 800 illustrations. Distinctive exteriors popular traditional and contemporary design styles. Eff cient and practical floor plans for family living. Blueprint available. $4.95 postpaid. Write to: Home Planners, Inc Dept. BHE68, 23761 Research Drive, Farmington Hills Michigan 48024.



Two Famous Farmers

Are warming hearts in rural homes across the country Thousands of the large (14"×18"), full-color poster have been ordered across the U.S. Just $3 plus $1.2 shpg. Also available 14"×18" Wall Plaque of our ful color poster, mounted on a wood base, then sealed wit acrylic for a quality finish that'll last a lifetime. $9.95 + $3 shpg. Holst, Inc., Dept. BHP-886, 1118 W. Lake, Bo 370, Tawas City, MI 48764.



Pet Identification Tags

For Pet's Sake! Don't worry about your dog or ca getting lost! Stainless steel lifetime I.D. tag ensures a safe return. Engraved with pet's name, your name address, phone. Handy hook attaches to animal's collar. WE SHIP IN 48 HOURS. Send $3.00 ppd. Orde from Gemini Engraving Co., Dept. 408-E, 5695 Xenon Way, Arvada, CO 80002.



Dispense address labels

Now available plain or with your initials or Zodiac sign Order 500 white labels for only $4.95; gold labels $5.95, transparent labels $6.95. Save on three orders (mixed copy OK). White $11.95; gold $14.95; transparent $17.95. Add 50¢ postage with each order (California residents add 6% tax). A welcome gift. To order write: Labels Unlimited, Dept. BH-8, P.O. Box 346, Sonoma, CA 95476.

Balloon Curtains
Easy to hang. Permanently gathered. Curtain can never look flat. 84" wide to fit windows up to 40" wide. 36" lg. ea $42.; 45" lg. ea $45.; 63" lg. ea $52.; 72" lg. ea $55.; valance 13"x79" ea $25. Poly/cotton muslin, 6" ruffles, wash; no iron. Natural or white, $3.50 post. Free color catalog. Colonial Maid Curtains, CAE-AT, Mamaroneck, NY 10543.

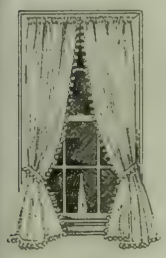




Charming Dutch Iris
These flowers come in a spectacular range of colors from soft white through golden yellow to sky blue and deep purple. Two feet tall. To order please include Item No. 4011. 100 for $7.95, 200 for $13.95, 400 for $23.75. Add $1.50 for postage and handling. Van Bourgondien Brothers, Dept. 4011, Box A, Babylon, NY 11702.

Create braids
Weave dozens from basic English, French and Dutch braids to exotic hairstyles like an expert using this easy-to-follow 64-pg. book. Step-by-step diagrams and instructions show the ins and outs of braiding for all lengths and textures. $7.95 + 95¢ post. Valco Publishing, Box 2012, Dept. BHG86, New Rochelle, NY 10802.





Ball fringe curtains
Natural or White, 35% cotton, 65% polyester permanent press with ball fringe. 90" wide per pair. 20" or 25", $13.00 pr.; 30" or 36", $15.00 pr.; 40" or 45", $17.00; 54" or 63", $21.50. Add $4.00 post. per order. Extra tieback-fringe incl. Free color catalog. Country Curtains, Dept. 3796, Stockbridge, MA 01262.

Permanent Hair Removal
No-puncture Perma Tweez®, designed for home use, is the most widely used electrolysis method for permanent hair removal from the face, arms, legs and body. Recommended by dermatologists. $16.95 (14-day money back guarantee.) General Medical Co., Dept. BHE-93, 1935 Armacost Ave., Los Angeles, CA 90025.





Saffron Crocus—Special Offer!
Here is a very rare Fall-blooming crocus. It has lovely lilac flowers with blood-red scented stigmata, which is the source of saffron. They have been prized and cultivated since the ancient times of Solomon for their flavoring and coloring. A native of Asia Minor, they are very rare. Supply is limited. Order Item #4007. 12 bulbs $5.95, 24 bulbs $9.75, 48 bulbs $15.75. Add $1.50 postage and handling. Van Bourgondien Bros., Dept. 4007, Box A, Babylon, NY 11702.

GREAT COLOR WALLETS and ENLARGEMENTS
EXPRESS PHOTO SERVICE
ONLY $2.50
FULL COLOR • BORDERLESS
Five choices only $2.50 each
★ 40 Wallets
★ 32 Wallets & One 5"x 7"
★ 8 Wallets & Four 5"x 7"s
★ 2 Custom 8" x 10"s
★ 20 Jumbo Wallets
Vibrant Permaprint™ copies on KODAK paper. Send any instant print or photo up to 8x10 (returned). Add 75c each set for handling and postage. For Rush Express Photo Service add $2.00 per order. Enclose check or M.O. with return address, send to
RELIANCE COLOR LABS, INC.
STUDIO E814-8, P.O. BOX 159, STAMFORD, CT 06904

50% OFF PLUS AN EXTRA 25% OFF THAT
ON LEVOLOR
Why settle for one discount when Jayson gives you two on original Levolor 1" blinds.
Call for prices and information on 1" blinds, verticals, pleated shades, woven woods and wood blinds from Levolor, Bali, Louver Drape, Joanna, Graber Del Mar and Jayson.
VISA
Jayson Window Fashions
P.O. Box 02579 Detroit, MI 48202
CALL TOLL FREE 1-800-5-BLINDS
IN MICHIGAN 313-832-5630
FREE Delivery in Continental U.S.

FOR INFORMATION ON MAIL ORDER ADVERTISING:
Write to:
BETTER HOMES AND GARDENS
Dept. MO-08, 750 Third Avenue
New York, N.Y. 10017

AT HOME DENTAL CARE SET
Scientifically designed helps provide improved oral hygiene between visits to your dentist. Two stainless steel instruments included for precise care. 6½" curved handled mirror lets you see your teeth as your dentist does from every angle. 6" probe pick cleans between teeth removing plaque and impacted food. Better than brushing or flossing alone. 2 pc. set.
Only $9.97 plus $1 shpg.
Send Check or M.O. 20 day money back guarantee
HOLST, INC. Dept. BHD886, 1118 W. Lake Box 370, Tawas City, MI 48764

Country Curtains®
FREE COLOR CATALOG
Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service. Curtains in cotton muslin or carefree permanent press, some with ruffles, others with fringe or lace trim. Also tab curtains, bed ensembles, lined and unlined Waverly curtains, charming pillows and dolls, wooden curtain rods . . . many wonderful items for your home. Free color catalog. Please call 413-243-1805 or write us.
Satisfaction guaranteed.
☐ PLEASE SEND FREE CATALOG
Name
Address
City
State Zip
COUNTRY CURTAINS®
At The Red Lion Inn
Dept. 3726, Stockbridge, Mass. 01262

glide upstairs on a STAIR-GLIDE® stairway lift
EASILY INSTALLED
No more problems with stairs. Just sit on a stairway lift, press the button and glide up and down in complete safety. Saves changing your house around or moving. Easily installed to fit curved or straight stairs. No mess. Folds back — gets in nobody's way. Find out all the details. Fill in the coupon below and mail to us.
Send me free details of your push-button stairway lift quickly.
AMERICAN STAIR-GLIDE CORPORATION
Name
Address
City
State Zip
Tel.
AMERICAN STAIR-GLIDE CORPORATION
Dept. BHG-0887, 4001 E. 138th St., P.O. Box B
Grandview, MO 64030 Tel. 816-763-3100

32 COLOR PHOTO SPECIALS $2.45



Full color quality copies of your favorite photo—at low, low prices! Send any color slide or photo (up to 8"x10")—no negatives, please! Your original returned unharmed. Order by item number below:

Walter Drake Photo Labs
2058 Drake Bldg., Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____

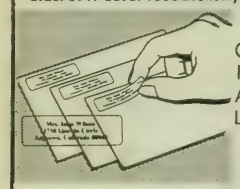
- P6359 **32 Wallet Photos @$2.45** ..... $_____
- P6360 **16 Wallets, Two 5"x7"@$2.45** .... $_____
- P6362 **16 Wallets, Four 3½"x5"@$2.45** .. $_____
- P4082 **Two 5"x7", One 8"x10"@$2.45** .... $_____
- P6406 **Two 8"x10"@$2.45** ..... $_____

Add 55¢ per set for shipping & handling ..... $_____
SATISFACTION OR YOUR MONEY BACK! Total $_____



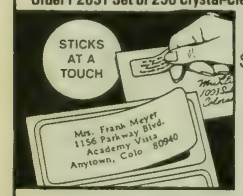
1000 RETURN ADDRESS LABELS $1.49

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) .. $1.49



250 Crystal-Clear RETURN ADDRESS LABELS $2.98

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $2.98



250 Self-Stick WHITE GLOSS LABELS $2.98

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $2.98

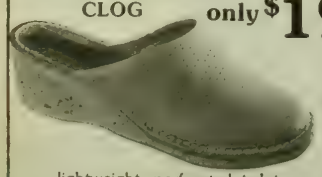
Walter Drake 3058 Drake Building Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____

- _____ S717 1000 Labels @ $1.49 $_____
- _____ P2031 Crystal-Clear Labels@$2.98 $_____
- _____ P6030 White Gloss Labels@2.98 $_____

Add 30¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

GENUINE LEATHER CLOG only $19.99 orig. $24



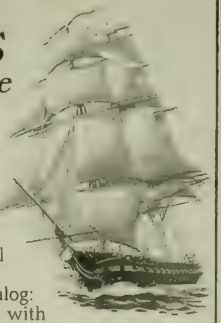
• two for $37.98

lightweight, perforated to let your feet breathe. 1½" cork wedge heel on long-wearing rubber sole; CAMEL, WHITE, NAVY, RED. Full & half sizes; 6½-10 N, 5-10 M, 5½-10 W. SATISFACTION GUARANTEED OR MONEY BACK!

FREE CATALOG with order PLUS $2 BONUS CHECK good on *next* order.
CHARGE ORDERS CALL (602) 747-5000
We accept VISA, Diners Club, MasterCard & American Express
Add $2.25 p&h one item, $3.50 for two, $4.25 for three. Az. res. add 7% tax.
Dept. CWR1A, 3740 E. 34th St., Tucson, AZ 85713
Old Pueblo Traders since 1946

FREE 112 Page Catalog for Lovers of

SHIPS and the SEA



You could shop for months and never find the hundreds of decorative nautical ideas illustrated in Preston's new catalog: 112 pages teeming with ship models, marine paintings, nautical lamps and clocks, ships' wheels, figureheads and scores of other nautical ideas for the Home.

PRESTON'S
120-Y Main St. Wharf, Greenport, NY 11944

WIND DIRECTION AT A GLANCE



WEATHER VANES add finishing touch to your home, garage, farm or ranch! Ornamental as well as useful. Wind direction at a glance. Balanced arrow on friction free bearing responds to slightest breeze! Made of rust free aluminum with baked vinyl coating. Mounting hardware included. Arrow 23" long. Support 27" high. Great gifts!

Crowing Rooster	**$16.95** + $3 p&h
Galloping Horse	**$16.95** + $3 p&h

SAVE MORE!—two for **$33.50** + $3.25 p&h
Send a check or M.O. 15 day money back guarantee.

HOLST, INC. Dept. BHV-886, 1118 W. Lake Box 370, Tawas City, MI 48764

Lowest Prices! LEVOLOR BLINDS



The original national discounter guarantees to beat any legitimate price on these products, down to our cost. Get your best price, then call us. Don't be fooled by our imitators. There is only one number 1. Shop and compare, use suggested retail and discount percentage for comparison only. We discount everyday.

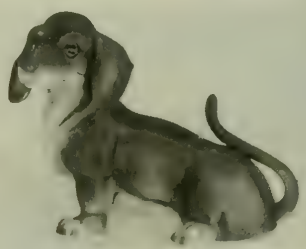
NOBODY BEATS OUR LEVOLOR PRICES

LEVOLOR MONACO 1" MINI BLIND 60% OFF
LEVOLOR CUSTOM VERTICAL BLINDS 55% OFF
we also carry...
LEVOLOR RIVIERA 1" MINI BLINDS
LEVOLOR WOOD BLINDS, MICRO BLINDS AND "2" PLEATED SHADES
DEL MAR VERTICALS, DEL MAR SOFTLIGHT PLEATED SHADES * KIRSCH VEROSOL AND LOUVER DRAPE VERTICALS.

CALL TOLL FREE (800) 547-8982
FREE Free color swatches and info. Free UPS shipping (48 states)
WELLS INTERIORS, INC. (9 Calif. locations)
7171 Amador Plaza, Dublin, CA 94568

THE BRADFORD EXCHANGE

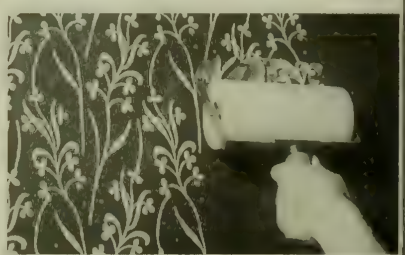
The Bradford Exchange
How to cash in on the boom in limited edition collector's plates. Comprehensive plate collector's STARTER KIT containing tips essential for beginning collectors. Will include information on the Bradford Exchange. World's largest trading center in collectors plates. Kit is FREE. Write to: The Bradford Exchange, Dept. E-81204, 9345 North Milwaukee, Niles Chicago, Illinois 60648.



Adorable musical Dachshund
Lovable doggie plays "Edelweiss" melody from *The Sound of Music*. This charming pup is made of genuine bisque porcelain. Doggie is so life-like you'll expect him to wag his tail and you will want to pet him for sure. Makes an adorable fireside or table adornment. 9" long and 7" high. $14.97 plus $3 shipping. Order from Holst, Inc., Dept. BHA-886, 1118 W. Lake, Box 370, Tawas City, MI 48764.



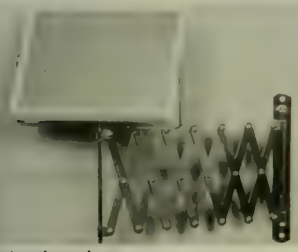
Natural Looking Wigs
America's most beautiful fashion collection of famous Eva Gabor wigs in our free 32-page catalog. So natural-looking, feather-light, and easy to style! A real convenience for those surprise special occasions. Try our fast mail order service with No-Risk, Unlimited Guarantee! Send for your free catalog today! Wigs by Paula, Dept. 6154, Brockton, MA 02403.



A unique way to decorate your walls
Amazing roller paints wallpaper patterns directly on your walls, furniture, fabrics, etc. You can choose from florals, geometrics, woodgrains, modern, Colonial, Victorian and more. Now you can easily redo your home or apartment in a unique fashion. A complete kit including catalog costs only $16.95 + $3 postage. Write: Rollerwall, Dept. BH-86, Box 757, Silver Spring, Maryland 20901.



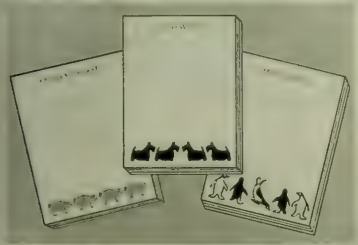
ersonalized Children Plaque
olid wood; brass figures custom engraved with first mes. Length varies with number of children. Print mes, specify boy or girl for each. One child $3.98; two ildren $4.98; 3/$6.98; 4/$7.98; 5/$8.98; 6/$10.98; /$11.98; 8/$12.98; 9/$13.98. Add $1.50 p&h. HIPPED IN 48 HOURS. Gemini Engraving Company, ept. 408-C. 5695 Xenon Way, Arvada, CO 80002.



he extension mirror
omes close to you! Great for closeup tasks, no more aning over. A unique two-faced mirror that flips from lain to magnifying. Swivels for the most helpful light and e right angle. It extends 30" from the wall on seven xtension arms. 6½" X 8" viewing mirror. Folds flat hen not in use; chrome-plated steel. $19.95 + $3.00 hp. Holst, Inc., Dept. BHM-886, Box 370, 1118 W. ake, Tawas City, MI 48764.



our favorite photo
f baby, children or family available in pocket size. Or- er some for yourself and to give as gifts. Send Polar- id, color print or photo (up to 5" × 7") negative or lide—get 40 color pocket photos plus one free photo in lastic. Now you'll have enough to go around! $1.95 + 0¢ post. Add 20¢ for First Class. Roxanne Studios, ept. BH-61, Box 1012, Long Island City, NY 11101.



Animal memos
Fun-loving animals highlight our personalized memos! They'll add a cheerful touch to all your correspondence. Choose from distinguished scotty dogs and carefree penguins, both in black; or plump pink pigs. All are on crisp white paper with your name above in black. Each pad includes 250 sheets, 5½"×7¼". PLEASE PRINT name. Order P2093 Scotty, P2094 Penguin or P2095 Pig, $3.99 postpaid. Walter Drake, BH17 Drake Building, Colorado Springs, CO 80940.



ADDRESS LABELS IN FREE DISPENSER
Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$ 4.95	$ 5.95	$ 6.95
3 Orders (Mixed copy OK)	$11.95	$14.95	$17.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)
Send to: LABELS UNLIMITED, Dept. 601
P.O. Box 346, Sonoma, CA 95476
Dealer Inquiries Welcome



FREE COLOR CATALOG - Exciting 56 pages of quality, no-iron curtains, bedspreads and deep drop dust ruffles. Colonial and country reproductions you cannot find elsewhere. Send for yours today.
Name _____
Address _____
City _____ State ___ Zip _____
COLONIAL MAID CURTAINS
Dept. CAS-AT, Mamaroneck, N.Y. 10543

DO-IT-YOURSELF KITS
BUILD YOUR OWN GRANDFATHER CLOCK



Prices Starting Under **$280**
(including movement and dial)
- Do-it-yourself case kit, parts pre-cut
- Finished clocks
- Solid 3/4" hardwoods: black walnut, cherry, oak
- Heirloom quality
- Factory direct prices
- Solid brass West German chiming movements
- Money back guarantee
- Prompt shipment
- No woodworking experience necessary

WRITE FOR FREE COLOR CATALOG
EMPEROR® CLOCK COMPANY
WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
Dept. 2004, Emperor Industrial Park
Fairhope, Alabama 36532 · Phone 1-205-928-2316

FIRST QUALITY FAMOUS BRAND WALLCOVERING!
Wholesale-Direct Prices!
Now you can save on **First Quality Brand Name** wallcoverings and have them shipped prepaid right to your home. ***Most are less than $9.95 per single roll.** Pick your pattern from any book and call **Toll-Free** for our wholesale-direct offer. **Satisfaction guaranteed.** You risk nothing. You save state and local taxes* and we even pay the freight! Shop around for the book and pattern number. Then call us and say, "Charge it."

$9.95 PER ROLL OR LESS*

PRICED-RITE WALLCOVERING
CUT OUT & SAVE THIS AD! THEN CALL
TOLL FREE **1-800-634-6330**
WEEKDAYS 9 to 9 (EST.)
SATURDAYS 9 to 6 (EST)
*Tax Applicable for N.J. residents
P.O. BOX 1031
Rahway, NJ 07065

GIVE US THIS INFO
BRAND NAME _____
BOOK NAME _____
PATTERN NUMBER _____
PAGE NUMBER _____
VISA MasterCard

LEVOLOR MINI BLINDS
$10 & UP In Stock • Custom UP TO 60% OFF Lowest Price Guaranteed
Chintz, Prints & More (7 Stores)
1319 Lindbergh Plaza, St. Louis, MO 63132 VISA & MasterCard
Toll Free 1-800-325-3261



SEND ME—FREE
The new 68-page, all color Miles Kimball gift catalog with hundreds of new and unusual Gifts, Gadgets and Toys, many under $5. Mail this coupon to: Miles Kimball, 244 Bond St. Oshkosh, WI 54906 *(Please Print)* 1600
Name _____
Address _____
City _____
State _____ Zip _____

The convenience of shopping by mail is a luxury you can afford!

AMERICA'S FINEST CATALOGS

You can order an exclusive selection of America's most prestigious catalogs directly from Better Homes and Gardens. These catalogs present quality merchandise from fabulous retailers across the United States. To start receiving these catalogs simply fill in the coupon. The catalogs will be sent directly to you by the companies and many will include lavish Christmas editions. Shop in America's finest stores from the comfort of your home.

Use the coupon, or call Toll Free
800-247-5099
In Iowa, call 800-532-1526

bloomingdale's BY MAIL LTD

1. For just $3, enter the exclusive world of Bloomingdale's By Mail and enjoy a full season of exciting home furnishings catalogs. Plus, you'll get a $3 gift certificate to make shopping more fun. If you act now, we'll be sure to send you our gala Christmas catalog. Bloomingdale's By Mail. Carried by fine mailmen everywhere.

Talbots

3. Our Catalog:
1. Specializes in classic fashions.
2. Stocks thousands of Misses and Petite items.
3. Offers free 24-hour phone consultation.
4. Unconditionally guarantees everything you buy.
5. Gives you $10 off your first purchase over $50.
6. Is absolutely *FREE.*



5. The adventure goes on with A&F classics including the Beefeater® Steak Knives, Safari® Cloth outfits, English picnic baskets, the Flattie Shoe, handcrafted leather animal hassocks and famous 60-second razors. Catalog also features popular savings adventures, women's casual wear, high-quality gifts, sporting equipment, and apparel for the active family — many designed and exclusively made for A&F. $2.

WILLIAMS-SONOMA GRANDE CUISINE

WILLIAMS-SONOMA

2. A Catalog for Cooks. Discover what serious cooks have known since 1956. Williams-Sonoma offers the finest kitchenwares, household articles and specialty foods — many are exclusive. Two year subscription (U.S. addresses only) $2.00.

Neiman-Marcus

4. Bring the world's most original gifts home ...with the 1986 N-M Christmas Book. Peruse over 100 colorful pages and charge whatever strikes your fancy to your N-M account with a call to our 24-hour toll-free number. Reserve your copy for only $5, applicable towards your first N-M credit card purchase from the Christmas Book.

THE SAN FRANCISCO MUSIC BOX COMPANY

Exclusively Music Boxes

6. The largest selection of quality Music Boxes in the world. Choose from musical figurines to magnificent handmade Swiss movements. Hundreds of boxes — choose your tune from dozens. You'll find the perfect gift. $2.

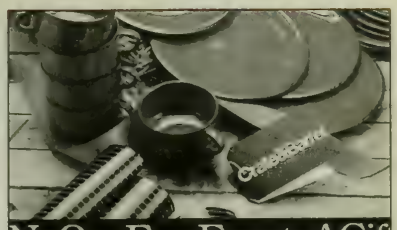
I. Magnin

7. Indulge in a subscription to I. Magnin Reflections®, starting with our collector's item Christmas gifts edition. We fill it with only our very best I. Magnin selections from the finest American and European designer collection. Beautiful gifts for your home and everyone special in your life. One year subscription, U.S. only $5.00.

LAURA ASHLEY

laura ashley

10. Colour your autumn with designs from the world of Laura Ashley. Subscribe now and enjoy our enchanting autumn/winter fashion and home furnishings catalogues along with our popular 175-page Home Furnishings catalogue. Following soon will be our delightful Christmas Gift catalogue. $5 for a year's subscription.



12. One year of the most interesting cookware, glassware, tableware, bedding, fashions, and accessories in the world. One year of the newest products for contemporary lifestyles. One year of the Crate and Barrel catalogues you've probably been hearing about for just $2.00.

Current

8. Eighty-eight pages of original design greeting cards, stationery, Christmas cards, gift wrap, gifts and more! Quality products at low prices since 1950. Free notecard enclosed with catalog. Please enclose 50¢.

GUMP'S
SINCE 1861

San Francisco's most extraordinary store!

11. Find out why Thomas Hoving, former director of New York's Metropolitan Museum, called Gump's "The greatest store of its kind in the world." Send for the exclusive Gump's Gift Book and shop at home from the most distinctive assortment of gifts available today — oriental pieces, china, crystal, lamps, fashion and jewelry. A one-year, four-issue subscription is $3. (Outside the U.S. $15)

San Francisco • Beverly Hills • Dallas • Houston

Celebrating our 125th Anniversary

OLD PUEBLO TRADERS

9. Since 1946, THE catalog for all your fashion needs. Brand name fashions and accessories in a wide variety of styles and fabrics perfect for casual, career or eveningwear. Misses, Petite, Half and Large sizes. Famous maker shoes in hard-to-find sizes. "Special Values" throughout catalog. 60 FULL COLOR pages. Send $1 for Fall catalog and receive a $2 BONUS DISCOUNT toward first order.

HOW TO ORDER

AMERICA'S FINEST CATALOGS

Please circle the catalog number for each of your selections. Enclose a check or money order for the catalog costs, plus $1.50 for postage and handling for up to four catalogs. Add $.25 for each additional catalog. Please allow 4-6 weeks for delivery. Mail to:

America's Finest Catalogs
Better Homes and Gardens
Box 10227-AF7
Des Moines, IA 50335

1. $3.00	**5.** $2.00	**9.** $1.00	Cost of catalogs ordered $_____
2. $2.00	**6.** $2.00	**10.** $5.00	Add $1.50 for P&H for up to 4 catalogs. $ $1.50
3. FREE	**7.** $5.00	**11.** $3.00	Add $ .25 for each additional catalog. $_____
4. $5.00	**8.** .50¢	**12.** $2.00	Total $_____

Name_____

Address_____

City_____ State_____ Zip_____

Make checks or money order payable to: **Better Homes and Gardens**

☐ My check/money order is enclosed. Amount $_____

Please charge to my ☐ Visa ☐ MasterCard Exp. Date_____

Card #_____

THE MAN NEXT DOOR

When one of our Saturday morning coffee crew ribbed Representative Nick Hanfli about returning home so often, he replied, "Take your pick, gentlemen. I can spend my time here or your money in Washington."

Traffic congestion, observed Dick Dresch, is the price people pay for having given up sidewalks.

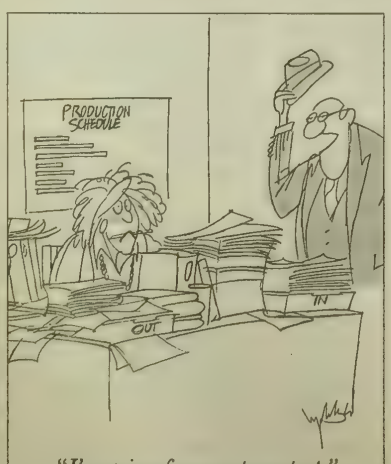
Our Judy, 11, likes her occasional baby-sitting jobs at Liz Randall's house because, Judy says, Liz has the most interesting refrigerator she's ever seen.

Bill and Isabel Norman considered their vacation plans very carefully this summer, then told their travel agent they wanted to go somewhere that hadn't been in the headlines for at least five years.

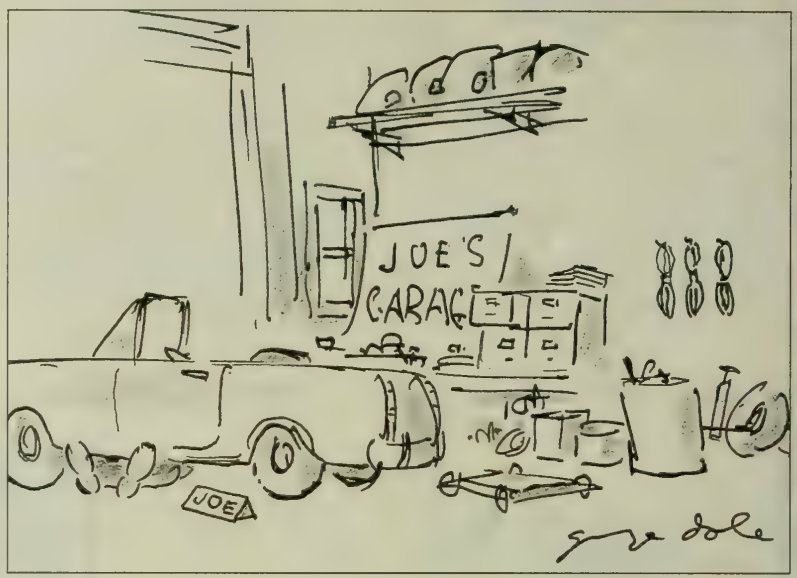
Banker Helen Newsome observed that every time she wonders where we'd all be without credit cards, she comes to the same conclusion—solvent.

Burt, Jr., praised the hitting ability of his youth league baseball team's third baseman, then added, "And she's a great fielder, too." I like the way some things have changed.

All summer, I've been trying without success to persuade our Rosemary, home from college, that a tan acquired working in the garden looks just as good as one picked up on the patio.



"I'm going for my stress test."



Fishing is popular, says Editor Earl Reeves, because it sounds so much more positive than just loafing in a boat all day.

Bill Minchin's teen-age son, Eddy, confides that the beach is a great place to collect things—seashells, driftwood, mosquito bites, phone numbers.

Lee Bayless notes that more people are renting a cassette instead of going to the movies. It's just a matter of time, he adds, before we'll be hearing, "Dad, can I have the VCR for tonight?"

Grandma Hillis tells us all to cheer up. She maintains that when it comes to troubles, most of us are in the express line: eight items or less.

Doc Bob Hannelly believes you've reached middle age when it takes jogging to do to the heart what falling in love used to.

Elaine Cowan says she once had a wealthy friend who named his yacht The Gravy Boat.

It was a vacation we'll never forget.

Christine, Judy, Burt, Jr., and I spent a week tent camping in a state park in northern Minnesota. Rosemary, declaring she's old enough for a "separate" vacation, went off with college friends.

We were rained on every day—a warmish rain that would quit for an hour or so at a time, then resume. By the end of the first day, the kids and I were ready to go home, but Chris suggested we stick it out for at least another day.

We stayed the week, and enjoyed ourselves immensely despite being damp most of the time. We went hiking, and saw both a porcupine and a great-horned owl. We went fishing, and caught two delicious meals of walleye. We discovered a marvelous restaurant in what was once a logging camp, where the food was served family style on huge platters.

Talking about the week on our way home, we all puffed out our chests a little over our newfound ability to have a good time despite having to put up with miserable conditions.

"Well, Dad," concluded Burt, Jr., "it just goes to show that when the going gets tough, the Hillises get going."

Burton Hillis

TER HOMES & GARDENS
September 1986

dea Magazine For American Families

3 9042 02019667 8

Better Homes and Gardens

September 1986 • $1.50

HIS ISSUE
ALTH
AVEL
NDSCAPING
RENTING

AKE-AHEAD GIFTS
at Family And Friends Will Cherish

OD EATING FOR GOOD HEALTH
Terrific Recipes For A Healthier You

MARKABLE TCHEN REMAKES
eat Ideas You Can Use

EATIVE INDOW RESSINGS
th Ready-Made rtains And apes



#31C*****CAR-RT-SORT**
11-LBRPRM-480993 2 15LKH
JUN87 ED 09424 02
BURLINGAME PUBLIC LIBRY
480 PRIMROSE RD
BURLINGAME CA 94010

BURLINGAME
AUG 25 1986
LIBRARY





When a style that's 2,000 years old still looks contemporary, that's ageless.

Mystique by Thomasville



Even after thousands of years, the simple lines and graceful proportions of the Oriental style make a contemporary statement of lasting beauty. And nowhere do old and new blend more beautifully than in Thomasville's Mystique Collection.

The captivating glimmer of glass. Rich pecan woods accented with the soft glow of brass. Subtle carvings. These unique elements come together in the Mystique Collection—created to bring an air of elegance and intrigue to the homes of today.

To see all 64 pieces, send $5.00 (check or money order) to: Mystique Collection, Thomasville Furniture, Dept. 69TBH, Thomasville, NC 27360. For the name of your nearest Thomasville Gallery™ or Authorized Thomasville Retailer, call 1 800 225-0265, and ask for Dept. 69TBH. In North Carolina, call 1 800 672-4224.



Thomasville®

so nice to come home to™

WE ALL SLEEP IN THE SAME BED

AND WE SLEEP BETTER BECAUSE OF IT

We all sleep in a Somma. We understand the importance and benefits of getting a healthy, restful, better night's sleep. On a Somma Mattress you don't feel any hard spots or lumps. And there are no annoying metal springs pushing up against your body forcing you to toss and turn all night long.

Somma has removed the springs from the mattress and replaced them with individual water filled cylinders. These cylinders lie beneath a plush sleeping surface making the Somma soft on top for exceptional comfort and firm underneath for excellent support. In addition, each person can adjust their side of the Somma for the exact degree of support they each want and need. And . . . movement on one side of the bed does not affect the other side at all.

By combining the best design qualities of the traditional mattress with the unequalled comfort of waterbeds, Somma has created the perfect mattress, adjustable for every individual's sleeping habits. You sleep better, deeper and you wake up feeling absolutely great.

Visit your local mattress retailer today and LIE DOWN ON A SOMMA. Share a better night's sleep with us. Sleep in our bed. Sleep in a Somma.



Every night we'd wake up 8 or 9 times. Now, we sleep through the night on our Somma.



Waking up without feeling sore all over is the perfect start to each day.

We're a very active family and getting a better night's sleep is important to us. That's why we all sleep on Somma mattresses.

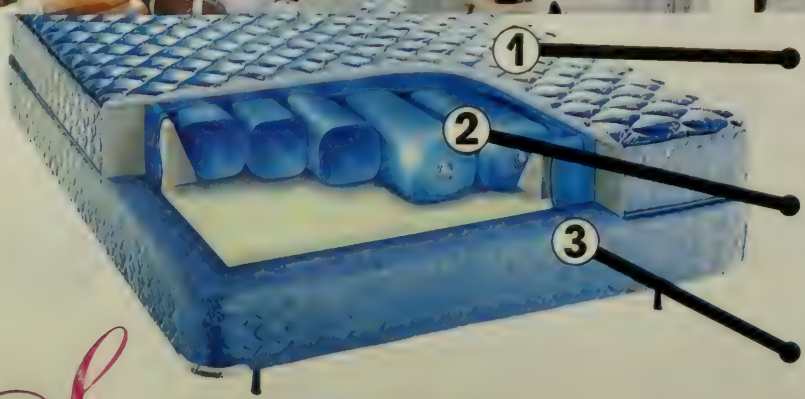


It looks like a traditional mattress. I can use my regular sheets. And I always sleep better. That's Somma.



Our Somma allows us to adjust each side of the mattress for the exact firmness and support we each want.





1. SUPERB COMFORT

For maximum comfort the soft top of a Somma conforms to your body shape. Annoying hard spots, pressure points and side to side movement are completely eliminated.

2. PERFECT SUPPORT

Each person can adjust the firmness on their side of the mattress for the exact support they want and need by simply varying the amount of water in the individual cylinders.

3. PRACTICAL BENEFITS

The Somma is lightweight. It uses standard bedding and a standard center support bedframe. And many tickings are treated with DuPont TEFLON® soil and stain mattress protector.

Somma® MATTRESS

SLEEP BETTER IN OUR BED . . . SLEEP ON A SOMMA

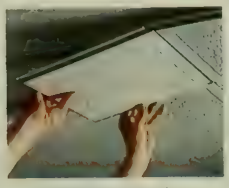
© 1986 Somma Mattress Company. U.S. Patent 4,221,013. U.S. Patent 4,569,100. Other U.S. and foreign patents pending.



With an Armstrong ceiling, it's easy to put beauty above everything else.



1. Nail up the tracks



2. Position the tiles



3. Snap in place

And with our No-Fault Installation Guarantee, if you make a mistake, we'll make it right.

Finish off your next remodeling job with an Armstrong tile ceiling. It's the perfect way to top off a beautiful room.

If you've never installed ceiling tile before, you'll be surprised at how easy it is—especially when you use Armstrong Easy Up® Installation Kits.

And when you purchase from a retailer participating in our No-Fault Installation Guarantee, should you make a mistake and damage any of the materials, they can be replaced at no charge. Ask for details at the store before you buy.

Call us toll-free for a free "Guide to Armstrong Ceilings" and the name of a nearby retailer who sells our line.

1 800 233-3823, ask for Dept. 69RBH.

Armstrong

so nice to come home to™

If you smoke...

Some useful information for those who want to smoke ultra low tar.

Because times and tastes change, and because of claims and counter-claims, we, the makers of CARLTON, present these few facts to you:

In 1964, CARLTON first recognized the desire of some smokers to know the tar and nicotine content of the cigarettes they were smoking. CARLTON became the first brand to put these figures right on the pack. During the next 20 years CARLTON introduced a whole range of products, including the lowest in tar of all brands, the lowest menthol, and the lowest 120's.

In the last 21 reports issued by the U.S. Government, no cigarette has tested lower than CARLTON. In the latest such report, CARLTON Box King was reported as less than 0.5 mg. tar, 0.05 mg. nicotine.

As you read through this statement, from CARLTON, you will see how CARLTON compares to other low tar products. For example:



Carlton 100's Box
1 mg. tar
0.1 mg. nic.



Vantage Ultra Lights 100's
5 mg. tar
0.5 mg. nic.

And if you're a Merit smoker, it might interest you to know that Merit Ultra Lights 100's have 5 mg. tar, 0.4 mg. nic vs CARLTON Box 100's at 1 mg. tar, 0.1 mg. nic. And the comparisons continue.



Carlton 100's Box
1 mg. tar
0.1 mg. nic.



Merit Ultra Lights 100's
5 mg. tar
0.4 mg. nic.

BRANDS	TAR	NIC.
CARLTON 100's Box	1 mg.	0.1 mg.
Carlton King	1 mg.	0.1 mg.
Kent III Kings	3 mg.	0.3 mg.
Now 100's	3 mg.	0.3 mg.
Kent III 100's	4 mg.	0.4 mg.
Benson & Hedges Ultra Lights	5 mg.	0.4 mg.
True King Size	5 mg.	0.4 mg.
Camel Lights	8 mg.	0.7 mg.
Merit King Size	8 mg.	0.5 mg.
Kent Golden Lights	9 mg.	0.8 mg.
Vantage Kings	10 mg.	0.7 mg.
Marlboro Lights	10 mg.	0.7 mg.
Marlboro Lights 100's	10 mg.	0.7 mg.
Benson & Hedges 100's	16 mg.	1.0 mg.

Our point is simply this. If you are interested in the tar content of your cigarette, you should compare the tar content of your cigarette vs CARLTON. If you are interested in the lowest...

LATEST U.S. GOV'T REPORT CONFIRMS:

no brand lower than Carlton Box King—less than 0.5 mg. tar 0.05 mg. nic.

CARLTON IS LOWEST

Box King—lowest of all brands—less than 0.01 mg. tar, 0.002 mg. nic.



...There's a Carlton for you. Carlton Box King (less than 0.01 mg. tar, 0.002 mg. nic); Carlton 100's Box, 100's menthol Box and menthol King (less than 1 mg. tar, 0.1 mg. nic); Carlton King Soft Pack (1mg. tar, 0.2 mg. nic); Carlton 100's Soft Pack and 100's menthol Soft Pack (5 mg. tar, 0.5 mg. nic); Carlton Slims and Slims menthol (6 mg. tar, 0.6 mg. nic); Carlton 120's and 120's menthol (7 mg. tar, 0.7 mg. nic).

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

Box and 100's Box Menthol: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack, Menthol and 100's Box: 1 mg. "tar", 0.1 mg. nicotine; 100's Soft Pack and 100's Menthol: 5 mg. "tar", 0.4 mg. nicotine; 120's: 7 mg. "tar", 0.6 mg. nicotine av. per cigarette, FTC Report Jan. '85. Slims: 6 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.

CONTENTS

SEPTEMBER 1986; Vol. 64, No. 9

Better Homes and Gardens

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®

FEATURES

Editor's Letter 12
Family Network™ *Letters from our readers* 14
What's Happening *New trends and developments* 17
Just Out for Home and Family *New products* 33
The Man Next Door® *Writes about family, friends, and neighbors* ... 150

HOME ELECTRONICS

Is Your TV Outdated? 21

EDUCATION

Preschools
How to tell the winners from the losers 22

PARENTING

COUNTERMOVES TO POWER GAMES STEPCHILDREN PLAY 26

GARDENING

Gardener's Log *Brighten the shade with hostas* 35
SPOT LANDSCAPING WITH FLOWERING TREES 79

CRAFTS

HEART-AND-HAND BAZAAR
Holiday gifts to make by hand and give from the heart 37

BUILDING

Bold Bath Ideas 59
REMARKABLE KITCHEN REMAKES
Great ideas you can use! 90

HEALTH

Seven Ways to Find A Good Night's Sleep
This article will put you to sleep! 64
Health Update 70

FOOD

Diet and Health: Tofu
Low-fat, low-sodium wonder food 69

continued on page 6

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $14.00 a year by Meredith Corporation, 3600 Wilshire Blvd., Los Angeles, CA 90010. Principal office, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Los Angeles, Calif. and at additional mailing offices. This issue is published in multiple editions. **Subscription Prices:** One year $14.00 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. September, 1986. Vol. 64, No. 9.

© Copyright Meredith Corporation 1986. All rights reserved. Printed in U.S.A.



COVER PHOTOGRAPH: BILL HOPKINS JR.

Heart-And-Hand Bazaar

Make-ahead gifts

PAGE 37



Power Games Stepchildren Play

PAGE 26



PAGE 96

GOOD EATING FOR GOOD HEALTH

CUISINARTS® PRESENTS:

COOKING COMMENTS THAT MAY LEAVE YOU STEAMING.

Are you one of today's cooks who prefers to steam food? If you are, you know that steaming cooks fast and evenly. It also preserves more nutrients than either simmering or braising, and avoids unwanted oil and butter.

Cuisinarts offers you a choice of three different kinds of steamer tops in both our Original and Commercial Cookware Collections. The taller combination in the photograph is our couscoussier steamer top with our Cuisinart Commercial 5½ quart stockpot. This elegant ensemble, together with the dome cover, gives you plenty of room to steam food for ten people.

Our Cuisinart Commercial 2¾ quart saucepan with its optional steamer insert combination lets you steam just about any vegetable quickly and conveniently.

If you would like some Cuisinart recipes that show the ease, convenience and advantages of cooking with steam, they are yours for the asking. We will also send you information on all our cookware, and, if you request it, on our food processors, cookbooks, our bimonthly magazine, *The Pleasures of Cooking,* and our recently established Cuisinart Cooking Club. Write to the address below or call our toll-free number (800) 243-8540.

Carl G. Sontheimer
President, Cuisinarts, Inc.



Cuisinart
Commercial Stainless Cookware

Cuisinarts, Inc., Dept. E, P.O. Box 2150, Greenwich, CT 06836-2150.

CONTENTS

continued

FOOD

Best of Season: Zucchini!
Fresh ideas for this year's crop **94**

GOOD EATING FOR GOOD HEALTH
35 terrific recipes for a healthier you **96**

How to Use Nutrition Information **107**

Win Money for Your Recipes **125**

Prize Tested Recipes® **127**
Off-the-shelf main dishes
Finger foods

MONEY

Money Matters *Tips and trends* **74**

DECORATING

Gathering Places
Today's "keeping rooms" bring families together **84**



CREATIVE WINDOW DRESSINGS
With ready-made curtains and draperies **142**

TRAVEL

NEW YORK! *An autumn adventure for two* **131**

Into the Outdoors
When a vacation just naturally means an adventure **136**

SHOPPING

Magazine Customer Service Information **8**

Buying Guide **54**
Names and addresses of retailers and manufacturers of products shown on our editorial pages

How to Order **141**
Special offers, project plans, and kits featured in Better Homes and Gardens® *magazine*

Shopping Editor's Choice **144**

1986 CPC International



Sensational garden fresh recipes start with Knorr.

Make your fresh vegetables even more enticing with Knorr® Soup Mixes.

KNORR CUCUMBER DIP

1 cup plain yogurt
1 package (1.4 oz.) KNORR® Vegetable Soup and Recipe Mix
2 tablespoons snipped fresh dill or 2 teaspoons dried dill weed
1 cup sour cream
1 large cucumber, seeded, finely chopped and drained on paper towels.

Stir together yogurt, soupmix and dill. Cover; refrigerate 2 hours. Stir in sour cream and cucumber. Makes about 3 cups. *Deluxe Cucumber Dip:* Follow basic recipe. Omit yogurt. Stir together 2 cups sour cream, soupmix and dill. Stir in cucumber before serving.

KNORR TOMATO HERB DIP

2 medium tomatoes
1 package (2.4 oz.) KNORR® Leek Soup and Recipe Mix
2 cups sour cream
2 tablespoons chopped fresh basil or 2 teaspoons dried basil leaves

Cut tomatoes in half crosswise. Squeeze gently to remove seeds; discard seeds and liquid. Finely chop tomatoes; drain on paper towels. Set aside. Stir together soupmix, sour cream and basil. Cover; refrigerate 2 hours. Stir in tomatoes. Makes about 3 1/2 cups.

KNORR WHITE GAZPACHO

3 cups water
1 cup dry white wine
1 package (1.4 oz.) KNORR® Vegetable Soup and Recipe Mix
1/2 teaspoon dried basil leaves
1 cucumber, seeded and thinly sliced
1 tomato, seeded and chopped
1 sweet red or green pepper, julienned

In 2-quart saucepan, stir together water, wine, soupmix and basil. Stirring constantly, bring to boil over medium-high heat. Cool. Pour into glass bowl. Stir in remaining ingredients. Cover; chill. Makes about 7 cups.

The Knorr Recipe Collection

MFR. COUPON | NO EXPIRATION DATE

20¢ **SAVE 20¢** 20¢

When you buy one box Knorr Soup Mix, any flavor.

71176

DEALER: This coupon will be redeemed for face value plus 8¢ handling if used in accordance with the offer stated hereon. Any other use constitutes fraud. Limit one coupon per item. Coupon not transferable. Void where prohibited, taxed or otherwise restricted. Proof of purchase of sufficient merchandise to cover coupons submitted must be shown on request. Cash redemption value 1/20¢. Customer must pay any sales tax. Good only in U.S.A. Send to: Best Foods, Dept. #5917, El Paso, Texas 79966



Knorr®

48001 118701

SEPTEMBER

Better Homes and Gardens®

Editorial Director DORIS M. EBY
Editor DAVID JORDAN
Managing Editor KATE GREER Art Director ROBERT C. FURSTENAU

Food and Nutrition Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors LYNN HOPPE BARBARA ATKINS TERRI PAUSER WOLF
Special Interest Publications JANET FIGG

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor BARBARA A. LEWIS
Associate Editors GREGORY D. COOK GAYLE GOODSON BUTLER
Special Interest Publications WILLIAM L. NOLAN KAY SANDERS DAVID W. TOHT

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Associate Editor RHODA E. JAFFIN
Special Interest Publications HEATHER J. SCHRADLE ANNE ELIZABETH POWELL

Garden, Projects, and New Products Editor DOUGLAS A. JIMERSON
New Products and 100s of Ideas Editor STEVEN COULTER
Projects Editor C. MICHAEL STOWERS
Associate Editors JANE AUSTIN McKEON NANCY HALL

Money Management, Automotive, and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor PAUL KRANTZ
General Features Editor KATHRYN STECHERT
Associate Editors GEORGE S. BUSH CAROLYN A. McNURLEN MARK A. INGEBRETSEN

Crafts, Needlework, and Tablesettings Editor JEAN LEMMON
Senior Crafts Editor JIM WILLIAMS
Associate Editor JILANN SEVERSON
Special Interest Publications LAURA HOLTORF COLLINS

Editorial Marketing Services Director MARGARET McMAHON

Editorial Management Trainee DAVID S. JOHNSON

Copy Chief ELIZABETH HAHN BROOKS
Makeup Editor LINDA R. THOMAS
Associate Makeup Editors KATHRYN DAVIDSON JUDY HUNSICKER

Managing Art Director GERALD PREATOR
Associate Art Directors BRADFORD W. S. HONG ALISANN DIXON JERRY J. RANK
Graphic Designers KELLY BARTON NANCY N. KLUENDER KEVIN S. LUDGATE

Executive Director Editorial Services DUANE L. GREGG
Director, Editorial Planning DAVID R. HAUPERT
Director, Editorial Research C. RAY DEATON *Research Assistant* SCOTT R. TOLAN
Administrative Editor ROSE ANDERSON *Art Business Office Manager* DIANE BOYLE
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN

MAGAZINE GROUP PRESIDENT **JAMES A. AUTRY**
Magazine Group Vice President DORIS M. EBY, Editorial Director

Vice President–Publisher, Better Homes and Gardens J. WESLEY SILK
Publishing Services Director TERRY UNSWORTH
Advertising Sales Director LENNOX E. H. STUART
Associate Publisher/Development DEL RUSHER

Magazine Group Vice President Adolph Auerbacher, Publishing Director, Special Publications and Development

Special Interest Publications and Country Home® *Editor* WILLIAM J. YATES
Managing Editor LAMONT OLSON *Art Director* DON NICKELL

Better Homes and Gardens® WOOD *Editor* LARRY CLAYTON

Meredith Publishing Services *Editor* DOUGLAS A. HOLTHAUS
Managing Editor PATRICIA POLLOCK *Design Director* DEETRA LEECH

Books *Editor* GERALD KNOX
Managing Editor DAVID A. KIRCHNER
Art Director ERNEST SHELTON
Food Editor SHARYL HEIKEN *Furnishings Editor* SHARON NOVOTNE *Crafts Editor* JOAN CRAVENS

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Executive Vice President JACK D. REHM, Corporate Services
Group Presidents: JAMES A. AUTRY, Magazines
FRED STINES, Books
W. C. McREYNOLDS, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents: DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
NEIL KUEHNL, Product Development HERB SCHULTE, Corporate Planning
WILLIAM H. STRAW, Finance GERALD D. THORNTON, Administrative Services
Secretary BETTY CAMPBELL MADDEN Treasurer MICHAEL A. SELL
Corporate Controller LARRY D. HARTSOOK

Have a problem with your subscription?

We want to solve it to your complete satisfaction, and we want to do it fast. Please write to: Robert Austin, Better Homes and Gardens®, P.O. Box 4536, Des Moines, Iowa 50336.

You can help us by attaching your magazine label here, or copy your name and address as it appears on your label. Send this along with your correspondence.

Name
Address Apt. #
City State Zip

Moving?

Simply attach the mailing label from this magazine and write in your new address below. (Please allow 4-8 weeks.)

Your New Address Goes Here

Name

Address Apt. #

City

State Zip

Subscription Rate:

12 issues $14.00. Add $12 a year for Canadian or foreign postage.

☐ Renewal ☐ New Order

For Fast Service...

...it is better to write us concerning your problem and include the magazine label. Also, address changes are handled more efficiently by mail. However, should you need to reach us quickly the following toll-free number is available:

800-247-2504

Better Homes and Gardens®

P.O. Box 4536 • Des Moines, Iowa 50336



Zap n' Serve.™

What? Great tasting sausage, already browned from the microwave? It's true.

Presenting New Traditions™ Broiled and Browned™ sausages. From Hormel. Now you can serve sausage in less time than it takes to make toast.

We've done all the hard part for you. We start with our finest sausages. Then we broil and brown them. Sealing in all their juicy goodness.

They're fully cooked. All you do is microwave them. And in moments you're serving sizzling sausage. Without all the mess. Without all the hassle.

New Traditions Broiled and Browned sausages. In links or new patties. Original or new Hot and Spicy flavor. There are even new Ham patties, too.

We've made cooking sausage a zap.

Manufacturer Coupon—Expires 6/30/87



20¢ OFF
Any Variety
New Traditions
sausage

Hormel

Grocer: Hormel will redeem this coupon for amount indicated plus 8¢ handling provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing purchase of sufficient stock to cover coupons redeemed must be shown on request. Coupon void where prohibited, taxed or restricted. Customer must pay any sales tax. Offer good only in U.S.A. To redeem coupon, mail to: Processed Products, P.O. Box 1641, Clinton, Iowa 52734. Cash value 1/20¢.
To consumer: Caution! This coupon may be redeemed only with purchase of the items called for. Any other use constitutes fraud. Your grocer may not redeem coupons without your proper purchase.
LIMIT ONE COUPON PER PURCHASE.

37600 453551

©1986 Geo. A. Hormel & Co.

Some yard signs look like they could last for years.



Without our Home Marketing System, they may have to.

Selling a home today can be a complicated process. That's why, at Better Homes and Gardens® Real Estate Service, we developed a system for selling your home faster, easier, and at the best possible price.

The *Better Homes and Gardens* Home Marketing System* brings together all the elements that can make your home stand out from others on the market.

Find out how simple it would be to sell your home. Call your local Better Homes and Gardens member or call toll free **800-247-5050.** In Iowa, call **800-532-1430.**

*Availability of services may vary. Each firm independently owned and operated.

Better Homes and Gardens® H·O·M·E MARKETING SYSTEM



The better way to sell your home.™

© Copyright Meredith Corporation 1986.





In the bathroom, it's a never ending war on grime.

That's why you need Dow Bathroom Cleaner with Scrubbing Bubbles.

They not only clean and shine tile, porcelain and chrome, they disinfect and leave a fresh, clean smell. And they never scratch.

Scrubbing Bubbles clean so well, they will pass your toughest inspection.

So if you've had it with cleaning the bathroom, use Dow Bathroom Cleaner with Scrubbing Bubbles.

We do the fighting. So you don't have to.

DOW BATHROOM CLEANER. LET US DO YOUR DIRTY WORK.

When your white wash turns pink, do you see red?



Here's Rit® Color Remover to the rescue. It safely removes transferred dye stains and whitens dingy greyed or yellowed fabrics—without damaging fabric fibers. It also helps remove stains from washable whites—polyester, cotton or perma-press.

Get Rit Color Remover. And see white instead of red.

Are your clothes all washed up from rust stains?



Then get Rit® Rust Remover. It removes stains due to rusty metal and yellow or tan discoloration caused by rusty water—without damaging fabric fibers. And it's safe and easy to use on most washable white and colorfast fabrics.

Rit Rust Remover. Uniquely formulated to safely do what bleaches and detergents simply cannot.

Good Housekeeping PROMISES

© 1986 EPE International

Look for the entire family of Rit Fabric Treatments in the Rit Dye display rack. For more information, write: Rit Dye and Fabric Treatments, Dept. F2486, P.O. Box 21070, Indianapolis, IN 46221.

EDITOR'S LETTER

The New Nutrition

Dear Reader,

I sometimes wonder what I'd be like today if my family had known as much about nutrition as we know now. Would I still be slightly overweight with a weakness for all things sweet and gooey? I think not, if my own kids are any indication. My wife, Gerrianne, was into nutrition before nutrition was cool. She's been feeding me and our kids a healthful diet, for the most part, for more than 30 years. And, it shows, on her and the kids, at least.

I seem to be stuck with a lot of habits from the bad old days that are hard to change. I always clean my plate out of guilt for the starving children in less fortunate parts of the world. I never quite figured out how those few extra bites going into my stomach would do those kids any good, but I heard about them so often, I figured my parents knew something I didn't.

"There seemed to be a rule that whatever we ate had to be cooked all day."

Passing up a second helping always seems like an insult to the cook. When I was a boy I must have heard a thousand times, "We don't have much, but we always have plenty to eat," with the heavy implication that if I knew what was good for me, I'd better eat it.

Of course, we knew about the basic four food groups back then, but that's about as far as our knowledge of nutrition went. No one worried about eating too much salt and fat, or too little fiber, and we had never heard of cholesterol.

Simple prejudice dictated many of our tastes. Red meat was the status food in those fading days of the Great Depression for the same reason we preferred white bread—it was what rich people ate.

There seemed to be a rule that whatever we ate had to be cooked all day. It wasn't until I married Gerrianne that I discovered green beans weren't gray.



I'm just waiting . . .

There was no information available then that even began to compare with the food section in this issue of *Better Homes and Gardens,* with its guidelines, its recipes, and its several days' worth of menus for a healthier you.

We'd be the last to claim that we have the final answers. Our knowledge of good nutrition is growing by leaps and bounds today, often in confusing ways. What we've always thought was good for us turns out to be bad, and vice versa. But, stick with us. We'll sort out the worthwhile stuff from the fads and bring you the best information.

We like to think of ourselves as the nation's food authority, and I believe we have some justification in doing so. We're in touch with all the nutritional experts, constantly evaluating their findings. Our test kitchens develop recipes under strict nutritional guidelines, always, of course, with the cardinal rule that the food has to be delicious.

Meanwhile, I'm waiting for the day the food gurus announce that hot fudge sundaes actually cause weight loss and contain the minimum RDAs for us middle-aged fat guys.

David Jordan

David Jordan, Editor

© Philip Morris Inc. 1986



SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

LANACANE®



The instant itch reliever

...and a lot more

Instantly on contact with the itch. That's how fast LANACANE® Creme Medication starts working to relieve an itch.

That's because LANACANE contains the special type of anesthetic widely used by doctors all over the world for fast and lasting relief from pain and itching. Doctors know that's the only way to really attack itching instantly.

LANACANE Creme simply shuts off the itch. On contact. Quickly and effectively.

What's more, LANACANE is not a hydrocortisone like Cortaid® and Cortizone-5, medications known to work slowly and indirectly. Hydrocortisones don't work on some of your most common itches, because they contain no pain killers at all.

LANACANE works directly on every kind of itch. From insect bites to dry skin, to personal itching. Because LANACANE shuts off the itch right where the itch is. It safely relieves the pain of your irritated, inflamed skin tissue. No matter how sensitive the area. And LANACANE Creme's special antibacterial action helps speed your body's natural healing process.

LANACANE even contains Aloe to soothe and moisturize the skin.

No wonder LANACANE is the world's leader in fast itch relief.

Yet, for all that relief, ounce for ounce, LANACANE costs far less than leading hydrocortisones.

And that can be a relief, too.

©1986 COMBE Inc.

FAMILY NETWORK

Readers' comments and solutions to family and community problems

Helping young women

Last year, in response to a national outcry on teenage pregnancies, a group of teachers at my school formed a social club for young ladies aged 7 to 17. We have 75 members, all of whom are lower income, inner-city girls.

We work hard to give the members of the group as many culturally enriching activities as possible. We've raised money for trips to dinner theaters, operas, Broadway productions, and for weekends at some very nice resorts by selling raffle tickets, candy, jewelry, and other items.

There are many reasons why our young people go astray. We believe that proper adult supervision, structured social activities, and consistent dedication on the part of caring adults can make that all-important difference.

Vera V. Holley
Randallstown, Maryland

School volunteers

With so many mothers going back to work and with most single custodial parents working, there are fewer and fewer parents available during the day to work with schoolchildren.

How can a school find an equitable way for parents who are not available during the day to share in the responsibilities of volunteering? What can a school or group do to provide nice activities for kids without asking the same mothers to volunteer over and over?

This is becoming a pet peeve for many of us who already volunteer. We work, too, and are tired of "I can't, I work" being used as an excuse.

Laura L. Luteri
Mt. Prospect, Illinois

Grandmother wanted

Here's my situation: We are expecting our third child in October. We have an 8-year-old and a 13-month-old baby. I am a housewife who enjoys staying home with the children.

I'm afraid I will not be able to give our youngest child all of the attention that she needs and is used to having while I recuperate. I have no friends or family who can come over daily.

I would like to adopt a "grandmother." There must be a lot of elderly ladies who are physically able and would love to play with a young child. I would be there tending to the new baby, so I also would be company for "grandma."

I hope someone can tell me how to find such a person. I phoned our county's Social Services Department only to run into a dead end. I'm sure if you can help me you will also be helping an elderly lady become very happy.

Sharon Patterson
Woodland, California

Honeymoon at home

I got married just last month. My husband and I were not able to take a honeymoon because of our hectic work schedules.

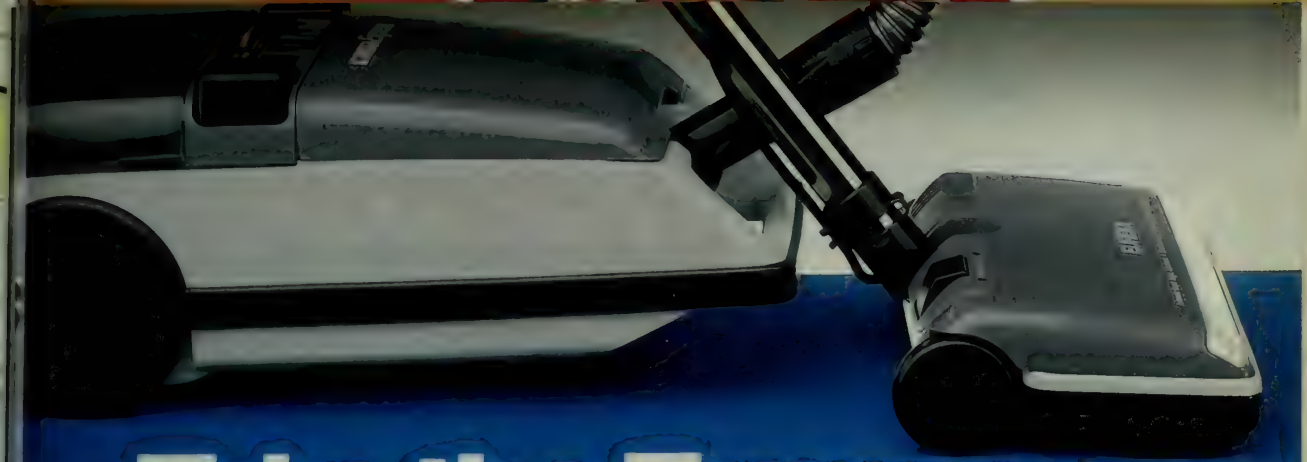
My folks took pity on us and treated us to a "honeymoon" at home. They hired a temporary maid service for two weeks, arranged for our laundry to be picked up and delivered, had someone mow our lawn, and gave us several gift certificates for local restaurants.

It was a real pleasure to come home at the end of the day and not face a bunch of chores. It gave us a chance to start our marriage off in a relaxed way.

Name withheld by request

WRITE TO US

Family Network welcomes letters from you, our readers, describing how you or your friends and neighbors solved problems involving family or community; or letters asking for help with an unsolved problem. Write to Family Network, BH&G Features, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for length and clarity. All letters become the property of Better Homes and Gardens®. We will pay $50 for each letter we publish.

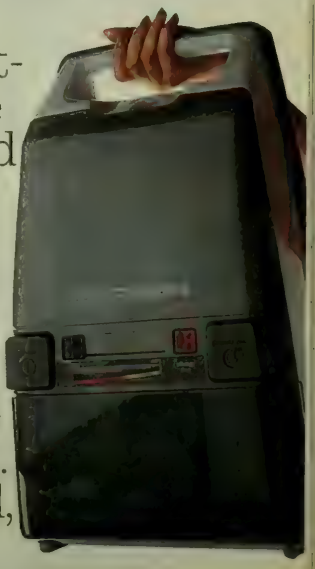


Take the Express to the future.

The days of struggle with old, clunky, underpowered vacuum cleaners are over. The new Eureka Express Power Team is here. Packing a 4.3 peak horsepower motor, the Eureka Express will clean every surface of your home with the strength of industrial suction power. That's at least twice the power of many older cleaners. Yet the Eureka Express is light enough to carry in one hand.



A complete set of attachments for above the floor cleaning is contained within the cleaner.



For carpets, there's a special attachment with its own motor-driven beater/brush, to beat carpet fibers like an upright. Press a button, the beater/brush stops turning, and you can use the same attachment to vacuum bare floors.



We know of no more powerful, versatile cleaner anywhere.

For a demonstration, see your Eureka dealer. He sells vacuum cleaners for today. Not yesterday. **EUREKA** *EXPRESS*

© 1986 The Eureka Company, Bloomington, IL 61701. In Canada – Eureka Division – Euroclean Canada Inc., Cambridge, Ontario.

The television with the best picture now comes with the best remote control.

For years we've been telling you that the Sylvania Superset has the best color picture . . . and now it has yet another advantage. The SupeRemote 44, the remote control that works with virtually any VCR or cable system equipped with wireless remote.

You see, we'd prefer that you own a Sylvania VCR, but if you already have someone else's, we won't make your television viewing more complicated. We will make it more satisfying, however, with the Superset's 178 channel capability and built-in broadcast stereo sound. There's even a parental control feature available to let you decide what your children watch.

So enjoy the best picture in television. You'll find it's better than ever, now that you don't need two or three remote controls to watch it.



The Sylvania Superset II with the new SupeRemote™ 44, the remote control that works with virtually any VCR or cable system.

SYLVANIA
AUDIO•VIDEO
electronic brilliance

©1986 N.A.P. Consumer Electronics Corp.
A North American Philips Company
Sylvania is a registered trademark of GTE Products Corporation
Simulated TV picture

WHAT'S HAPPENING

WHAT'S IN, WHAT'S HOT, WHAT'S NEW, WHAT'S NOT

By Kathryn Stechert



GARDENS

NEW-STYLE FLOWER ARRANGEMENTS

Garden-variety, but not ordinary

Relaxed, offbeat floral arrangements are making dramatic statements these days, and that's good news for gardeners. Today's freshest flowers are the old-time varieties that grew in Grandma's garden and can easily grow in yours: zinnias, snapdragons, liatris, cornflowers, poppies, hollyhocks. The newest medleys are creative mix-and-match collections that surprise and delight. You need not stick to flowers only to create arrangements that are just right for today. Use what you find growing around you—in vegetable gardens, flower beds, and fields. Amass shapes, sizes, and colors for a vivid mix like the simple, imaginative bouquet (*left*) that uses common elements for an uncommon effect. Field grasses and wild grapevines harmonize with a cluster of perennial flowers, including dainty coral bells, the vivid scarlet heads of bee balm, fragrant sweet peas, feathery astilbe, and large-leaf hosta.

TRAVEL

Beyond Wake-Up Calls And Pillow Mints

Feeling at home on the road

Is there no limit to hoteliers' efforts to make guests feel comfy? At a hotel in Vermont, you're promised a teddy bear in your room; at another in Minnesota, a live kitty is presented on request.

QUOTABLES

"American cooks have reached a plateau. We have borrowed from the best cuisines—Oriental, Cajun, Southwest, Creole, Italian. Next, we'll blend and expand those cuisines rather than borrow more."

CRAIG CLAIBORNE, food writer

COLLECTING

FOR STARGAZING STAMP LOVERS AROUND THE WORLD

The stamp of approval



Halley's comet may not have been the most exciting vision to come down the pike in recent memory, but it did create an interesting opportunity for stamp collectors. More than 80 countries around the world are issuing special—and often beautiful—Halley's comet stamps. If you'd like a free assortment of six such stamps (and a pitch to *buy* others), send a stamped, self-addressed, No. 10 envelope to:

WRITE TO:
The Official Halley's Comet Collection
Box BH224
Valley Stream, NY 11580

CHILDREN

The Americanization Of *NANNIES*

Solving the child-care bind

Three years ago a handful of placement agencies for nannies and au pairs (in-home child-care workers) existed. Today more than 100 agencies and nanny schools match families with helpers. New also is the American Council of Nanny Schools (Delta College, University Center, MI 48710) and a two-year pilot program to bring in foreign child-care workers. Called Au Pair in America, it's sponsored by the American Institute for Foreign Study Scholarship Foundation (100 Greenwich Ave., Greenwich, CT 06830).

continued

continued

FOOD

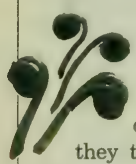
VEGGIE NEWCOMERS

Exotics becoming familiar

Americans are becoming increasingly self-reliant when it comes to growing specialty produce—and ever eager to try new tastes. Among new contenders for positions on the American menu:



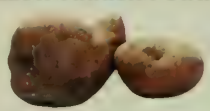
WING BEANS The entire plant is edible, but most desired is the large, crunchy pod. Steam or stir-fry them, or serve raw with a dip.



FIDDLEHEAD GREENS The coiled tips of young ferns, they taste a little like asparagus. Steam, blanch, or sauté them, then serve hot or cold.

BRIAN HAGIWARA

YELLOW FINNISH POTATO



A delicate, moist potato with a pale yellow skin. Cook as you would other potatoes.

MACHE



A green that is also called "lamb's lettuce," it has a sweet hazelnut taste and can be cooked or used raw in salads.

FRIEDA'S FINEST

TOMATILLOS



Small, green tomatoes with a slight fruitlike taste; used in southwestern dishes.

STYLE

ARTS AND CRAFTS REVIVAL FURNITURE



Clean lines, fine materials

A reemerging interior style revives the work of architects and designers of the early 20th-century Arts and Crafts Movement. Artisans of the movement, which flourished in England and America, shunned mass-produced, machine-made furnishings and focused on creating simple, well-designed items that were handmade.

Lasting styles

The enduring appeal of the Arts and Crafts furnishings rests on their versatility. Marked by their emphasis on clean lines, reverence for simplicity, and insistence on fine quality materials, these furnishings blend smoothly in any home setting, whether it's traditional, contemporary, or country.

Today we can choose from originals, reproductions (like Atelier International's replicas of Frank Lloyd Wright furniture), and modern interpretations.

Built on the past

A striking new collection is Pennsylvania House's 44-piece EverGreene line. The cherry and walnut furnishings, like the table (*above*), draw on the furniture designs of Arts and Crafts architects Henry and Charles Greene.

These contemporary adaptations use the design elements and assembly techniques of the Greenes' work, adapting them to modern manufacturing methods.

FOOD

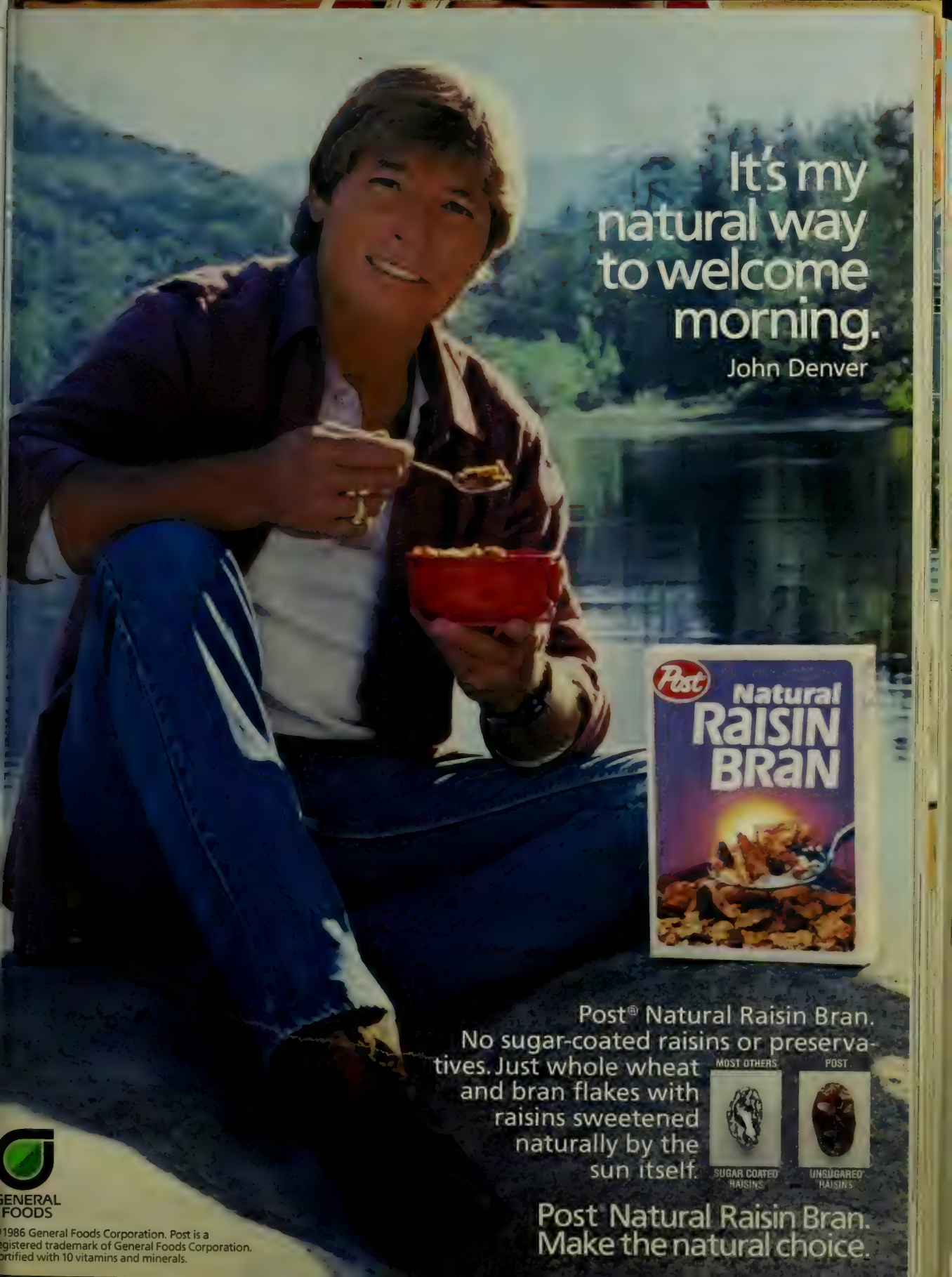
MAKING HEALTHFUL FOOD CHOICES

Grocers join the nutrition act

Down with fat, up with nutrition. That's the theme of this month's Food Festival, sponsored by the American Heart Association and more than 8,000 supermarkets. In-store activities include consultations by dietitians and demonstrations of healthful cooking tricks.

The festival is part of an ongoing trend in supermarkets toward helping customers make nutritious choices year-round. The Stop & Shop chain has a labeling program that highlights foods low in calories, sodium, fat, and cholesterol. Another chain, Giant Foods, offers customers a low-cost booklet about nutrition, "Special Diet Alert." BH&G




It's my natural way to welcome morning.
John Denver
Post
Natural
RAISIN BRAN
Post® Natural Raisin Bran. No sugar-coated raisins or preservatives. Just whole wheat and bran flakes with raisins sweetened naturally by the sun itself.
MOST OTHERS
SUGAR COATED RAISINS
POST
UNSUGARED RAISINS
Post® Natural Raisin Bran. Make the natural choice.
GENERAL FOODS
©1986 General Foods Corporation. Post is a registered trademark of General Foods Corporation. Fortified with 10 vitamins and minerals.



While mixing up her husband's favorite omelet, Mara Fizdale stopped and lit up a cigarette.



Too bad, the yolk was on Mara.

VIRGINIA SLIMS

You've come a long way, baby.



Fashions: Complice

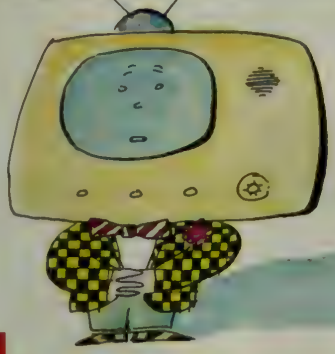
8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Feb.'85.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

© Philip Morris Inc. 1986

IS YOUR TV OUTDATED?

YOU MAY BE MISSING SOME OF THE FUN



STEVE BJORKMAN

Not long ago, buying a TV was a simple process. You chose between black-and-white and color, picked from basic sizes, and decided on portable or console. Today's choices—and televisions—aren't so straightforward.

THE VIDEO REVOLUTION

If your television is more than eight years old, it's well on its way toward obsolescence. Sure, you can pull in a picture, but you aren't getting the benefits of the video revolution, especially an improved picture and the ability to receive cable, other super-high-band programs, and stereo broadcasts.

THE NEW TECHNOLOGIES

Stereo television

You may get your first urge for a new TV when you see that one of your favorite programs is broadcast in stereo and all you can hear is plain old mono.

The easiest (and possibly most expensive) way to get stereo is to buy a new "stereo ready" set (from around $500). Each comes equipped with multichannel television sound (MTS) terminals, an amplifier, and speakers. Less expensive are "stereo capable" sets, which can become stereo with the addition of an MTS decoder box. Some such sets have speakers and amplifiers built in; if not, you connect the television to an audio hi-fi to get stereo sound.

Most aged sets can be brought up to speed with the attachment of either a stereo VCR with a built-in MTS decoder or a stereo decoder from Radio Shack or Recoton (about $150).

Digital television

Another new development destined to one day make your trusty old TV seem antediluvian is digital television. Costing from $1,000, digital technology allows you to manipulate the television screen as never before. The most immediate advantage is that you can watch more than one program at a time on a split screen. Typically, one show is displayed on a full screen while a second is contained in a small square in a corner. With a digital TV you can also freeze an image on the screen or enlarge a portion of the main picture.

Component TV

With today's video equipment, you can design your own electronic system, purchasing components separately, as you would an audio system. The monitors and receiver/monitors are an improvement over conventional TVs in that they provide a higher-resolution picture and direct audio and video inputs and outputs. Prices range from $350 for a miniature component TV (measuring less than 5 inches) to about $1,000 for a standard size. Today almost all major electronics manufacturers make rack systems that combine audio and video products. Depending on components selected, you can pay from $800 to more than $4,000.

UPDATED FEATURES

When you purchase a TV today, you're likely to get:

- Cable-ready tuning for receiving cable channels.
- Electronic tuning to eliminate channel drift.
- Wireless remote control.
- Clocks and timers.
- Direct connection terminals for computers or VCRs.

—By Peggy Sealfon

FREE!



Window and patio door remodeling and replacement ideas.

This colorful 24-page booklet uses a question and answer format to explain what to look for when selecting windows and patio doors. All the facts and figures are here along with full-color photos for window ideas and an informative energy section. You'll find all the information you need on our full line of windows and patio doors in this free booklet—send for yours today!

Send me the "Window & Patio Door Answers From Andersen" booklet.
I plan to ☐ build ☐ remodel ☐ replace.
Mail to: Andersen Corporation, Box 12, Bayport, MN 55003.

Name _____ 002-0986
Address _____
City _____ State _____
Zip _____
Phone Area Code ( ) _____

Come home to quality.
Andersen®

86012 © 1986 Andersen Corp.

PRESCHOOLS

How to Tell the Winners from the Losers

By Paul Krantz

Preschool can make a big difference in your child's life. A good program can ease the transition between home and kindergarten. Later in life, preschool graduates appear to experience fewer learning and social problems than students who did not attend preschool. There also is research suggesting that a poorly designed program can *harm* a child's chances of success in school and in life. (See "Preschools: Too Much, Too Soon?" *Better Homes and Gardens,* August, 1986.)



PERRY STRUSE

Good preschools give children the opportunity to select their own activities. Staff members offer guidance and serve as an attentive, appreciative audience.

Preschool vs. day care

In half of all families, both parents (or the single parent) work, so demand for child care is exploding. *Day care* is any form of child care for kids from infancy through grade-school age. *Preschools* are geared to the needs of 3- to 5-year-olds, and concentrate on helping children develop intellectually, emotionally, socially, and physically. Although all types of child care require a warm, loving atmosphere, you also should expect a preschool to have a well-defined program of goals for all of its students.

What makes a preschool program good?

Preschools that encourage each child to choose his or her activities get high marks from educators. In these programs, the child is free to explore, a freedom that helps develop a positive attitude toward learning.

Kids in the more pressured, teacher-directed—and often academically oriented—programs tend to get turned off to learning and seem more likely to "opt out of the system" in their teens, according to researcher David Weikart of the High/Scope Educational Research Foundation.

Critics are particularly hard on heavy doses of reading and math for preschoolers. These children should use their time experiencing the world instead of getting it secondhand via workbooks and flash cards, say most early-childhood educators.

Four important areas to check

When evaluating a preschool, look at four key areas: staff, programs, setting, and parent-school relations. Start by talking to the director, then observe the children in action. With our checklist in hand, your visits need not last longer than 20 to 30 minutes.

Staff

- Are staff members experienced or trained in child care?
- Is the staff calm and friendly?
- Do staff members listen to kids carefully and answer appropriately?
- Is the progress and activity of each child noted daily?
- Is there at least one adult for every eight 2- or 3-year-olds? Are groups no larger than 16 kids? (One adult per ten 5- and 6-year-olds; no more than 20 children per group?)

Programs

- Are both small-group and individual activities offered?
- Does the preschool provide climbing equipment, construction toys, blocks, puppets, puzzles, and art supplies?
- Do you see lots of books—in good shape!—suited to each age group?
- Are hand-washing, dressing, and other life skills taught when appropriate for each student?
- Are snacks or meals nutritious?

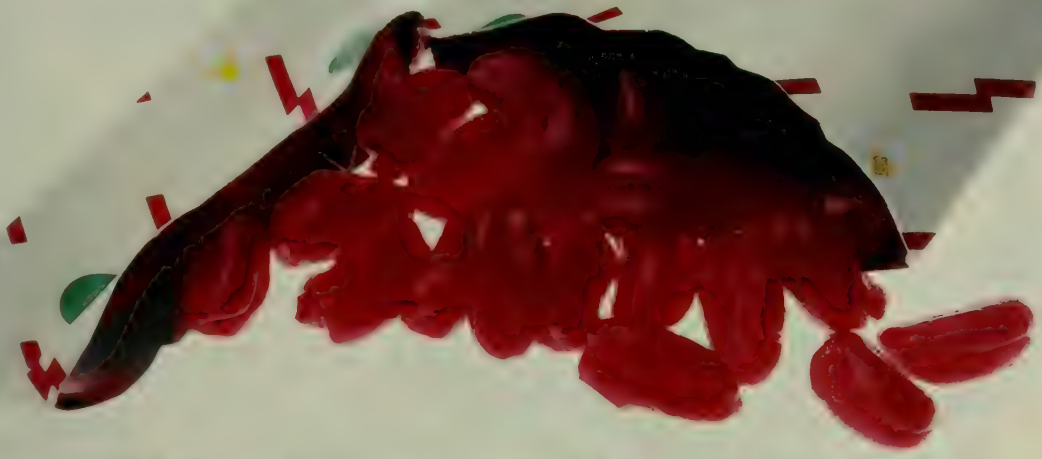
Setting

- Are electrical outlets covered? Are there at least two exits (including windows) from every room? Is all equipment in good repair?
- Are surfaces and equipment cleaned daily?
- Does each child have his or her own mat, and a place for personal items?
- Is a doctor or nurse on call? Is someone on staff trained in first aid?
- Are smoke detectors in place?
- Are there at least 35 square feet of indoor play area per child, and 75 square feet of outdoor play area per child?
- Are there mats, carpets, or other soft surfaces under climbing equipment? Is all equipment securely anchored?

continued

FRUIT CORNERS

Fruit Wrinkles™



"Why I like new Fruit Wrinkles."

According to Kids:

"They're neat to eat 'cause they're fun and taste great!"

According to Moms:

"I knew my kids would like these Fruit Wrinkles because they're made with real fruit. And my kids love fruit."

"Gimme this. Gimme that. I'm glad my kids are asking for something that's good for them."

"Orange, lemon, cherry, strawberry... my kids like them all. I like them because they've got Vitamin C."

"They're so easy to pack...in a pocket or a lunchbox."

"My son thinks they're neat to eat 'cause they're fun and taste great!"

"I knew Fruit Wrinkles would be good. They come from the makers of Fruit Bars and Fruit Roll-Ups®."

FRUIT CORNERS®

If it comes from Fruit Corners®, it's made with real fruit.



©General Mills, Inc. 1986



"For the next 10 years...Anything Goes!"

Anything Goes!® carpet won't mat or crush for 10 years.

For performance warranty details, free literature, and the names of your nearest Armstrong Carpet Studio™ retailers, call 1 800-233-3823. Dept. 69XBH

Armstrong

YOU JUST RINSED YOUR LAST DISH.



That's because KitchenAid® dishwashers have the unique Triple Filtration System with a hard-food disposer. It's so tough it can grind up food, even an occasional olive pit.

This way, dishes go straight from the dinner table to the dishwasher without the mess and bother of hand rinsing. And they still come out dazzling clean.

And because it's built by KitchenAid, it's built to last.

Now, doesn't it make sense to have a dishwasher that does all the dishwashing?

KitchenAid

For literature, write KitchenAid, Dept. C-1D, P.O. Box 3900, Peoria, IL 61614

KITCHENAID® FOR THE WAY IT'S MADE.™

continued

Parent-school relations

- Are parents always welcome to visit without an appointment?
- Does the preschool have written policies about fees, hours, refunds, sickness, and holidays?
- Are parents provided with periodic reports on their children?

Sorting out credentials

Credentials often can help you choose among several similar preschools. But beware: Some credentials are little more than window dressing. Here's what to watch for:

Licensed. State licensing guarantees only that the center or home meets minimum standards for health and safety. Many states exempt small or part-time care centers from licensing requirements. Too often, the standards mean little and are laxly enforced.

Certified. Either a facility or a staff member may be certified by the state as meeting the same requirements placed on all other schools and teachers. This is almost always a desirable feature in any program.

NAECP Accredited. This new form of accreditation, administered by the National Academy of Early Childhood Programs, is based on assessments by an independent inspection team. A good sign to look for, but still rare.

Child Development Associate. A staff member with a CDA credential has proved through a national assessment system that he or she is competent to work with young children. A good sign and increasingly common.

For more information

- *How to Choose a Good Early Childhood Program.* Free with a self-addressed, stamped, business-size envelope. Write: National Association for the Education of Young Children, 1834 Connecticut Ave., NW, Washington, DC 20009.
- *A Parent's Guide to Day Care.* $4.75. Write: Health and Human Services, Gryphon House, 3706 Otis St., P.O. Box 217, Mt. Rainier, MD 20712.
- *Choosing Child Care: A Guide for Parents.* $15 (hardcover), $7.25 (paperback). Write: Institute for Childhood Resources, 1169 Howard St., San Francisco, CA 94103 or from E.P. Dutton through your local bookstore.

The only thing artificial in our drink is the straw



SAVE
50¢

10 PACK • ANY FLAVOR

CAPRI SUN®

SAVE
50¢

To Dealer: CAPRI SUN, INC. will pay you the face value plus 8 cents handling provided you have complied with the terms of this offer and if we request, submit proof thereof satisfactory to CAPRI SUN, INC. Offer good only if coupon received in connection with purchase by retail customer of specified CAPRI SUN item(s) in the specified quantity above. One coupon per purchase. Good only in the U.S.A. Redemption through outside agency, broker or other unauthorized party is prohibited. Mint condition and gang cut coupons (coupons not circulated to, and redeemed by, the consumer) will not be redeemed. Customer must pay sales tax and deposit. Coupon is non-assignable and non-transferable by you. Void if taxed, restricted or prohibited. Failure to enforce any of these terms shall not be deemed a waiver thereof. Cash value 1/20th of 1 cent. For prompt payment mail to CAPRI SUN, INC., P.O. Box 4664, Clinton, Iowa 52734

Offer expires
June 30, 1987.

98866 902533

THERE'S ONLY ONE CAPRI SUN

COUNTERMOVES TO POWER GAMES

STEPCHILDREN PLAY

By Emily Pinkston



All children play psychological games to test a parent's limits, manipulating and maneuvering to get what they want. New families with stepkids are particularly vulnerable to these ploys.

There are no instant cures to the adjustment problems stepfamilies face, but here are some countermoves suggested by Jeannette Lofas, founder of The Stepfamily Foundation, an educational and counseling organization in New York City.

THE GAME: "You're not my real Mommy." Most stepkids say this at least once. If they don't, you've probably seen a look that says it. Your authority is being tested.

THE COUNTERMOVE: Let the youngster know that he or she needs to obey you. You might say, "You're right. I'm not your real Mommy. She will always be your Mommy and no one wants to change that, BUT . . . ." Then explain to the child that, when he or she is with you, you are in charge.

For the child to fully accept a stepparent's parenting role, the natural parent in the house must back up decisions made by the stepparent. Otherwise the child will be able to play "divide and conquer."

THE GAME: "I want to go live with Daddy." Demands to live with the other parent may be camouflaging other messages—like wanting to escape punishment or feeling disloyal for liking a stepparent. Often, young children simply can't verbalize their feelings.

THE COUNTERMOVE: Say, "No you may not go live with Daddy." Then look for the real problem. Don't just ask the child why he or she made the statement. Try to draw the youngster out. Show patience and genuine interest, and most children will open up to you.

If your stepchild misses the absent parent or feels sorry because that parent is all alone, assure the youngster that you understand and sympathize with what are perfectly normal feelings. A quick telephone call to the absent parent may provide reassurance.

THE GAME: "Daddy gave me a new bike for my birthday." When parents are living apart, kids instinctively know that they may be able to multiply their personal wealth (and trips to the zoo) when Mommy, Daddy, and stepparents race for the title of "the best."

THE COUNTERMOVE: "When you hear of the latest treat from the other parent," says Lofas, "respond with, 'That's wonderful. Let me see it,' or 'I know you must have enjoyed doing that. Tell me about it.' "

Don't be afraid to say "No" when presented with a similar request. Giving in just reinforces the game. No one wins, especially not the child.

THE GAME: "When I was at Mom's, she yelled at me for no reason at all." Some children are "bad" to get attention; others seem to enjoy sympathy. Your stepchild may not be aware of what he or she is doing.

THE COUNTERMOVE: Don't take the child's words literally. The underlying message often is: "I'm not getting enough attention."

Keep your reaction to the story low-key, and let the child know that all of you love him or her and would never do anything on purpose to cause bad feelings.

Don't encourage the youngster by talking negatively about the ex-spouse and his or her new spouse. Your stepchild could believe that he or she is being loyal to you by echoing your sentiments.

THE GAME: "Dad never makes me eat yucky vegetables or clean my room!" Stepparents often don't know the rules at the absent parent's home. Kids may use this uncertainty to bend the rules at the stepparent's home.

THE COUNTERMOVE: "In a rather matter-of-fact, upbeat tone say, 'Those are the rules at your father's (mother's) house, but in this house, this is the way we do things,' " suggests Lofas. At the same time, be flexible enough to adopt some ways of the other household when you and your spouse feel they are fair.

Most kids can quickly learn to adapt to two sets of house rules, a feat less stressful than constantly playing the testing game between homes.

For further help

Write to The Stepfamily Foundation, 333 West End Ave., New York, NY 10023 or call 212/877-3244.



Our mules make great teddy bears.

Give someone special a cuddly mule from the U.S. Borax Twenty Mule Team® It's a $25 value for only $10.95 with a box top from either Borateem Bleach® or 20 Mule Team® Borax. And, when you buy one of our mules, we'll donate $1.00 to The Fund for Animals, an animal rescue organization. So give a gift of love, and a gift of life.



The only bleach with Borax *Nature's Freshener*

Please send me ___ mules at $10.95 each. (Includes postage and handling.) Enclose a check or money order (no C.O.D.'s) and box top(s). Mail to: U.S. Borax Mule Offer P.O. Box 8319 Clinton, IA 52736

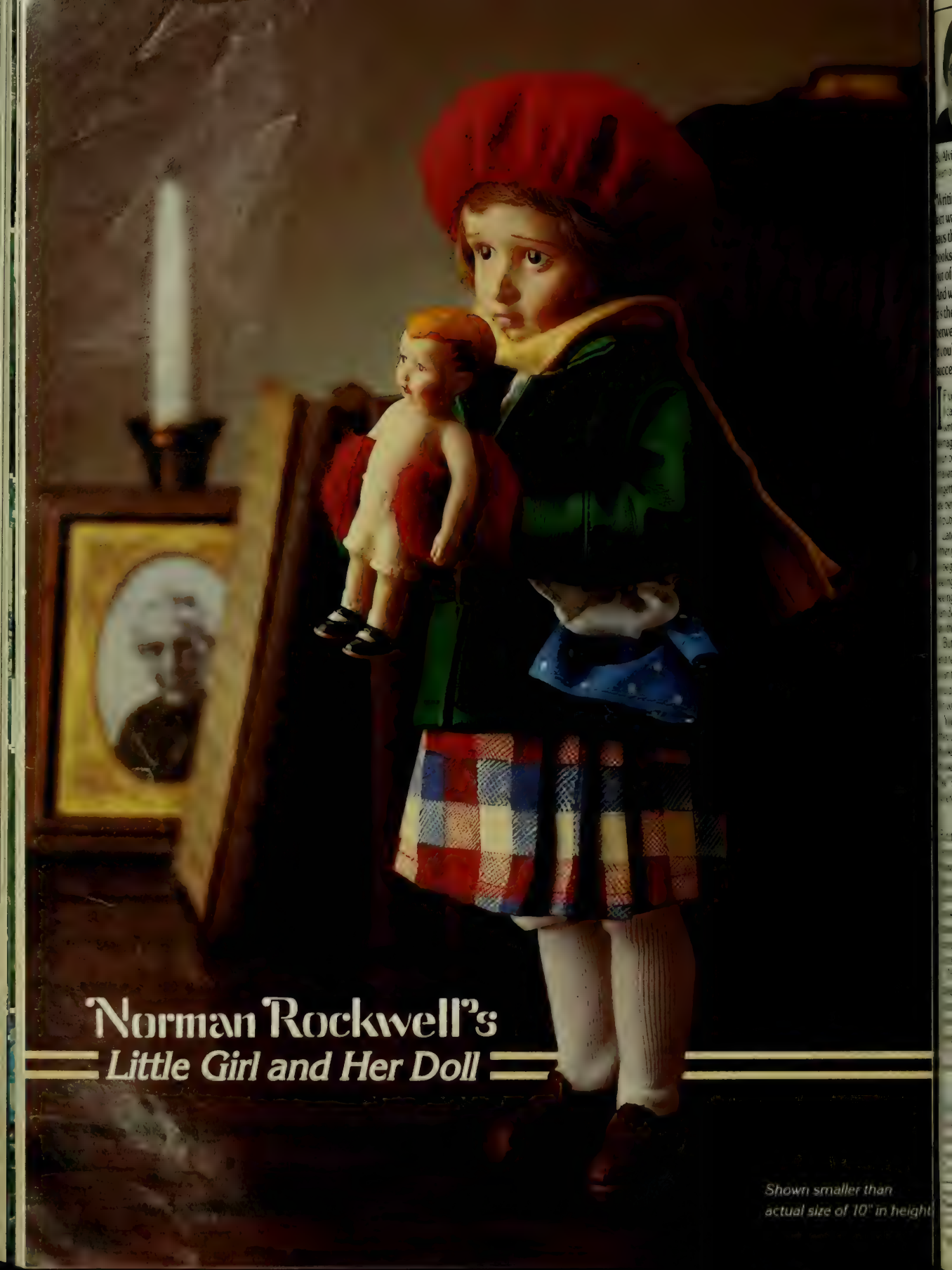
Name

Address

City State Zip

Offer good only in the U.S.A. and Canada until Dec. 31, 1987. Void where prohibited or otherwise restricted. Allow 4-6 weeks for delivery. Canada allow 6-8 weeks.

U.S. BORAX

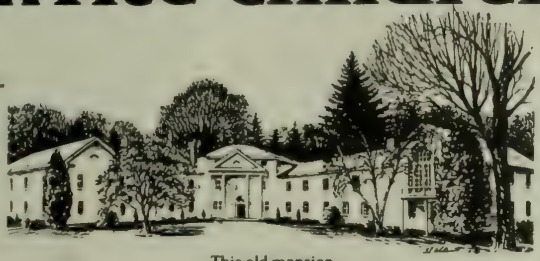

Norman Rockwell's
Little Girl and Her Doll
Shown smaller than
actual size of 10" in height



We're looking for people to write children's books

By Alvin Tresselt,
Dean of Faculty

"Writing for children is the perfect way to take up writing," says the author of 53 children's books. "Your ideas come right out of your own experience. And while it's still a challenge, it's the straightest possible line between you and publication—if you're qualified to seek the success this rewarding field offers."



This old mansion deep in the Connecticut woods has been the home of this workshop for new writers since 1969.

IF you want to write and get published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life experience. While it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from any other kind of publisher I know.

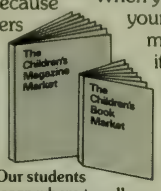
Later on, you may get other checks from other publishers. But right now, the object is to begin—to break into print—to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing, and teaching—and 53 books of my own—I can tell you this: You'll go a long way before you discover anything as rewarding as writing for young readers.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that young people "really like" is an experience you'll never have anywhere else.

A surprisingly big market

But, that's not all. The financial rewards go far beyond most people's expectations because there's a big market out there for writers who are trained to crack it. More than 130 million young people's books are purchased each year. As many as 2,500 new titles appear annually and new authors account for up to half of them.



Our students learn where to sell their writing with our exclusive publishers' lists.

There are also 250 monthly magazines looking for material for young readers. You can imagine how much writing it takes just to keep them going! Yet two big questions bedevil nearly every would-be writer. "Am I really qualified?" and "How can I get started?"

"Am I really qualified?"

This is our definition of a "qualified person": It's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for. The reasons are simple: Our reputation is built on success, and if prospective students don't have the earmarks of success, we probably can't help them. And we tell them so. It's only fair to both of us.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into The Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

Learn one-to-one with your own instructor

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own books, I spend my time at The Institute of Children's Literature, a workshop for new writers that does one thing and does it better than any other educational institution I know of: It trains qualified people to write for the young reader.

This is the way I work with my students, and my fellow instructors—all of whom are experienced writers or editors—work more or less the same way.

Learn at your own pace

When you're ready—at your own time and your own pace—you send your assignment to me and I read it and I reread it to get everything out of it you've put into it.

Then I edit your assignment with a red pencil just the way a publishing house editor would—if he had the time. I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull with each assignment. You push and I pull and between us both, you learn to write.

"Now...I am a writer!"

This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that many students break into print even before they finish the Course. We receive hundreds of letters like these from students: "Before taking your Course, the short stories I scribbled for my two tiny tots never caught an editor's fancy," writes Emily Burns of Salem, OR. "My first sale, to *National Catholic Weekly*, was a Course lesson. Then I sent another Course assignment to a writer's competition and won first prize of $400!"

Della Domangue, of New Orleans, LA writes: "Having taken several writing courses, I can truthfully say yours was the best. My instructor's personal comments, suggestions and encouragement were invaluable. I also learned the joys of...editors answering you personally."

Marilyn Day of Marissa, IL says, "Now I'm no longer a housewife, I am a *writer!*"

And Mary Carruth, Dublin, CA, writes, "I sent out my first article with a prayer and it was accepted. Your Course, with its structure and support, has been everything I hoped for."

"When I started, I did not really think I had the ability," writes Sister M. Laetitia Mudde, West Haven, CT. "But my instructor made me believe in myself."*

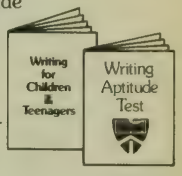
I have a file full of similar letters: People like yourself so full of pride they could easily convince you that it is a pity more people don't take up writing for children.

Free Writing Aptitude Test offered

To find men and women with an aptitude for writing, our Faculty and Consultants have prepared a four-page Writing Aptitude Test. It is offered free and will be professionally evaluated at no cost to you.

Just mail the coupon below to receive your free Test and 28-page illustrated brochure describing The Institute, our Course, Faculty, and the current market for children's literature. If you demonstrate a true aptitude for writing, you will be eligible to enroll.

But that's up to you. **There is no obligation.**



Get both FREE

The Institute of Children's Literature
Redding Ridge, Connecticut 06876

Dear Mr. Tresselt: I am interested in your program to help new writers get started. Please send your free Writing Aptitude Test and 28-page brochure. I understand I am under no obligation whatever and no salesman will visit.

Mr. Mrs. Ms. Miss CG 8

Please circle one and print name clearly

Street

City

State Zip

Approved by the
Connecticut Commissioner of Education

Alvin Tresselt was Vice President and Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine for Children*, and a board member of the Author's Guild. His 53 books for young readers have sold over two million copies.

*The testimonials in this ad were provided without remuneration and voluntarily by The Institute's students between 1982 and 1985.

Copyright ©The Institute of Children's Literature, 1985


VANTAGE
PERFORMANCE COUNTS.
THE THRILL OF REAL CIGARETTE TASTE IN A LOW TAR.
VANTAGE
9 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC method.
SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

JUST OUT!

FOR HOME AND FAMILY

• ABOUT THESE PRODUCTS •

Check your favorite stores for these products, or write to the manufacturer for a list of retail sources near you. Please don't send a check or request an order form from the company. The suggested retail prices may vary.



Exercise your entire body on an electronic rowing machine.

ROW TO HEALTH

Electronics comes to home fitness.

Get a total body workout—arms, legs, and back—with the AMF Benchmark 920 electronic rower. A complete workout of upper and lower body parts results from the sliding seat in conjunction with the resistance wheel to provide a complete cycle. You can set the resistance wheel level to your individual needs. LED readouts show calories burned, resistance on the wheel, and time worked. The rower measures 25 by 82½ by 15 inches.

•Benchmark 920, about $595. AMF, American Athletic Equipment Div., Dept. BH, 275 Madison Ave., Suite 2118, New York, NY 10016.



VERSATILE MOWER

Rear-bagger turns tight corners.

Mow, mulch, bag leaves, or catch grass—all with one mower from Simplicity. The Model 1421PP combines all of these features with standard top-quality mower advantages, including self-propulsion.

•1421PP mower, about $570. Simplicity Mfg., Inc., Dept. BH, Port Washington, WI 53074.

The trouble with most replacement windows is they're not enough of an improvement.



Pella Improvement Windows

are lively exceptions to the notion that any modern replacement window is good enough. Our unrivaled energy values and lifelong easy care let you add all the light and style you want. So be daring while you're being sensible. You may add Slimshade® blinds between panes, disappearing Rolscreen®, exterior cladding that needs no painting...now *that's* an improvement.

For lots of Improvement Window and Door ideas, visit your Pella Window Store listed in the Yellow Pages under "Windows", or mail the coupon.

Pella makes your home a better place to live.

The Pella Window Store®

Windows, Doors, Sunrooms & Skylights

Please send me a free booklet on Pella window and door ideas.

I plan to ☐ build, ☐ remodel, ☐ replace.

Name

Address

City

State Zip

Telephone

This coupon answered in 24 hours.

Mail to: Pella Windows and Doors, Dept. CO116, 100 Main Street, Pella, Iowa 50219. Also available throughout Canada. ©1986 Rolscreen Co

People who want the perfect faucet end up going to pieces.



The Amarilis Faucet System.



Now American-Standard lets you pick out a faucet piece by piece by piece. With the Amarilis™ Faucet System.

You can choose from a variety of spouts, 5 finishes, 4 handles and 13 color handle inserts.

With so many variations, it's almost impossible not to find the perfect faucet.

Every one features brass construction, washerless ceramic valving, and a lifetime drip-free warranty.

So come see the Amarilis faucet system. You'll never be satisfied until you go to pieces.

AMERICAN STANDARD

Pure luxury

For our luxury products brochures, send $2.00 to American-Standard, Department BHG, P.O. Box 2003, New Brunswick, NJ 08903. To see Amarilis, visit our Showplaces: Chicago (3 Crossroads of Commerce, Suite 100, Rolling Meadows); Dallas (12344 Inwood Rd.); Los Angeles (116 N. Robertson Blvd.); New York (40 W. 40th St.); Pittsburgh (100 Ross St.). Or call 1-800-821-7700 (ext. 4023) for your local showroom. © 1986 American Standard Inc.

GARDENER'S LOG

BRIGHTEN THE SHADE WITH HOSTAS

Drab, sunless areas in your yard will burst into life when you plant shade-loving hostas. Valued more for their luxuriant mounds of solid or variegated foliage than for their tall, white or lavender spikes of lilylike blooms, these versatile perennials offer constant color from spring till frost.

Hostas come in an array of sizes, textures, and colors. Planted en masse, small varieties make great ground covers under trees and effective edging plants for borders. Larger types can be spotlighted alone or teamed with other perennials.



MARIS/SEMEL

Hosta fortunei albomarginata

Favorite hostas

- *Hosta venusta* is a living sculpture of dark green foliage. Maturing into a 4-inch mound, this tiny gem provides incomparable charm to the edge of a border.
- *H. undulata medio-picta* has wavy, variegated foliage. Leaves sport dark green edges that lighten to silvery white centers. A medium-size variety, medio-picta performs best in full shade.
- *H. ventricosa* grows quickly to form a clump of large, solid-green leaves. Ideal for the middle or back of a border, this hosta bears lovely violet flowers on 3-foot-tall stalks in late summer.
- *H. fortunei albomarginata* is a popular variety to mass in the back of a border. Its large, dark green leaves have striking white margins. Albomarginata stands up to heavy winds better than other types.
- *H. sieboldiana elegans* will put on a brilliant show in shade or partial sun. Its solid, blue-green foliage offers a cool, contrasting backdrop to flowers in a mixed border.
- *H. sieboldiana Frances Williams* produces 3×4-foot mounds, perfect for large, shady areas. Also called Gold Edge or Gold Circle, this variety has puckered, blue-green leaves that are edged with gold.

How to grow hostas

Hostas can be planted in spring or fall. Although most varieties do best in shade, those with blue-green foliage tolerate some sun. (In the South, all hostas require full shade.) To improve soil tilth, spade in compost or manure before doing any planting. Space plants 12 to 24 inches apart, depending on their mature size. To help keep the soil moist, mulch plants with a 3- to 4-inch layer of shredded bark. Hostas will grow undisturbed indefinitely, but you can divide clumps to make new plants.

TEST GARDEN TIP

Plant bulbs with hostas

Spring-blooming bulbs make great companions for hostas. In one of our shady borders, we planted daffodils between clumps of hostas. In the spring, these daffodils get the sun they need for blooming before the deciduous trees leaf out. When the daffodils finish flowering, hosta foliage hides the withering bulb leaves.

A READER'S TIP

Photograph your garden

A picture speaks a thousand words about gardening, says Jo Ann Ronningen of Wisconsin. To help her remember where she planted vegetables and flowers the year before, Jo Ann photographs her garden in late summer to make a permanent record of her successes. She used to take lengthy notes, but with a camera, "everything is recorded in a split second!" Next year, Jo Ann plans to shoot a series of snapshots to follow her garden's progress throughout the growing season.

Buying information, see page 54.

READER MAILBOX

Do you have any gardening tips and techniques that you'd like to share with our editors and *Better Homes and Gardens* readers? Mail your garden-tested tips and color slides to Gardener's Log—BH&G Test Garden, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. We will pay $25 for each idea published. No materials will be acknowledged to the sender, and we reserve the right to edit copy. If your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as the corporation wishes. We do not accept previously published ideas.



Only Sears Super Plush has a worry-free warranty that never forgets.

Presenting Sears Super Plush carpeting with a full 10-year warranty.* It's the industry's best. The only warranty that not only protects against crushing and matting but fading, too. Even on stairs. Or Sears will replace it—absolutely free.

And Sears exclusive Magni V™ nylon fiber resists footprints, pawprints, spills and odors. All this and contemporary, fashionable, long-lasting looks. Made exclusively for Sears by Mohawk Carpet, New Super Plush is one more reason to celebrate our New Century. Sears guarantees it. And Sears never forgets.

MOHAWK
The First Name In Carpet.

There's more for your life at SEARS
Celebrating Our New Century

*See Store for Details. ©Sears, Roebuck and Co., 1986. Available at most Sears retail stores.

HEART AND HAND BAZAAR

Holiday Gifts to Make By Hand and Give from the Heart

By Rebecca Jerdee

Shop here for the best of country-style crafts to make for holiday gift giving. Our pages are filled with down-home ideas to craft from wood, fabric, and paper. You'll find everything from storybook toys and togs for children to endearing folk-heart furnishings with a country flair.

COUNTRY FINISHES FOR WOODENWARE

A peek through the window (*right*) shows a dried herb and flower wreath that's pretty enough to display year-round. Wooden fruit bowls, picture frames, and heart-shaped trivets, transformed with simple water-based painted finishes, become delightful kitchen accessories. And for a gift that's sure to please, carve the hearts-and-flowers house blessing from wood, then accent it with details painted in acrylics.

How-to instructions, page 42.
Buying information, page 54.

TO ORDER KITS, PAGE 171.



PHOTOGRAPHS WILLIAM N HOPKINS

HEART·AND·HAND BAZAAR

All of us cherish at least one special handcrafted gift. Now you can create a close-to-the-heart gift that will be memorable for someone else.

HAND-AND-HEART SAMPLER

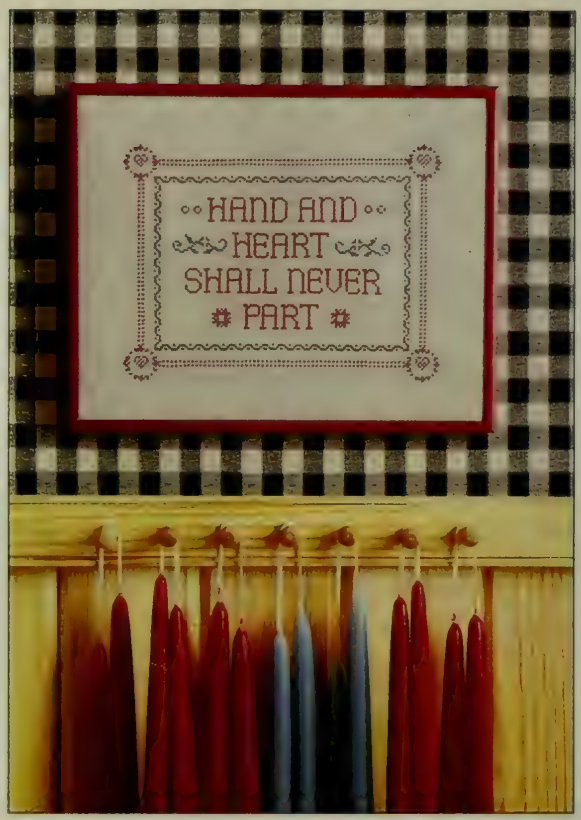
A sure-fire way to please a friend or loved one is to cross-stitch a sweet sentiment (*right*). This miniature sampler is worked with tiny cross-stitches over one thread of 22-count even-weave fabric.

PATCH AND HEART APPLIQUÉ FABRIC

Design your own fabric with our simple patch pattern and your choice of calicoes. Then use your fabric to fashion whatever you like. The child's skirt and the framed piece of art (*below*) show two ways to use your handmade yardage.

COUNTRY PUZZLES AND GAME BOARDS

A beginner can easily manage the hand-stamped checkerboard, but the patchwork puzzles (*right below*) require more developed woodworking skills. The wooden puzzles are finished with wallpaper scraps and polyurethane.







How-to instructions, page 42.



PLAYHOUSE FURNITURE AND COUNTRY BUNNIES

Children will be delighted with our wooden furniture built in two sizes—one for them and another for dolls and teddy bears. For adorable house pets try some countrified rabbits dressed in their best country duds.

HEART·AND·HAND BAZAAR

Find your "fixin's" for country-style gifts among everyday materials. Then try your hand at one or two of these heartwarming ideas.

COLORFUL COUNTRY KIDS

Martha Jane, her brother Frank, and their fabric cat, Clem (*right*), happily join anyone's doll collection. Shape them from your favorite calicoes and stuff them with polyester fiberfill and lots of love.

PATCHWORK AND PAPER SNIPPETS

For the heart lovers on your list, cut delicate scherenschnitte paper pieces (*below*). Mount your works on dark, country-print wallpaper and frame them. Sew the patch-'n'-heart jacket using your patchwork yardage and a commercial pattern.

PEDDLER'S FLOWER CART

A tiny flower cart for displaying favorite blooms (*right below*) will please plant collectors on your gift list. Cut from plywood, the cart is finished with hand-painted flourishes. It requires well-developed woodworking skills.







How-to instructions, page 42.



FOLK ART HOUSES, PLACE MATS, AND KITTIES

Tiny houses always delight the young at heart. Construct these examples of "Grandpa's art" from scraps of wood and purchased trims, or send for our project plans. The houses are perfect as birdhouses, dollhouses, or decorative containers. Removable rooftops allow easy access for play or storage of playthings.

Miniature cats, crafted from fabric scraps, could inhabit the houses. The patched place mats show just one more way to use your patchwork fabric.

continued from page 37

COUNTRY FINISHES FOR WOODENWARE, page 37

Materials: Purchased wooden bowls, trivets, frames, or other woodenware; red, green, and yellow latex paints; brushes; cardboard; fine sponges; paper towels; varnish.

Instructions: Paint woodenware with desired undercoat color. Dry.

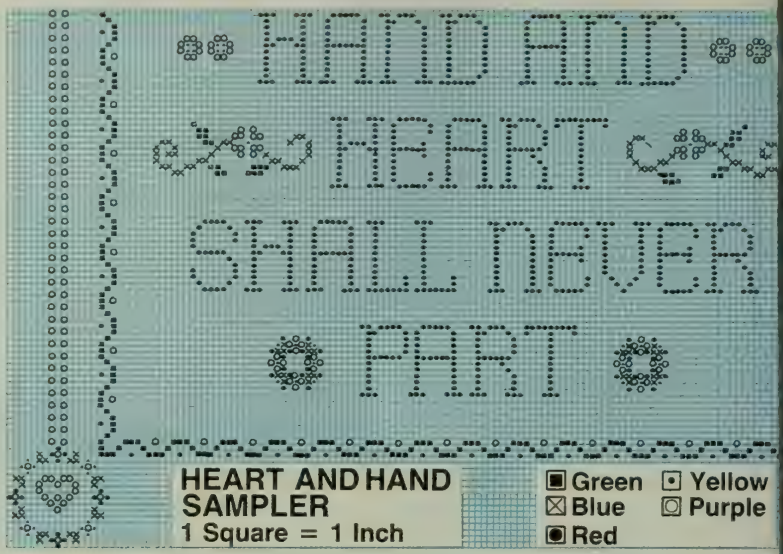
To sponge woodenware, spoon contrasting paint on cardboard. Cut sponge into a small square and dab one end into paint. Press sponge on wood to create checkered design.

To comb woodenware, cut a comb from cardboard. Paint a contrasting color over undercoat on bowl, trivet, or frame. Comb design through wet paint with comb; wipe excess paint from comb before combing next row.

To marbleize woodenware, dab brush or sponge in contrasting paint and dab randomly onto bowl or plate. Rub paint with dry paper toweling in swirling motions, picking up excess paint and rubbing it into texture of undercoat.

To drip woodenware, spoon small amount of paint onto bowl, plate, or trivet. Tip to allow paint drip to run.

Finish woodenware with several coats of clear varnish or polyurethane, sanding lightly between coats.



CROSS-STITCH SAMPLER, page 38

To order sampler kit, see page 141.

Materials: 15×18 in. ecru 22-count fabric; 1 skein each green, blue, red, purple, and yellow embroidery floss.

Instructions: Chart pattern (*above*) onto graph paper with colored markers if desired, completing borders by reversing design. Locate the center of the chart and the fabric.

Stitch design with 2-ply floss over 1 thread on fabric. Work to outside edges. Frame as desired.

MOVING? Now choose the mov







The self-service move...
U-HAUL® TRUCK & TRAILER RENTALS
• Moving Vans–Not Freight Trucks
• One-way & Local Rentals • All Sizes
• Top Maintained

Do-it-yourself...
MOVING AIDS & STORAGE
• Boxes • Furniture Pads • Hand Trucks
• Tow Bars • Tow Dollies • Car-Top Carriers
• Self-Storage Rooms

Get the right products and services at the lowest cost. Pick up a FREE 132-PAGE CATALOG at your nearby U-Haul Center. Find us in the white pages under U-Haul Centers.

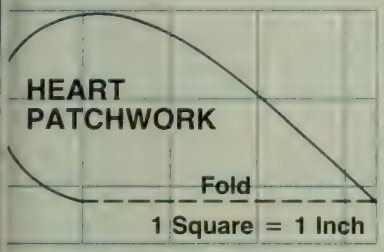
IEART PATCHWORK FABRIC, ıages 38–41

Note: The patchwork is random in lesign according to your personal taste. ?ew specifics are given in instructions ıelow. Make enough fabric to turn into lesired items. For clothing, use comnercial patterns in appropriate sizes.

Materials: Calico scraps in desired colrs; thread; cardboard or lightweight ılastic for templates.

nstructions: From cardboard or plasic cut templates in the following sizes: ›-in. square, 3½×3½×5-in. triangle. Jut heart appliqué template, enlarged rom pattern (*below*).

On wrong side of fabric scraps draw ıround templates with pencil. Cut out ›ieces ¼ in. (seam allowances) outside ›encil lines. Cut enough triangles and ıquares to make desired yardage. Cut ›ut heart appliqués for square blocks.



Lay out cut pieces in your own arrangement, placing heart blocks randomly among blocks made from 4 triangles. Appliqué hearts on squares by hand, turning raw edges under ¼ in.

To piece a block from triangles: Use ¼-in. seams to join 2 adjacent triangles; repeat for other 2. Join the 2 pieced triangles into a square (seam will run diagonally across center of block). Press seams and join blocks in strips; join strips into fabric of desired width and length. Press seams of finished patchwork fabric and sew into desired items.

PRINTED CHECKERBOARD, page 38

Materials: ½×8¼×13½-in. clear pine board; rust, gray acrylic paint; small brush; wood scraps; fine sandpaper; heavy paper; clear varnish.

Instructions: For heart cutouts, center full-size heart (*right*) on ends of board ¼ in. from edges; trace onto wood. Drill holes for blade; cut out with jigsaw. Sand all surfaces.

Cut a 6½-in. square from heavy paper; center paper on checkerboard and draw around it to establish the checker area. Mark a small line every ¾ in. (spacing for checks). Cut a ¾×¾×3-in. wood scrap to print checks, a ¼×1×3-in. scrap to print borders, and a heart (see pattern) to print ends.

CHECKERBOARD



To print checkerboard design onto board, paint one end of a ¾-in. wood scrap with rust paint. Press end onto far corner of center square.

Skip a ¾-in. space and print another check. Repeat printing until checkerboard is filled using previous line of checks as guide.

Decorate borders around checks with gray painted ¼-in. wood scrap; print ends with gray hearts. When dry, print rust hearts over gray hearts. (See photograph on *page 38* for placement.) Coat with varnish or polyurethane.

continued

at's right for you...and save





The work-saver move...
PACKING, LOADING & UNLOADING
• We Pack & Load–You Drive & Save
• We do All or Part of the Job
• Available Nationwide

The full-service move...
MOVERS WORLD® VAN LINES
• Local, Long Distance & Worldwide Moves
• Warehouse Storage • Movers World Van Lines is a member of the U-Haul family of companies

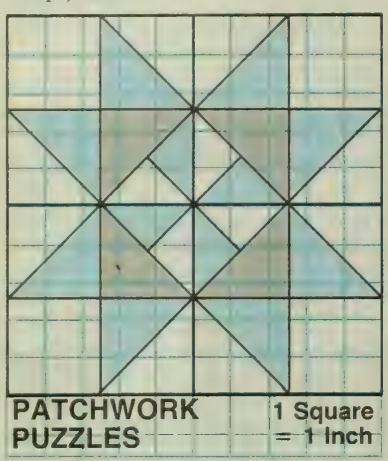
More for your money at your U-HAUL® Center

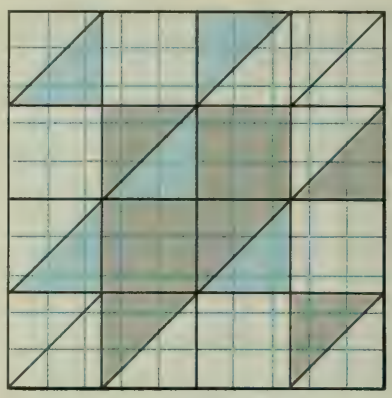
continued

PATCHWORK PUZZLES, page 38

Materials: *For each puzzle:* ¼×11×11-in. hardboard (puzzle bottom); ½-in. pine scraps; 4 ft. of ¾×¾-in. pine (framing); brads; wood glue; sandpaper; three 12×15-in. wallpaper scraps in desired patterns; decoupage glue; medium stain; varnish; brush.

Instructions: Enlarge designs (*below* and *right*) onto paper. Trace shapes onto wood; cut puzzle pieces from pine scraps; sand.





Work on waxed-paper-covered work surface to avoid sticking.

Following manufacturer's instructions on decoupage glue, affix wallpaper to tops of puzzle pieces using diagram for color placement. Trim pieces with sharp scissors or sandpaper and coat with decoupage glue. Varnish remaining sides of puzzle pieces; let dry completely and repeat.

Frame puzzle with ¾-in. pine framing, cutting and routing frame underside to receive hardboard puzzle bottom. Glue, nail, and finish frame with stain and varnish. Place puzzle pieces inside frame.

COUNTRY BUNNIES, page 39

Materials: ⅛ yd. tan wool (faces, ears, feet, and paws); two ⅛-yd. wool pieces (jacket, pants); ¼ yd. calico (dress); three ¼-yd. pieces muslin (body, arms, and legs), and ¼-yd. white cotton or muslin (petticoat, bonnet); scrap of lining (ears, jacket); ½×10-in. wool (tie); black felt scraps (eyes, hat); 20 in. ½-inch-wide lace, 18 in. ¼-inch-wide lace (bonnet); 3 small buttons (coat); 4 small buttons (dress); black carpet thread; sewing thread; hole punch; polyester fiberfill; glue.

Instructions: Enlarge patterns (*page 45 and 46*) onto paper; add ¼-in. seam allowances; cut from fabrics. When sewing, join pieces with right sides facing, unless otherwise indicated.

For head, sew long edges of face to lower edges of head side, beginning at nose (dots).

Sew head center to head side beginning at the nose dot, matching dot to head side, and stitching to back of neck. Turn right side out. Stuff firmly. Turn under ¼ in. of head front to form nose. Overlap face and blind-stitch closed. Hand-sew mouth. Sew inner ear to ear; sew dart on inner ear; turn. Attach to head. Punch eyes from black felt and sew to head.

For arms and paws, stitch arm pieces together, leaving lower edge open for

Now rent the right products at th



HOME CARE RENTALS
• Lawn & Garden • Floor & Carpet • Painting & Wallpapering • Plumbing & Electrical • Beds & Cribs

EQUIPMENT RENTALS
• Automotive • Builders' Tools • Hand Tools • Concrete & Masonry • Tractors & Backhoes

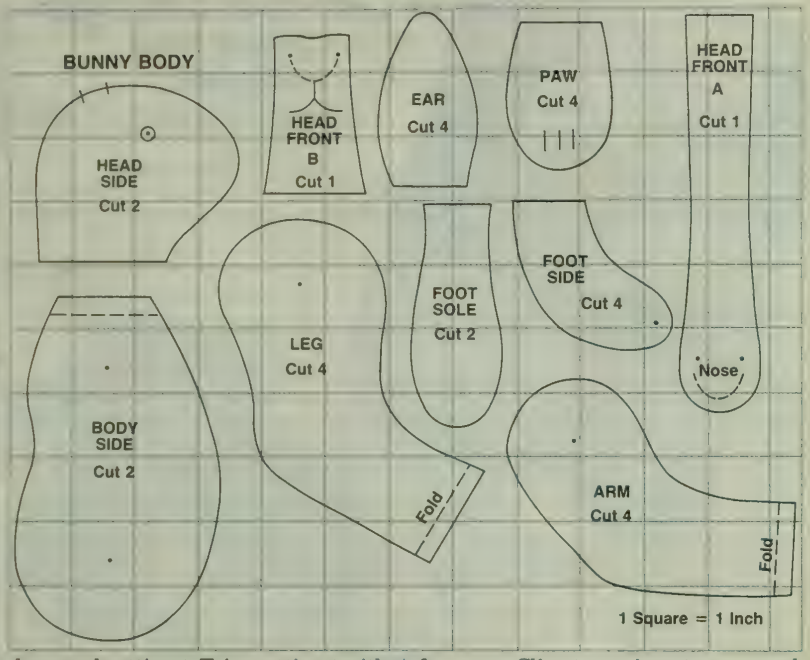
Get the right products and services at the lowest cost. Pick up a FREE 132-PAGE CATALOG at your nearby U-Haul Center. Find us in the white pages under U-Haul Centers.

paw; clip, turn, and stuff firmly. Turn opening under ¼ in. Sew paw pieces together; leave top ends open. Turn and stuff firmly. Slip paws into arms ¼ in. and hand-sew closed.

For legs and feet, sew leg pieces together; leave bottoms open for feet. Clip, turn, and stuff firmly. Turn opening under ¼ in. Stitch side foot sections together from top edge to toe (dot). Clip seams and press. Sew bottom foot to lower edges of side foot, beginning at back edge and matching toe dots. Sew along stitching line to other side. Turn and stuff. Insert foot ¼ in. into leg bottom. Hand-sew closed.

For body, sew body side to body middle (1¼ × 13-in. rectangle) along edges, leaving open at neck. Repeat for other side. Clip, turn, and stuff firmly. Turn neck opening under ¼ in. and insert head. Hand-stitch closed.

For girl bunny's dress, open 1 section of dress bodice; cut on fold line for back opening. Turn under ¼ in.; stitch down. Sew back sections to front. Overlap back sections ¼ in.; stay-stitch along bottom. Cut one 7½ × 20-in. rectangle from printed cotton for skirt and 1 from white cotton or muslin for petticoat. Join short sides of skirt. Gather top of skirt; sew to bodice, placing seam under back opening. Gather petticoat; place in dress and sew to bodice. Hem



dress and petticoat. Trim petticoat with lace; turn under neck edge ¼ in.

For sleeves, enlarge arm pattern ⅛ in. all around. Cut out fabric; sew, leaving 2 in. open in upper back of sleeve for arm. Clip, turn, insert arm, and hand-sew closed. Turn under cuff.

For bonnet, cut two 5½-in. white cotton circles; sew around circles leaving

continued

owest cost at U-Haul®

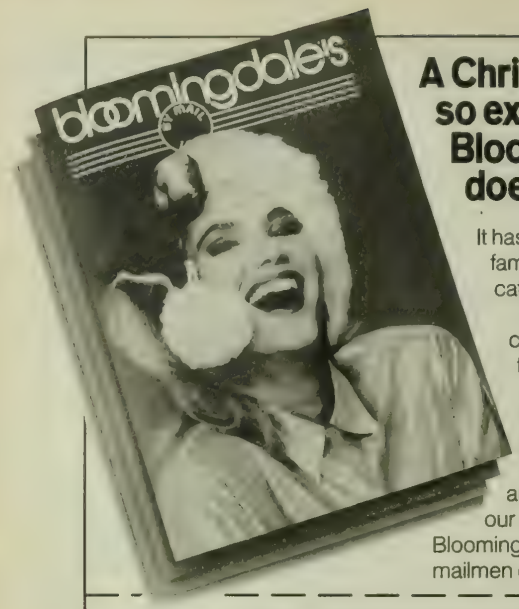


RECREATION RENTALS
• Luxury Motorhomes • Vacation Trailers • Tents
• Boats & Motors • Camping Gear

PARTY RENTALS
Tables & Chairs

AUDIO/VIDEO RENTALS

More for your money at your U-HAUL® Center



A Christmas catalogue so exclusive even Bloomingdale's doesn't carry it.

It has all the holiday fun we're famous for, but you won't find this catalogue in Bloomingdale's.

To get yours, just mail this coupon with $4. We'll send you three festive holiday catalogues, featuring our gala 112-page 1986 Christmas edition.

Plus, you'll receive a $4 gift certificate and other fashion and furnishings catalogues as our holiday gift to you!

Bloomingdale's By Mail. Carried by fine mailmen everywhere.

Mail this coupon with $4 to: Bloomingdale's By Mail Ltd., Dept. 486, P.O. Box 4160, Huntington Station, N.Y. 11746

Name _____ 486

Address _____

City _____ State _____ Zip _____

Please allow 4–6 weeks for shipment.

© 1986 Bloomingdale's By Mail Ltd

HEART-AND-HAND BAZAAR

continued

an opening. Turn; sew closed. Gather bonnet ⅝ in. from edge. Topstitch ¼-in. lace around edge. Cut slits for ears. Place on head; gather to fit.

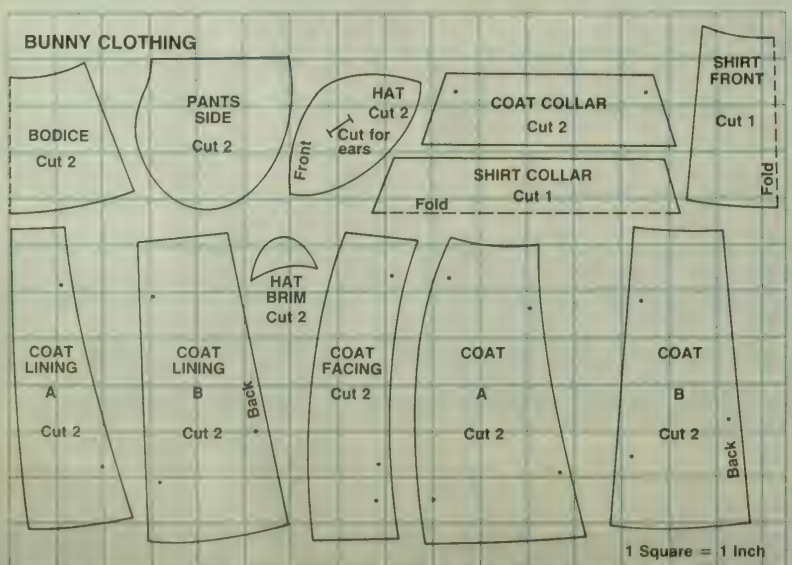
For boy bunny's coat, sew center seam of coat back from dot to neck. Sew back to sides, matching dots. Sew facings to side pieces, matching dots. Press seams.

Sew center seam of lining back same as for coat. Sew lining back to sides. Sew other edge of lining sides to coat facing. Sew along bottom of coat, and along slit edges. At neck edge, sew only facing sections down. Trim corners; turn coat right side out. Press.

Sew collars between dots; leave neck open. Trim; turn. Sew bottom edge of collar to outside of coat neck, right sides facing. Turn inside of collar over coat lining ¼ in.; hand-sew. Press collar and front of coat open to form lapels. Add buttons. Sew sleeves same as dress sleeve, above.

For shirt and pants, cut 1¼ × 7½-in. rectangle (pants) and ¾ × 8¼-in. waistband. Turn under neck ¼ in. Fold collar; sew edges closed. Turn and press, turning in raw edge ¼ in. Sew closed. Sew pants to pants middle; turn. Turn edges of waistband under ¼ in. Use leg pattern to make pant legs.

For hat, sew top of hat sections. Cut slits for ears. Glue bottom edge under ¼ in. Glue brims in place.



MARTHA JANE, FRANK, AND CAT, page 40

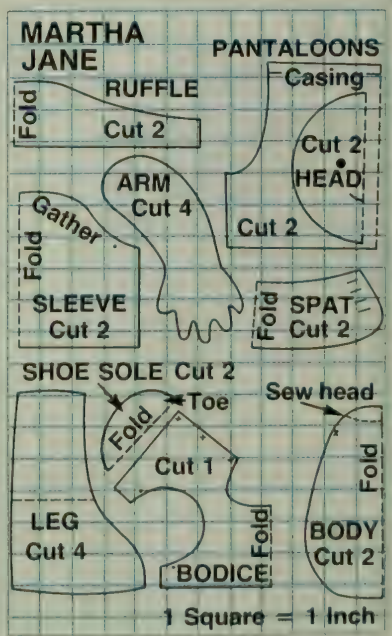
To order full-size project patterns, see page 141.

Finished size for Martha Jane is 14 in.; Frank is 11 in.

Materials: ⅔ yd. peach fabric (bodies); ½ skein gold yarn (hair); red, black embroidery floss; black felt scraps (shoes, eyes); stiff cardboard; polyester fiberfill; thread; snaps; ¼ yd. white fabric (cat).

For Martha Jane's clothing: ⅓ yd. red (dress); ¼ yd. print fabric (pinafore); 1 yd. print fabric (pantaloons); gray felt (spats); ⅔ yd. 1-inch-wide eyelet (pantaloons); bias tape (dress and pinafore); eight ¼-in. black shank buttons; ⅔ yd. ⅛-in.-wide elastic.

For Frank's clothing: ¼ yd. fabric (trousers); 1 yd. print fabric (shirt); two ⅝-in. buttons; 4 pearl buttons for shirt.



continued

Why settle for low?

Choose the lowest.



Now is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

NOW. THE LOWEST OF ALL BRANDS.

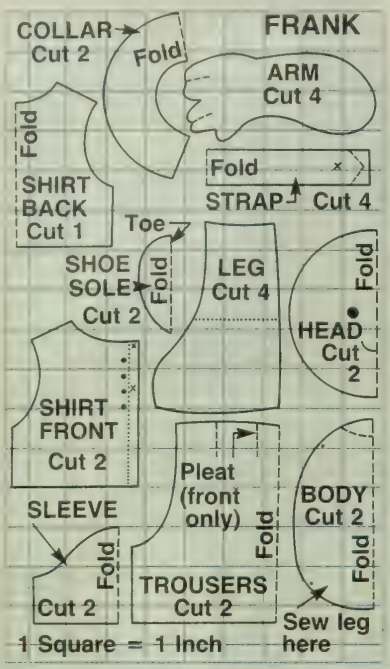
Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

©1986 R.J. REYNOLDS TOBACCO CO.

continued

Instructions: Enlarge patterns (*page 46* and *below*) adding ¼-in. seam allowances. Pin to fabrics and cut out.



Embroider face and attach nose and eyes as indicated; stitch head pieces together, leaving an opening. Clip curves, turn, press, and stuff. Sew arm pieces, leaving an opening for turning. Clip fingers, turn, press, and stuff lightly. On boy doll, machine-stitch fingers. Hand-stitch arms closed.

Pin wrong side of shoes to right side of leg pieces; stitch across top edge of shoes, then sew leg pieces together. Pin soles to shoe bottoms; stitch, clip, and turn. Stuff legs to ½ in. from top.

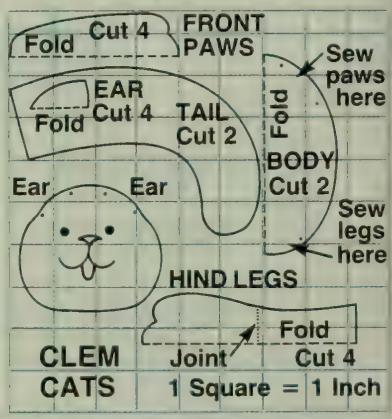
Matching front and back leg seams, pin legs facing upward on body front; stitch across. Place right sides of body pieces together and sew, leaving opening at bottom, where legs are attached. Clip, turn, and press. Stuff body and close opening. Sew arms to body. Sew 4 buttons to side of *each* girl's shoe.

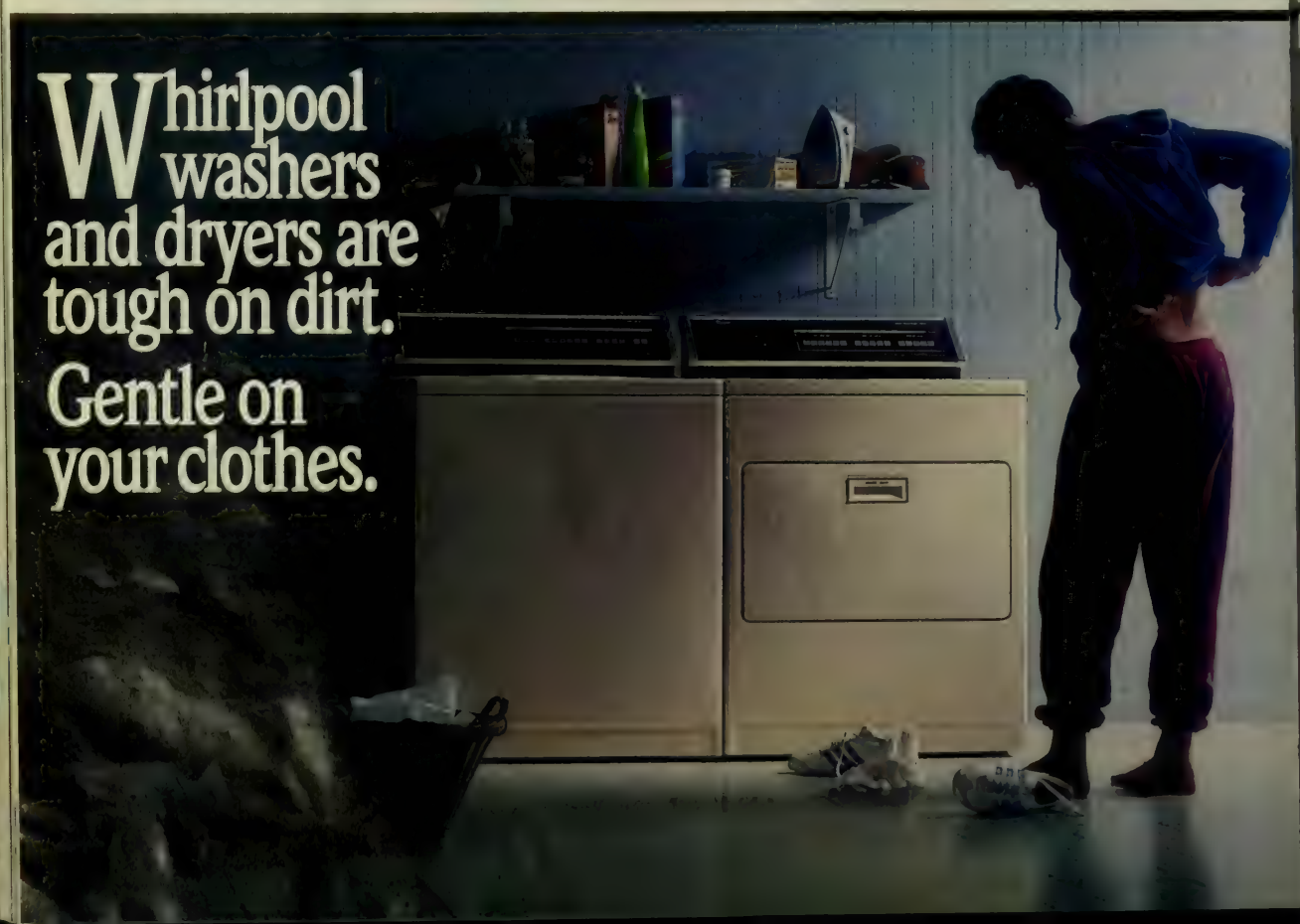
Hand-stitch head to body. For Martha Jane's hair, wrap yarn around a 4×10½-in. cardboard rectangle; holding bundle firmly, slip off cardboard and stitch across center of yarn to make part and secure hair. Sew hair to head. Add ribbons, if desired.

For Frank's hair, wrap yarn around the length of a 3×7-inch rectangle. Tie around middle with a piece of yarn; cut open loops. Glue or tack to head. Trim hair on front and sides.

For Martha Jane's clothing: Besides clothing already cut out, cut a 4⅜×21-in. pinafore and a 5¼×21-in. dress skirt. For pantaloons, turn under bottom edges of legs; stitch ruffled eyelet atop fold. Sew inner leg seams. Turn 1 piece right side out and slip inside the other; stitch crotch seam; clip curves, turn. Turn under top edge and stitch, leaving a ½-in. opening. Cut elastic to fit doll's waist. Insert elastic and secure; close opening.

For dress, gather top edge of skirt. Beginning at bottom, sew center back





seam for 2½ in. Turn under ½ in. on bottom edge; hem. Stitch shoulder seams. Turn under edges of back opening. Stitch bias tape to neckline, clip, turn, and tack to inside.

Gather top edge of sleeves. Join sleeves to bodice, gathering to fit. Sew underarm and bodice side seams. Turn under bottom edges for elastic casings; leave opening. Cut elastic to fit doll's wrist; insert elastic and close opening.

Adjust gathers and sew bodice to skirt. Sew snaps to back.

For pinafore, hem sides and bottom of skirt; gather top edge. Hem bottom edges of pinafore sleeve ruffle and gather top edge to fit bodice sleeve opening between dots; adjust gathers and stitch. Turn, press, and topstitch. Hem raw edge back of bodice top. Sew bias tape to neckline; clip, turn, and tack to inside. Sew underarm seams.

Pin bodice to skirt, adjusting gathers; stitch. Tack ribbon to back neckline of bodice for tie. Button spats over shoes.

For Frank's clothing: Sew shirt fronts to back at shoulders. Hem sleeve bottoms, then sew top edge of sleeves to shirt; sew underarm seams.

Join collar pieces, leaving inner edge open. Clip curves, turn, and press; baste open edge. Sew collar edge to wrong side of neckline; clip, turn, and press. (Raw edge will be underneath collar on right side of shirt.) Edge-stitch seam allowance to shirt body. Sew snaps to shirt front, then sew buttons in place.

For trousers, sew as for Martha Jane's pantaloons, above. Add straps, crossing them at center back and attaching them to front with buttons.

For cat: Enlarge pattern on *page 48*; cut from fabric. Sew back legs, leaving openings for turning. Clip seams, turn, and stuff lightly. Close opening. Machine-stitch across foot joint. Sew tail as for legs. With legs and tail facing upward, pin tops to bottom of body; stitch. Join body front and back, leaving open at bottom; clip, turn, and press. Stuff, then close the opening.

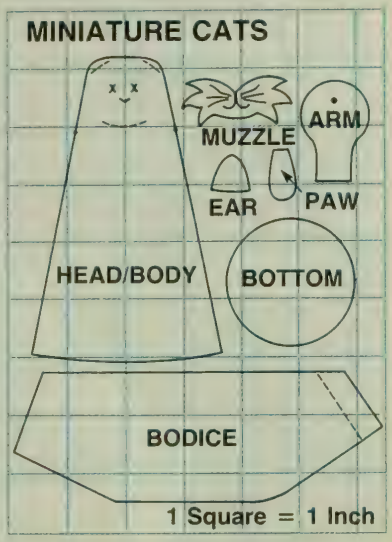
Sew ear and ear lining pieces together. Turn and press. With points down, baste between dots to head front. Embroider facial details. Sew head front to back, leaving bottom open. Clip, turn, and stuff lightly; close opening. Tack head to body. Sew paws as for tail; hand-sew to body.

MINIATURE CATS, page 41

Materials: *For each cat:* felt scraps for bodies; fiberfill; 5-mm black beads for eyes; 5-mm black pom-pom for nose; carpet thread; 4 in. 18-gauge wire; fabric glue; fabric scraps for clothing; trims; beads for buttons; two ¼-in. buttons for attaching arms.

Instructions: Enlarge pattern *below* onto paper, adding seam allowances.

For body: trace around body/head pattern on double thickness of felt. Leaving bottom open, stitch on drawn line; trim close to stitching and turn. Stuff to ¼ in. from bottom edge. Cut



continued

It takes just the right laundry system to handle the dirtiest dirt...and still give your clothes the care they need. That's why we design a complete line of washers and dryers to help you get your laundry done right...and make your world a little easier.

Cycles and settings to handle any load. Whirlpool® washers give you a wide range of wash and rinse options. Like a gentle cycle for delicate knits. And a Super Wash cycle for that extra-dirty load.

You can also select the right water level and temperature for each load. So you use only the water and energy you need to get the job done right.

Our automatic bleach and fabric softener dispensers save you from constantly running back to the washer. And we even offer self-cleaning lint filters.

Dryers that give your clothes the finishing touch. Whirlpool dryers also give your clothes the care they deserve. You can choose from four different temperature levels. A special setting gently handles your knits and delicate fabrics. And our Tumble Press® setting helps cut down on wrinkles.

A promise of quality we stand behind. Whirlpool offers sizes and styles to fit every laundry need. And they're all backed by our promise of good, honest quality. It's a promise we've kept for 75 years, and we support it with programs like our toll-free 24-hour Cool-Line® telephone service to help you with problems or questions. Just call 800-253-1301. It's one more way we can make your world a little easier.

Whirlpool
Home Appliances
Making your world a little easier.

continued
out bottom; buttonhole-stitch to body. Draw muzzle pattern onto double thickness of felt; stitch along lines. Cut out close to stitching. Hand-stitch muzzle to face. Add stitched mouth, beads for eyes, a pom-pom for nose, and carpet-thread for whiskers. Cut ears from felt; hand-stitch to head along dotted lines on pattern.

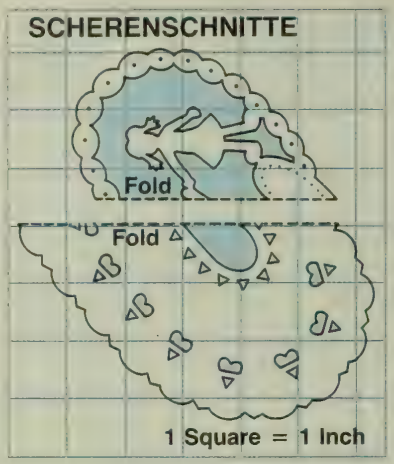
For dress: Cut out bodice; turn under top raw edge ¼ in.; glue in place. Wrap around body overlapping ends in front. Turn under raw edge of front; glue overlap together. Cut a 3¾×12-in. rectangle for skirt. Sew short ends together; hem, turning under ¼ in. Gather top edge. Slip skirt onto cat and gather to fit. Sew skirt to bodice and body. Cover raw edges of waistline gathers with trim or a tiny apron.

For arms: Cut two 1-in.-long wires and 4 paws. Glue 1 wire between each set of paws; let dry completely. Sew arms from fabric; stuff; insert wired paws into narrow ends; stuff sleeve ends; sew to paws. With doubled carpet thread and needle, attach arms securely to body at shoulders, passing thread through buttons placed on outsides of arms (see dots on pattern).

SCHERENSCHNITTE, page 40
Materials: Parchment paper; T-pin or large pin; stapler or transparent tape; rubber cement; cuticle scissors; crafts knife; wallpaper scrap; mat board; wooden cutting board.
Instructions: Enlarge pattern (*left*) onto paper. Fold paper in half. With pencil, trace pattern, placing fold of paper on pattern fold.

With paper folded, tape edges to board. Cut out design with cuticle scissors or knife; pin-prick dots.

Open designs. Mount on wallpaper with rubber cement and frame.



WREATH, page 37
Materials: 16-in.-diameter macram ring; variety of dried flowers, her branches; florist's tape; hot glue gun.
Instructions: Using florist's tape, a tach herb branches around entire ma rame ring to make wreath bas Decorate the base with flowers an herb bunches, gluing them in plac with hot glue gun.

CARVED HOUSE BLESSING, page 37

To order full-size pattern plus cuttin materials, see page 141.

Materials: ¾×10×17-in. sugar pin board; woodcarving tools; brown fabri dye; acrylic paints; polyurethane var nish; tissue, carbon paper.
Instructions: Enlarge pattern on *pag 51* onto tissue. Flop to trace other hal of design. Transfer outline to board; cu out on jigsaw and sand.

Trace remaining details onto board With a narrow tip, carve out all lines *Caution:* Use care when carving, keep ing free hand tucked *behind* carving hand. With wider blade, cut wood away around all shapes (gray areas on pat tern) to a depth of ⅛ in. Dye carved board brown. Paint flowers, heart, and leaves with acrylics; varnish.



BEAUTY.

Everyone is attracted to beautiful and luxurious carpets—even beasts.

But this little beast won't be leaving his mark. Because this carpet is made of Anso IV nylon.

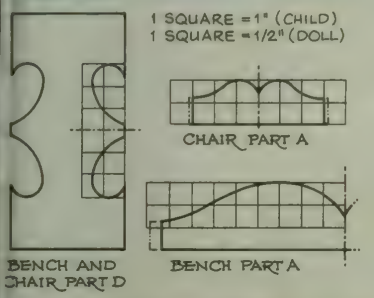
Unlike an ordinary carpet with protection that is only sprayed on top, a carpet of Anso IV nylon has soil and stain resistance that is permanently built into the fiber itself. So it's perma-

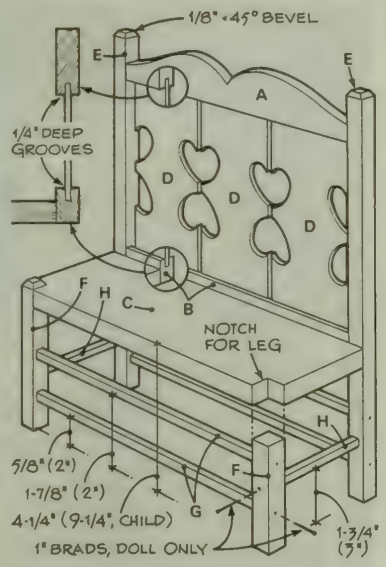


DOLL AND CHILD–SIZE FURNITURE, page 39

To order project plan, see page 141.

Build the doll and child-size furniture from the plans and materials lists *below*. Patterns and materials lists for the wall cabinet and flower cart can be found on *page 53*.





BENCH

MATERIALS LIST—BENCH FOR DOLL AND CHILD

Part	Number	Doll Size	Child Size
A	1	½ x 1½ x 8¼"	¾ x 3¼ x 17¾"
B	1	½ x ¾ x 8¼"	¾ x 1¼ x 17¾"
C	1	½ x 3¼ x 9¼"	¾ x 8½ x 20"
D	3	⅛ x 2½ x 5½"	¼ x 5¼ x 10¾"
E	2	½ x ½ x 11"	1⅛ x 1⅛ x 23"
F	2	½ x ½ x 4⅜"	1⅛ x 1⅛ x 9⅜"
G	4	⅜ x ⅜ x 8¼"	¾ x ¾ x 17¾"
H	2	⅜ x ⅜ x 2¾"	¾ x ¾ x 7⅜"

MATERIALS LIST—CHAIR FOR DOLL AND CHILD

Part	Number	Doll Size	Child Size
A	1	½ x 1 x 3"	¾ x 2 x 6¼"
B	1	½ x ¾ x 3"	¾ x 1¼ x 6¼"
C	1	½ x 3¼ x 4"	¾ x 8½ x 8½"
D	1	⅛ x 2½ x 5½"	¼ x 5¼ x 10¾"
E	2	½ x ½ x 11"	1⅛ x 1⅛ x 23"
F	2	½ x ½ x 4⅜"	1⅛ x 1⅛ x 9⅜"
G	4	⅜ x ⅜ x 3"	¾ x ¾ x 6¼"
H	2	⅜ x ⅜ x 2¾"	¾ x ¾ x 7⅜"

continued



nently protected from top to bottom. And although no carpet is completely stainproof, Anso IV protection won't be worn away and never has to be re-applied. So beautiful carpets stay beautiful longer.

Anso IV® THE ANTI-SOIL NYLON

Anso IV is the closest you'll come to permanent resistance.

ALLIED Fibers

Some comforting thoughts fro
The Intelligent Window.



The Intelligent Window® is the window made with *Sungate*® coated glass—the glass with the exclusive PPG coating that prevents inside heat from escaping. And that can be a comfort in a lot of ways.

It keeps you warm. You can feel the difference the *Sungate* coating makes with your own hands. The coated glass in the windows actually stays warmer. Which reduces condensation and keeps your home more comfortable. But that's not all.

It keeps your home beautiful. *Sungate* coated glass isn't reflective glass; it has the clear look of traditional windows. And inside, the coating actually reduces the fading of the fabrics in your curtains, carpets and furniture. So your home's good looks last longer. That can save you money. But it's not the only way *Sungate* saves.

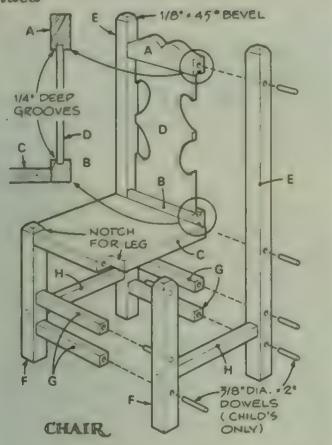
It saves energy. Double-paned windows and doors with *Sungate* coated glass are as energy-efficient as triple-glazed. It's because of the special coating. The coating lets light and heat inside, and keeps the heat inside, so you save on heating bills. And all that adds up to something wonderful.

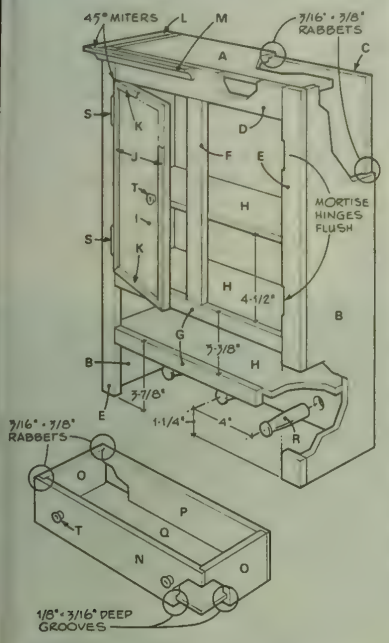
It increases your home's value. A home with *Sungate* coated glass feels warmer, looks great inside and out, and saves money, too. That makes a comfortable difference while you live there. And can make a big difference at resale time. What could be more comforting than that?

THE INTELLIGENT WINDOW
SUNGATE

Sungate coated glass and The Intelligent Window are registered trademarks of PPG Industries, Inc.

ontinued



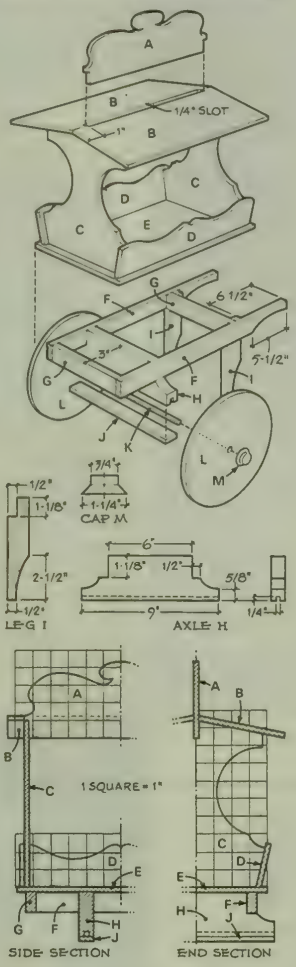


MATERIALS LIST—WALL CABINET

Part	Number	Description	Size
A	1	⅜" Pine	4⅝ x 13½"
B	2	⅜" Pine	4⅝ x 19¾"
C	1	⅜" Pine	13⅞ x 19 9/16"
D	1	⅜" Pine	1¾ x 12½"
E	2	⅜" Pine	⅞ x 19¾"
F	1	⅜" Pine	⅞ x 10¾"
G	2	⅜" Pine	⅞ x 12½"
H	3	⅜" Pine	4¼ x 13½"
I	2	⅜" Pine	5 5/16 x 10⅝"
J	4	⅛" Pine	⅜ x 10⅝"
K	4	⅛" Pine	⅜ x 5 5/16"
L	2	¾" Cove	¾ x 5¾"
M	1	¾" Cove	¾ x 15¾"
N	1	⅜" Pine	2⅜ x 12⅜"
O	2	⅜" Pine	2⅜ x 4⅝"
P	1	⅜" Pine	2 x 12⅜"
Q	1	⅛" Hardboard	4⅝ x 12"

Misc: ⅞" dia. x 3⅛" shaker pegs, ¾ x 1⅝" brass hinges, ¾"-diameter white porcelain knobs.

FLOWER CART, page 40
To order project plan, see page 141.



MATERIALS LIST—FLOWER CART

Part	Number	Description	Size
A	1	¼" Plywood	4¼ x 11"
B	2	¼" Plywood	5 x 12¾"
C	2	¼" Plywood	8 x 9½"
D	2	¼" Plywood	2½ x 11½"
E	1	¼" Plywood	8 x 11¾"
F	2	½" Pine	1⅛ x 17½"
G	2	½" Pine	1⅛ x 6"
H	1	¾" Pine	2½ x 9"
I	2	½" Pine	1⅛ x 5¾"
J	1	¼" Plywood	¾ x 9"
K	1	¼" Dia. Dowel	10"
L	2	½" Pine	7" Diameter
M	2	½" Pine	1¼" Diameter

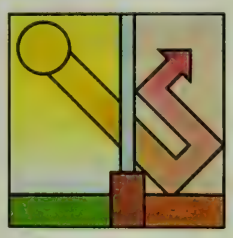
FOLK ART HOUSES, page 41
To order project plans, see page 141.

Design credits:
Page 37: Wreath: Jan Hollebrands. Woodenware: Rebecca Jerdee. **Pages 38–39:** Sampler: Ann Levine. Heart patchwork: Sue Veigulis. Game boards, furniture: Rebecca Jerdee. Bunnies: Jane DiTeresa. **Pages 40–41:** Dolls: Judy LaSalle. Scherenschnitte: Saran Robinson. Flower cart, houses: Rebecca Jerdee. Miniature cats: Phyllis Dunstan.

And now The Intelligent Window tells all.

Here's why more and more people are choosing the comfort, beauty, energy savings and value of The Intelligent Window®—the one with *Sungate*® coated glass from PPG.

It's the exclusive *Sungate* coating: it lets in the sun's light and heat, but reflects the heat from your furnace, and the other radiant heat in your home, back into your rooms.



You can get the full story on how *Sungate* coated glass works by filling out and returning this coupon. Or, to find out who in your area sells windows and doors with *Sungate* coated glass, just call 1-800-2-GET-PPG.



PPG INDUSTRIES, INC.
SUNGATE MARKETING GROUP SC153
P.O. BOX 8727
HARRISBURG, PA 17105

Please send me more information on how windows with *Sungate* coated glass from PPG can add to the beauty, comfort and value of my home.

Name_____

Address_____

City_____

State_____ Zip_____



Scalamandre Silks, Inc., 950 Third Ave., New York, NY 10022. **Wall coveri** "Pattern #3924"—Henry Calvin Fabrics, 151 Vermont St., #2, San Francisc CA 94103. (*Bottom*): **Chair fabric**—Brunschwig & Fils (address above).

Pages 86–87: Sofa and pillow fabric—Brunschwig & Fils (address abov **Pillow trim**—Scalamandre Silks, Inc. (address above). **Wall covering** "Patte N3924"—Henry Calvin Fabrics (address above).

REMARKABLE KITCHEN REMAKES

Page 90 (*top left*): Wooden blinds—Nanik, 7200 W. Stewart Ave., Wausau, 54401. **Banquette fabric**—Brunschwig & Fils, 410 E. 62nd St., New York, N 10021. **Ovens**—Thermador/Waste King, 5119 District Blvd., Los Angeles, C 90040.

Page 91: Cooktop—Chambers Corp., Old Taylor Rd., Oxford, MS 38655. **Dis washer**—KitchenAid, Inc., 3800 Space Dr., Dayton, OH 45414. **Tile on ve hood**—McIntyre Tile Co., 14 W. Grant, Healdsburg, CA 95448. **Laminate** Formica Corp., 1 Cyanamid Plaza, Wayne, NJ 07470.

Page 93: Countertop "Corian"—E.I. du Pont de Nemours & Co., Wilmington, D 19889. **Blinds**—Warren Shade Co., Inc., 2905 Hennepin Ave., E, Minneapoli MN 55413. **Cooktop**—Chambers Corp. (address above). **Cooktop hood** Vent-a-Hood, 1000 N. Greenville, Richardson, TX 75080. **Tube lighting**—Light lier, Inc., 346 Claremont Ave., Jersey City, NJ 07305. **Cabinet hardware**—Th Ironmonger Inc., 1822 N. Sheffield Ave., Chicago, IL 60614.

PRIZE TESTED RECIPES

Page 127 (*left*): Plates "Enchantment"—Denby Ltd., Inc., 41 Madison Ave New York, NY 10010. (*Right*): **Plate** "Lotus"—Metlox Potteries, Box 8, 120 Morningside Dr., Manhattan Beach, CA 90266.

Page 128 (*left*): Square bowl "Parfait"—Nikko Ceramics, Inc., 165 Chubb Ave Lyndhurst, NJ 07071. **Spatula**—Rowoco, Bldg. 4, Warehouse Ln., Elmsford, N 10523. (*Right*): **Basket**—Coe & Dru, P.O. Box 60607, 3140 E. Pico Blvd., Los An geles, CA 90060.

READY-MADES TO THE RESCUE

Page 142: Sheer drapery fabric "Chantelle" and **drapery fabric** "Candide"— Burlington House Draperies (address above). **China** "Siena"—Villeroy & Boch Ltd., 225 Fifth Ave., New York, NY 10010.

Page 143: Balloon shade fabric "Chantelle" and **drapery fabric** "Solitaire"— Burlington House Draperies, 1345 Avenue of the Americas, New York, NY 10105.

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens®* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

GARDENER'S LOG

Page 35: Hostas—Carroll Gardens, Inc., Box 310, 444 E. Main St., Westminster, MD 21157. Iron Gate Gardens, Rte. 3, Box 250, Kings Mountain, NC 28086. Savory's Greenhouses and Gardens, 5300 Whiting Ave., Edina, MN 55435. Wayside Gardens, Hodges, SC 29695. White Flower Farm, Litchfield, CT 06759.

HEART-AND-HAND BAZAAR

Pages 37–41: Checked fabric—Main Street Country Store, Ankeny, IA 50021. **Pegboard**—Shaker Workshop, P.O. Box 1028, Concord, MA 01742.

BOLD BATH IDEAS

Page 59: Tub "Infinity"—Kohler Co., Kohler, WI 53044. **Tile** "El Camino"—Elon Inc., 198 Saw Mill River Rd., Elmford, NY 10523. **Skylight** "Blefa"—Roof Windows Inc., P.O. Box 366, Pitman, NJ 08071.

Page 60: Tub "Mandarin"—Caldera Spas, 1080 Bradley Ave., El Cajon, CA 92020. **Blinds**—Levolor Lorentzen, Inc., 1280 Wall St., W, Lyndhurst, NJ 07071. **Tile**—Latco Products, 3371 Glendale Blvd., Los Angeles, CA 90039.

Page 61: Countertops—Formica Corp., 1 Cyanamid Plaza, Wayne, NJ 07470. **Sinks**—Kohler Co., Kohler, WI 53044. **Tile**—Latco Products, 3371 Glendale Blvd., Los Angeles, CA 90039. **Hardware**—E.B. Bradley Co., 5595 Magnatron Blvd., San Diego, CA 92121.

SPOT LANDSCAPING WITH FLOWERING TREES

Page 80: Earl Ferris, Hampton, IA 50441. Gurney Seed & Nursery, Yankton, SD 57079. Mellinger's, 2310 West South Range, North Lima, OH 444522. Wayside Gardens, Hodges, SC 29695.

GATHERING PLACES

Page 84: Chair fabric—Clarence House, 40 E. 57th St., New York, NY 10022.

Pages 84–85: Chair fabric—Clarence House (address above). **Pillow fabric**—Brunschwig & Fils, 979 Third Ave., New York, NY 10022.

Page 86 (*top*): Sofa fabric—Brunschwig & Fils (address above). **Pillow trim**—



A golden opportunity to broaden your child's horizons.



SELF-EXPRESSION
COORDINATION ACHIEVEMENT
DISCIPLINE CONCENTRATION
CONFIDENCE PATIENCE

Announcing
The Baldwin Acrosonic
50th Anniversary

Golden Opportunity Sale

Now is the best time to give your child the hidden benefits of piano… while you save hundreds of dollars on a new Acrosonic!

You can help your child live a richer, happier life. Simply by introducing your child to the piano. Children who take piano quickly realize how enjoyable it is. So they're encouraged to continue. And while they have fun, they also learn discipline. Perseverance. And coordination. They acquire more poise. More self-confidence. More self-esteem.

Playing the piano helps kids explore their potential. It encourages them to be creative. To set goals. And lets them feel the joy of achievement. This sense of accomplishment, combined with having fun, is one of the best gifts you can give your child.



Don't let this golden opportunity pass you by…buy a Baldwin now and save a bundle!

The Baldwin Acrosonic.
The piano consistently recommended by teachers for half a century.

Piano teachers know how important a good instrument is to the success of their students. They know that sluggish key response can quickly discourage most young hands. So can inferior tone. That's why teachers have consistently recommended the Baldwin Acrosonic since 1936.

The Acrosonic is Baldwin's finest quality vertical piano designed for home use. It offers exceptional tone, a responsive touch, and an unmatched reputation for long-lasting tuning stability.

Baldwin Heirloom Quality at an Unbeatable Price

Many of the innovations first developed for the famed Baldwin concert grand and Baldwin Hamilton pianos are now found in the Acrosonic. These include SynchroTone™ strings, full-size action parts and the 19-ply pinblock.

Like all Baldwins, the Acrosonic is built in America and features beautifully styled cabinetry and a fine furniture finish.

The Acrosonic has always been a wise investment. Now, at these Golden Opportunity Sale prices, it's an even better investment.

Turn the page for the name of your nearby **Baldwin** ***dealer.***



It's your Golden Opportunity to save on a Baldwin® Acrosonic®

Announcing The Baldwin Acrosonic 50th Anniversary

Golden Opportunity Sale





To celebrate the golden anniversary of the ever-popular Acrosonic piano, Baldwin has added this special feature to every Acrosonic: An amazingly low sale price!

Take advantage of these incredible values now! Hurry to any of these participating Baldwin dealers for all the money saving details.

Life plays better on a Baldwin

ALASKA

ANCHORAGE
Keyboards West
213 East Fifth Avenue
907-276-7783

CALIFORNIA

BUENA PARK
Kay Kalie Pianos and Organs
8607 On The Mall #107
714-527-9305

DUBLIN
Hennings Music Centers, Inc.
7108 Dublin Boulevard
415-828-3442

EUREKA
Eureka Family Music Center
609 E Street
707-445-9136

FULLERTON
Patrick's Musician
1967 Sunny Crest Drive
714-871-1961 or
213-694-2553

LOS ANGELES
Glendale Music Company
5412 Wilshire Boulevard
213-857-1157

PACIFIC GROVE
Gary Rossi's Baldwin Music Center
Fountain At Central
408-372-7686

SAN BERNARDINO
Pedrini The Music Merchant
24716 Redlands Boulevard
714-824-5347

SAN DIEGO COUNTY
Baldwin Piano & Organ Centers
See Your Yellow Pages
San Diego, CA

SAN FRANCISCO
Baldwin Piano & Organ Center
994 Geneva Avenue
415-585-5292

SAN LEANDRO
Hennings Music Centers, Inc.
853 Fremont Avenue
415-357-9690

SAN RAFAEL
Marin Piano & Organ
115 Bellam Boulevard
415-456-7468

SANTA BARBARA
Baldwin Piano & Organ Center
3629 State Street
805-962-6600

SANTA ROSA
Baldwin Music Center
900 Fourth Street
707-526-6833

TORRANCE
Organ and Piano Center
2830 W. Sepulveda Boulevard
213-326-9005

OREGON

PORTLAND
Rife's Music Center
Clackamas Town Ce
503-654-4400

PORTLAND
Rife's Music Center
Jantzen Beach Cent
503-285-5178

TIGARD
Rife's Music Center
11705 Pacific Highwa
503-620-1281

WASHINGTON

SPOKANE
Music City Spokane,
W. 1011 First Avenue
509-838-8312

BOLD BATH IDEAS

EXTEND THE ROOF

By Gregory D. Cook

Splish-splashing their way to a good time, the whole family delights in a new under-the-eaves tub. Adding on to the back of their house provided room for the bath they always wanted.

PRETTY AND PRACTICAL

It's a fun place, and practical, too. The quarry tile floor shrugs off spills, and the double vanity accommodates multiple users. An operable skylight, screened to keep out bugs, vents steam and brings in light.

EAVES DROPPING

Two people felt crowded in the old master bathroom. The shower stall, toilet, sink, and closet took up so much space that there was little room left to maneuver. By extending the roofline (*see plans below*), this two-story colonial house gained enough space for an enlarged bath on the second floor.

Photographs: Maris/Semel. Architect: E. William DeCossy, AIA. Field editor: Bonnie Maharam

For buying information, see page 54.

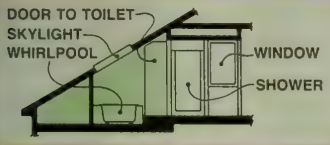


Glassing in the wall imparts a sweeping view under the eaves.

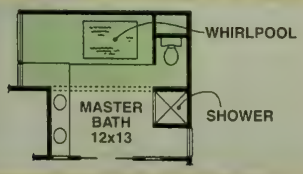


The kids love a bubbly romp in Mom and Dad's new whirlpool tub.

PLANS



loor space gain: from 12×6 to 12×13. The aded area shows what's new.



ross section shows construction details.

CARSON ODE

continued

continued

BOLD BATH IDEAS

REDO SAME SPACE

WHAT TO DO WITH A BATH LIKE THIS

Small but mighty, here's a tiny bathroom that boasts a steeping tub to soak your bones. A total transformation of existing space yielded big benefits.

STYLISH SMALL SPACE

This room proves that small spaces can be stylish, too. Nonskid ceramic tile wraps around the tub, forms the backsplash, and covers the floor. The banjo-shape vanity extends the countertop to the far wall, and the large, round, oak-edged mirror reflects it all.

THE LITTLE RED TUB

Before remodeling, the bath consisted of a typical bathtub/shower combination with sliding glass doors, toilet, and sink—adequate, but uninspiring. So, what's a person to do? Shoehorn in a whirlpool tub small enough to fit a tiny room. This one wouldn't squeeze through the door, but punching a hole in the back wall did the job. With the tub in place and supported by a simple box (*see plan*), drywall and plumbing finished the installation.

Photographs: Kim Brun. Architect: Bay E. Cobb
Field editor: Sharon Haven

For buying information see page 54.

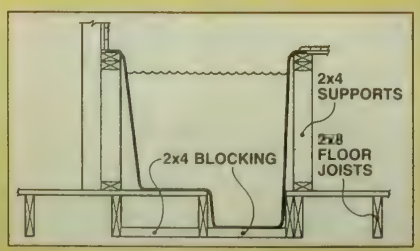


Curving the counter around the sink provides extra storage.



Even a small-space bath can offer luxurious amenities.

PLAN



The tub hangs from its lip on a framework of 2×4s. Plywood sides add rigidity and provide a smooth surface for the tile.

CARSON ODE

continued



Sleep on a Sealy Posturepedic®
because healthy is a beautiful way to feel.



One of the healthiest things you can do is get a good night's sleep. That's why Sealy Posturepedic is designed in cooperation with leading orthopedic surgeons, so your body is cushioned in comfort yet correctly supported.

That's why you should insist on a Sealy Posturepedic mattress. You'll wake up with that healthy Posturepedic feeling. And that's a beautiful way to feel.

Sealy®

POSTUREPEDIC

"When he runs on empty, SNICKERS® satisfies him. And me."

When my son mows the lawn, I stay out of his way. Except when he gets hungry. Then I give him a SNICKERS® Bar.

Packed with peanuts and peanut butter nougat, SNICKERS® is great at satisfying his hunger. And it's covered with caramel and milk chocolate for a taste he really loves. Then it's dated for freshness, so I know SNICKERS® has no preservatives.

So when my son needs to fill up between meals, I give him the wholesome snack that both of us love. SNICKERS.®



"Packed with peanuts, SNICKERS really satisfies."®



SNICKERS® Bar
© Mars, Inc. 1988

continued

BOLD BATH IDEAS

ADD AN ANGLE

DIAGONAL WALLS PROVIDE NEW PERSPECTIVE

Unusual angles and a sparkling white interior elicit oohs and aahs over this corner-built bathroom. A diagonal wall creates the triangular shape.

WHITE AND LIGHT

In addition to the interesting layout, this bath compels attention for its squeaky-clean look and spacious feel. Key elements in the design: white ceramic tiles, white countertops and cabinet pulls, mirrored wall, and skylight.

GETTING CORNERED

The bedroom/bath addition pivots the wall between rooms to fit the available space. Streamlining is a must, and not an inch is wasted. Storage spaces abound—under the vanity, by the toilet, and on the sidewall.

Installing a shower in the corner presented a challenge. With the vanity counter so close, there was no room for a shower door to swing. The solution: custom-designed, clear glass sliders. The window in the shower adds depth to the triangular space. BH&G

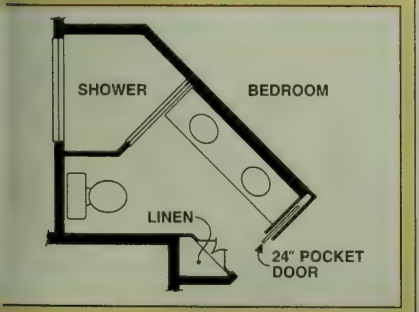
Photographs: Kim Brun. Design: Sheldon Tager
Field editor: Sharon Haven

For buying information, see page 54.



Illuminated by a shaft of light from above, the mirror reflects the wall opposite the double-sink vanity.

PLAN



Breaking up space with a diagonal wall creates all sorts of interesting angles.

CARSON ODE



Angled design places the vanity on the diagonal wall.



The shower door features specially made sliding glass.

THIS ARTICLE WILL PUT YOU TO SLEEP!

7 WAYS TO FIND A GOOD NIGHT'S SLEEP



STEVE NIEDORF

One in six Americans often has trouble sleeping. Here's everything you need to know to unlock the gates to dreamland.

Getting your bedroom quiet, dark, and at a comfortable temperature are the obvious, though often neglected, first steps to a good night's sleep. If you still have difficulty sleeping, follow our guidelines:

SEVEN KEYS TO SOUND SLEEP

1. Don't disarm your alarm

Do you take a vacation from your alarm clock on weekends? Believe it or not, trying to catch up on your sleep on Saturday morning may upset your body's sleep rhythms all week long. If you feel extra sleep is needed, go to bed earlier.

2. Start a nighttime ritual

Make bedtime the final stage of a regular evening ritual. Walk the dog, watch the news, read a book—the activity is less critical than sticking to the same routine night after night.

3. Lift that barge, tote some bales

Get a little exercise and you'll sleep sounder. Late-afternoon workouts seem to

continued

UNIVERSITY STUDY WITH MYCITRACIN® TYPE ANTIBIOTIC REVEALS:

TRIPLE ANTIBIOTIC FIRST AID OINTMENT
Aids in healing, doesn't sting and helps prevent infection.
For burns, cuts, nicks, scrapes, scratches, and abrasions.

Mycitracin®
Bacitracin/Polymyxin/Ne
Upjohn

Helps keep small hurts from becoming big infections.

Chance of infection cut 68.4% for children with minor skin injuri

A doctors' study conducted at a leading university used a first a ointment with a formula such as found in triple antibiotic Mycitra It was applied to a variety of minor skin injuries among a group o boys and girls age two to five.

The result? The group using the ointment developed 68.4% fe incidences of skin infections than a group that did not. Or: those children who did not use the ointment were more than time likely to become infected. When minor cuts, scrapes and burns oc use soothing Mycitracin.

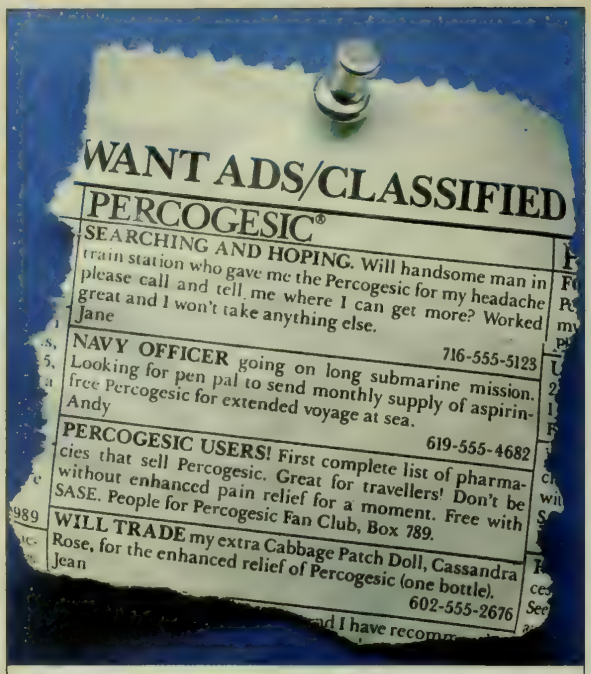
TRIPLE ANTIBIOTIC, TOPICAL FIRST AID OINTMENT
Mycitracin®
Bacitracin/Polymyxin/Neomycin
Aids in healing, doesn't sting and helps prevent infection.
NET WT 1 OZ

THINK OF IT AS A TOOTHBRUSH WITHOUT THE HANDLE.



It looks like gum. It tastes like gum. But it works like a toothbrush.
New Check•Up® plaque fighting gum.
Its unique patented formula is clinically proven to help remove plaque every time you chew. Try all three delicious flavors.

WHEN YOU CAN'T BRUSH, CHEW.



AREN'T YOU CURIOUS ABOUT A LITTLE KNOWN PAIN RELIEVER THAT CAN INSPIRE THIS MUCH LOYALTY?

The fact is that a virtually undiscovered aspirin-free pain reliever actually inspires more loyalty than Tylenol.

So who wouldn't be curious?

The pain reliever is Percogesic®. And a recent research study found that people who use it are even more loyal, more likely to go out of their way to find it, than people who use Tylenol.

But even though Percogesic isn't well-known, the reason for its loyal followers is crystal clear.

You see, Percogesic begins with the same safe, aspirin-free ingredient as Tylenol.

But Percogesic then goes beyond—adding a second ingredient to enhance the overall relief. This gives Percogesic a unique formula, and a unique kind of relief found nowhere else. In fact, Percogesic has been proven effective in relieving pain swiftly and surely.

So exceptional is Percogesic that it is the pain reliever pharmacists have recommended most for headaches for 10 years. And it has been accepted by the American Dental Association for the relief of dental pain.

Isn't it time you stopped being curious, tried Percogesic, and started feeling better?



Use only as directed

Available from your pharmacist without a prescription.

©1986 Richardson-Vicks Inc

GOOD NIGHT'S SLEEP

continued

work best. But avoid any heavy-duty exertion just before bedtime.

4. Stay away from the vice squad

Avoid the big three—caffeine, alcohol, and tobacco. All upset sleep, even if you find them "relaxing." Alcohol may make you tired, but it reduces the quality of sleep. Caffeine and tobacco may interfere with sleep.

5. Nix the naps

Avoid the temptation to "rest your eyes" in the afternoon. Naps can make it hard to fall asleep later on. For some people, however, naps ease worry over lost sleep.

6. Save your bed for sleep and sex

If you are a poor sleeper, don't read or watch television in bed, suggests Dr. Richard Bootzin, professor of pyschology at Northwestern University in Evanston, Illinois. Don't bring work to bed, either, and try not to fight there. If you are still awake after 15 minutes—or if you find yourself lying awake during the night—get up and do some quiet activity until you feel sleepy.

7. Learn to push your sleep button

Stress is the number one enemy of sleep. As best you can, try to solve the day's problems before going to bed, says Dr. Peter Hauri, head of behavioral medicine at Dartmouth Medical School in Hanover, New Hampshire. If you find yourself worrying in bed, get up and work out solutions before going back to bed, suggests Dr. Hauri.

Getting a handle on relaxation

Much of the tension that disturbs sleep can be dispelled. Relaxation training helps to derail a lot of the disturbing thoughts and to unknot tight muscles that make it hard to sleep soundly, notes Dr. Eric Hoddes, the director of the Sleep Disorders Center at the Presbyterian Medical Center in Denver.

For example: Try tensing and relaxing each muscle group in turn, starting with your feet and working up to your head. Practice slow deep breathing. Transport yourself mentally to a pleasant scene, involving all of your senses: stroll in a garden, smell the flowers, admire their colors, and enjoy the warm sunshine. Listen to such monotonous sounds as raindrops, waves—even radio static playing softly. (Static from an FM radio is less likely to include the disturbing pops and crackle encountered on AM radios.)

"You need to experiment with different relaxation methods or combinations of methods to see what works best for you," says Dr. Hoddes. "A one- or two-night trial won't do it. It may take a couple of weeks to start to see improvement."

When to see your doctor

Most insomnia can be traced to a specific event, the death of someone close to you or a change in your job situation, for instance. Insomnia also can be a signal of health problems. For example, depression often causes early morning awakening. Whatever the cause, if insomnia lasts for more than

continued



More and more families are choosing gentle, predictable Feen-a-mint Pills, and Feen-a-mint Gum, for relief of constipation. Gum slowly releases its mild stimulant as you chew, so it goes into your system gradually. And for extra gentleness, Pills combine our effective stimulant with the softening agent doctors recommend most.

Use as directed.

GOOD NIGHT'S SLEEP

continued

three weeks or recurs frequently, it's time to see your doctor. Here are some other signs of a serious problem:

- Awakening during the night drenched with sweat, heart pounding.
- Sleeplessness due to illness, involuntary leg jerks, pain, or prescribed medications. (Many over-the-counter drugs also can interfere with sleep. If this is a problem for you, talk to a pharmacist.)
- A sudden or significant worsening of sleep not tied to a specific problem or event. Don't blame getting older for such changes in sleep patterns; the need for sleep doesn't decrease with age, although the ability to sleep for long periods may. If that's the case with you, an afternoon nap may be the best medicine.

SNACKING

A bedtime snack—juice and cookies, for example—often proves to shorten the time it takes to fall asleep. Try some low-protein, high carbohydrate foods if you have trouble enticing a visit from the sandman.

SNORING

Dish-rattling snorers, especially if they are severely overweight, may suffer from sleep apnea. During apnea, breathing stops, followed by a gasp. It's a serious disorder, so if you suspect you're a victim, see a doctor soon.

Sleeping Pills

Sleeping pills—over-the-counter or those available by prescription only—can help you sleep tonight, but you might pay tomorrow. Next-day side effects include drowsiness, dizziness, poor memory or concentration, lack of coordination, and digestive woes. Pills taken the same night you've used alcohol can upset breathing—possibly seriously.

Some sleep specialists recommend sleeping pills when you can anticipate trouble sleeping, after starting a new shift at work, for instance, or on a trip.

For insomnia lasting up to three weeks—or during illness or bereavement—pills may be medically necessary. After a couple of bad nights, take a pill for a night or two, then skip the pill to see if sleep has normalized. For chronically poor sleepers, drugs (used no more than once or twice a week) may ease anxiety at times of high stress.

WARM MILK

Milk (among other foods) contains a sleep-inducer called tryptophan. Unfortunately, milk also contains agents that keep tryptophan from working. You can sample the drug's effects with a 1-gram tablet 30 minutes before going to bed, says Dr. Ernest Hartmann of the Tufts Medical School in Boston.

SLEEP SPECIALISTS

When insomnia threatens your health or lifestyle, it's time to call in the big guns. For a list of sleep specialists near you, write: Sleep Societies, 604 Second St., SW, Rochester, MN 55902.

—Lynne Lamberg

Another good place to find what's in NutraSweet.®



Over half the food you eat today will contain what's in NutraSweet. It's nothing mysterious. NutraSweet® brand sweetener is made from two building blocks of protein (amino acids, in more scientific lingo).

They're just like those found in fruits, vegetables, grains, meats and dairy products. And your body treats them no differently than if they came from a peach or a string bean or a glass of milk.

Which is all the more remarkable considering that NutraSweet tastes just like sugar. That's sweetness you can enjoy. And feel good about.

NUTRASWEET® BRAND SWEETENER

DIET AND HEALTH

TOFU

Low-Fat, Low-Sodium, Low-Cholesterol Wonder Food

By Lynn Hoppe

QUESTION **We eat a vegetarian meal twice a week. I'd like to incorporate tofu, but want to know how to use it.** *T. Folsom, St. Paul, Minn.*

ANSWER For a low-fat, low-sodium, and low-cost protein source, tofu, also called bean curd, is a good choice. The white, almost tasteless, custardlike food is made from soybeans in a process similar to cheese making.

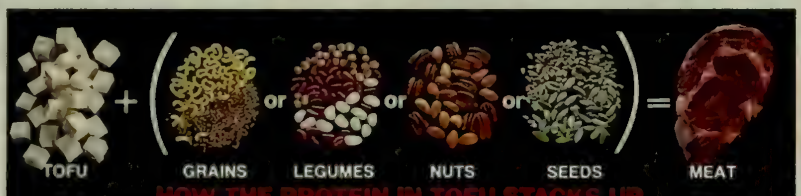
Cooking know-how

Almost anything goes when cooking with tofu! Nearly flavorless itself, tofu absorbs the other flavors in a dish, meaning you can add tofu to casseroles, salad dressings, and more. Choose the form of tofu, as listed on the package, that best meets your recipe needs. Firm tofu, the most common form, is best for slicing and cubing. Silken (the softest form), soft, and extra-firm tofu all easily blend, mash, and crumble. Following are some guidelines for using tofu as a meat substitute or extender, or as a high-protein addition:

•**Blend it:** Substitute pureed tofu for part of the sour cream, cream cheese, or mayonnaise in recipes. For example, substitute tofu for *half* of the sour cream and mayonnaise in dips and creamy salad dressings.

•**Crumble it:** Crumbled tofu doubles for cottage or ricotta cheese. Cut cholesterol in egg salad by using *half* crumbled tofu and *half* chopped eggs. Toss tofu into a green salad. Substitute tofu for *half* of the ricotta cheese in your favorite lasagna recipe.

•**Cube or slice it:** Add chunks of tofu to your favorite main-dish casseroles, stir-fried dishes, vegetable dishes, or soups. Go ahead and add tofu at the beginning of cooking unless you'll be stirring often. Then, you should add tofu later, cooking till the tofu is heated through.



HOW THE PROTEIN IN TOFU STACKS UP

If you're a bargain hunter, tofu (a nutritional bargain) is for you. Although you must eat 4 ounces of tofu to equal the protein in an ounce of beef, the fat, sodium, and cholesterol are less in the tofu. Compare 4 ounces of tofu (80 calories, 4 g fat, 0 mg cholesterol, and 8 mg sodium) to an ounce of beef (80 calories, 8 g fat, 26 mg cholesterol, and 21 mg sodium). Other nutrients in tofu worth noting are calcium, iron, and some B vitamins. When using tofu in main-dish recipes, keep in mind that tofu is an incomplete protein (does not include all of the essential amino acids). To compensate, serve tofu with complete protein foods including cheese, eggs, or meat. Or, combine tofu with other incomplete protein foods that contain the missing amino acids—milk products; legumes such as peanuts, garbanzo beans, or kidney beans; seeds; nuts; or grains such as barley, rice, rolled oats, wheat germ, or flour.

PHOTOGRAPHS: SCOTT LITTLE



Tofu stands in for some of the eggs.

TOFU OMELETS

Compared to an all-egg omelet: 50 percent less cholesterol, 62 fewer calories—

1 tomato, peeled and seeded
2 tablespoons sliced green onion
1 clove garlic, minced
2 tablespoons soy sauce
2 teaspoons sugar
Few dashes bottled hot pepper sauce
1 8-ounce package tofu
6 beaten eggs
¼ cup sliced green onion
Cooking oil

For sauce, chop tomato. Combine first 3 ingredients; cook and stir 3 minutes. Add soy, sugar, pepper sauce, and 2 tablespoons *water*. Bring to boil; reduce heat. Simmer, uncovered, 5 minutes. Keep warm. Mash tofu. Add eggs, ¼ cup onion, and ¼ teaspoon *pepper*. Cook *½ cup* mixture in *1 tablespoon* hot oil, tilting skillet to cover bottom. Cook, without stirring, till set. Fold over 2 sides. Keep warm in 300° oven. Repeat 5 times. Top with sauce. Serves 6.

Nutrition information per serving: 146 cal., 10 g pro., 6 g carbo., 10 g fat, 3 mg chol., 4 mg sodium. BH&G

What's on Your Mind?

We want to know about your diet and health concerns, favorite good-health recipes, and cooking tips. Send letters to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. We will pay $50 for each idea accepted and reserve the right to edit copy. No materials will be acknowledged or returned. If we buy your idea, you give Meredith Corporation the right to use your question, tip, or idea in any manner and for as long as we wish. We do not accept previously published materials.



From bare to beautiful in half the time!



Polyshades is stain and polyurethane in one!

Now, finishing wood is twice as fast, twice as easy. For a free copy of *Tips on Wood Finishing*, write Minwax Company Inc., Dept. BH096 P.O. Box 426, Little Falls, NJ 07424.

MINWAX®

Minwax makes wood beautiful

®Minwax is a registered trademark ©1986 Minwax Company

HEALTH UPDATE



DENTISTS GET OFF THE DRILL TEAM

Brushing away your tooth decay.

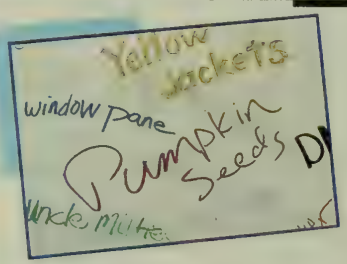
Instead of grinding away tooth decay, some dentists are "dissolving" it. The Caridex Caries Removal System uses a solution that the dentist applies to the tooth. The softened decay is then brushed away.

"Some drilling will be necessary between 50 and 75 percent of the time," according to Dr. Bruce Bloom, dental consultant to National Patent Dental Products, Inc., the company that markets Caridex. "But it's done in the enamel part of the tooth, which has no nerve sensation." Almost 90 percent of Caridex patients needs no anesthesia.

The system isn't for use on hard-to-reach cavities or for some patients on sodium-restricted diets.

Only dentists who have taken a seminar conducted by the producer are eligible to use the system. So far, 4,200 dentists nationwide have qualified.

Ask your family dentist for more information on the Caridex system.



PERRY STRUSE

WHAT'S IN A NAME? KIDS AND DRUG ABUSE

Have you ever heard your kids talking about yellow jackets or pumpkin seeds? If so, beware: your children may already be involved with drugs. Yellow jackets is a street name for barbiturates, and pumpkin seeds is one term used for tranquilizers like Valium.

How many of these drugs could you (or your children) identify:

- **Businessman's lunch** (DMT and other so-called "designer drugs")
- **Windowpane, microdot** (LSD)
- **Porker** (PCP)
- **Uncle Milties, bams** (meprobamate-based tranquilizers like Miltown)

For more on drug terms, write to The American Academy of Family Physicians Public Relations Services Department, 1740 W. 92nd St., Kansas City, KS 64114. Ask for a free reprint of "Contemporary Drugs of Abuse."

DISK-SURGERY ALTERNATIVE

Doctors wield a chemical knife

That powder you sprinkle on $2-a-pound steak may hold the cure to pain in your legs. Sciatica, an excruciating ailment caused by a herniated, or "slipped," disk often can be treated by injections of an enzyme akin to the one found in meat tenderizers. (The technique also is used to relieve back pain caused by a bad disk.)

Traditionally, doctors have surgically removed the errant disk, relieving the pain-causing pressure it put on the spinal nerve leading to the sciatic nerve in the legs. An injectable enzyme called chymopapain produces the same result by dissolving the center of the disk.

The procedure is complex and requires a specialist. But the hospital stay is shorter than for surgery, reducing the total cost.

Not all doctors prefer this type of treatment. Paralysis has been linked to the procedure on rare occasions. (The same can be said for surgery.) Unexpected allergic reactions to the enzyme also occasionally surface. Not everyone with a bad disk is a candidate for this treatment. A neurosurgeon or orthopedic surgeon can evaluate your suitability for this treatment.



New high-blood-pressure drugs don't kill your sex drive.

BLOOD PRESSURE CONTROL WITHOUT HEARTACHE

Millions of Americans have stopped taking their blood pressure medicine. Many of these people complain of such side effects as depression and fatigue. Impotence is an especially nagging problem, cited by about 30 percent of the men who come to his office with medication problems, says Dr. Edward B. Nelson of Baylor College of Medicine.

Now, a new class of anti-high-blood-pressure drugs offers a ray of hope. Called ACE inhibitors, these drugs are far less likely to cause the side effects that have driven so many off their pills.

"The beauty of these agents is that most people feel better than when they were taking other medications," says Dr. Kenneth Miller of Lutheran General Hospital in Park Ridge, Illinois.

Not all individuals with high blood pressure should take these drugs. Check with your doctor to see if you could be helped by ACE inhibitors

TEEN DIET TRAGEDY

About one in eight 15-year-olds (mostly girls) tries to control her weight by purging—inducing vomiting or overusing laxatives and diuretics, say Stanford University researchers. For most of the teens, purging is too infrequent to be dangerous, but it may lead to bulimia, a life-threatening cycle of binging and purging.

A BETTER CURE FOR SKIN CANCER

New technique minimizes scarring

Caught early, skin cancer is almost 100 percent curable. But until recently, the cure was disfiguring surgery. In severe cases, the operation left the patient in need of extensive plastic surgery to reconstruct the damaged area. A relatively new surgical technique keeps scarring to a minimum without jeopardizing the success of the treatment.

continued



Carry&Toss™ bags

More freedom from...New Freedom®

The terrific Funnel-Dot® protection of New Freedom is easier to carry, easier to toss. A whole supply of these moisture-proof bags comes inside boxes of New Freedom pads. They're portable, disposable, and subtle. Perfect for carrying...and tossing.



®Registered trademark of Kimberly-Clark Corp. © 1986 KCC

Advertisement

Health tips From Nurse Joan Kane



What to do if someone has the flu and diarrhea.

Flu usually *means* diarrhea, and you want a medication that works fast, but gently. That's why I recommend what doctors and pharmacists recommend most. KAOPECTATE® It's the diarrhea specialist—the only leading nonprescription medication created just for diarrhea. It's so effective, it relieves diarrhea within 24 hours. And Kaopectate® is available in three convenient formulas:

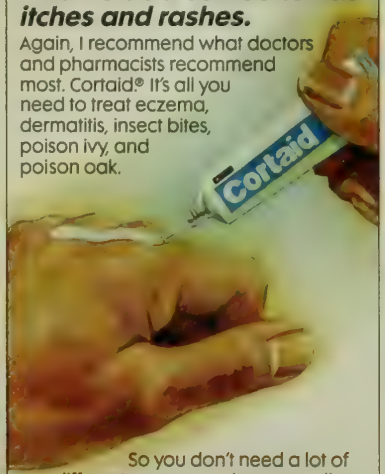




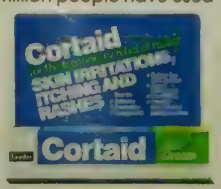
Regular Liquid, Peppermint Flavored Concentrate, and even a Tablet Formula that's easy to take *and* great to have around, even when flu season is over.

What to do if someone has itches and rashes.

Again, I recommend what doctors and pharmacists recommend most. Cortaid® It's all you need to treat eczema, dermatitis, insect bites, poison ivy, and poison oak.



So you don't need a lot of different creams or ointments. All you need is Cortaid. And it is a proven treatment. Over 40 million people have used Cortaid! And so should you to relieve all minor itches and rashes.



Upjohn

© 1986 The Upjohn Company

continued

The older—and still most widely used—technique involves cutting out the whole tumor and a portion of healthy skin surrounding it. The newer technique, Mohs surgery, removes the tumor in small thin segments, reports Dr. George Engel, an Oak Park, Illinois, dermatologist. The surgeon makes a microscopic inspection of tissue segments at each stage of the operation. This ensures that all the tumor is removed while retaining as much normal healthy tissue as possible. "If we find residual tumor in one or more of the segments, we can tell precisely where it is and remove an additional layer of skin, but only from the affected segment, Dr. Engel explains.

By minimizing tissue destruction, the Mohs technique simplifies reconstructive surgery, notes Asanee Lertsburapa, M.D., a dermatologist in Berwyn, Illinois.

For more information: American College of Chemosurgery, P.O. Box 3116, Evanston, IL 60201.

BAD NEWS FOR DRINKERS

Light drinkers of alcohol (about a beer a day) face twice the risk of stroke of nondrinkers, according to Dr. Richard P. Donahue, Ph.D, of the National Heart, Lung, and Blood Institute. Heavy drinkers (three or more beers a day) up their odds of getting a stroke by 300 percent. Dr. Donahue studied data gathered over a 12-year period from a group of 8,000 participants in a monitoring program.

Alcohol and painkillers

Heavy drinkers who also take acetaminophen, the painkiller found in many aspirin-free products, may be increasing their risk of liver damage. That warning comes from Dr. Leonard B. Seeff of the Veterans Administration Medical Center in Washington, D.C. Dr. Seeff and his colleagues recently reported on liver damage among alcoholics using the drug.

Dr. Eugene R. Schiff, a liver specialist at the Miami VA Medical Center, recommends that moderate to heavy users of alcohol (which he defines as three or four beers day), even if they aren't alcoholic, should limit their daily intake of the drug to 2 grams, about half the recommended maximum listed on the drug packages. Other liver specialists, including Dr. Seeff, argue that a 2-gram limit is too low, but many in the field caution heavy drinkers not to exceed the recommended daily doses.

PROMISING TREATMENT FOR PSORIASIS

Others may snicker at "the heartbreak of psoriasis," but if you're one of the three to four million who suffer the condition's intense itching and scaling skin, you know it's no laughing matter. A recently completed study reveals that one type of treatment for patients with severe cases is better than the rest.

The treatment is called psoralen-ultraviolet light A (PUVA); it uses a drug along with ultraviolet radiation and doesn't require hospitalization. Robert S. Stern, M.D., of Beth Israel Hospital and Harvard Medical School, both in Boston, has found that PUVA therapy is more effective than the other treatments and less expensive than those requiring hospitalization.

Dr. Stern surmises that many patients reject PUVA treatment because of health insurance plans that favor hospitalization over outpatient care. But with more plans changing to encourage outpatient treatments, psoriasis patients should look into the feasibility of changing therapies.

ASPARTAME LINKED TO ALLERGIES

Although the number of people affected is small, the artificial sweetener aspartame can apparently cause allergic reactions. Anthony Kulczycki, a Washington University associate professor of medicine, tested the sweetener on five women thought to be sensitive to it. The test linked aspartame to the women's complaints of hives, itching, and rashes.

A spokeswoman for the Nutrasweet Company, which markets aspartame, points out that the Centers for Disease Control has found no evidence of ill effects caused by the sweetener in healthy people. However, she adds, the company doesn't rule out the possibility that "a few individuals may be unusually sensitive" to aspartame.

—With Paul Martin and Amy Roffmann New


"A real mountain mix!
It's Fruit and..."
Post
Fruit & Fibre
MOUNTAIN TRAIL
Post® Fruit & Fibre®
Tastes so good you forget the fiber.

THE G.E. "STANDARD LINE"

Quality light bulbs at value prices.

Your choice of 40, 60, 75 or 100-watts in handy 4-pack. 251355/63/71/89 ONLY 1.44

150-Watt Outdoor Floodlight for Outdoor Living.
- Home security for driveways, tool sheds, general lighting.
- Outdoor decorative lighting on gardens, trees and patios.

317602 ONLY 2.99

New F40 Shop Light Replacement Bulb with 12,000-Hr. Life. Great for workshop, basement and garage fixtures. 317537 ONLY 1.29

G.E. QUALITY MEANS DEPENDABILITY

True Value HARDWARE STORES®

There are more than 6,000 True Value Hardware Stores in 50 states. For one near you, look under "Hardware" in the Yellow Pages.

MONEY MATTERS

By Margaret Daly

MORTGAGE REFINANCING: Would It Still Pay to Try?

Even this late in the interest-rate cycle, you might cut housing expenses significantly by refinancing your present loan. It also can be a timely way to tap your home equity for needs like college tuition or remodeling.

Figure costs carefully before deciding. But don't wait too long: rates could be on their way up.



Over one-third of all recent mortgage closings were refinancings, most to take advantage of the sharp drop in interest rates. To tell if you still might benefit, start with the two-two-two rule: Your present loan rate should be *two or more percentage points higher* than today's rates; you bought the house *at least two years ago;* you plan to stay put for *at least another two years.*

What are the benefits?

Lower monthly costs are what most people seek when they refinance. Even if you didn't get caught with a peak rate a few years ago, refinancing can ease your budget nicely. Look at what you save with just a 2½-percent difference in rates, for example. Take a 30-year, $70,000, 12½-percent mortgage compared to a 10-percent loan: principal and interest payments drop by $133, from $747 to $614, a month. If you were dropping from a 14-percenter, you'd save $215 a month.

Refinancing also may generate extra cash, presuming your equity has risen sufficiently to cover the additional amount you want to borrow. You could pay off your $70,000, 12½-percent loan, for example, and borrow $80,000 at 10 percent for $45 less a month than you're paying now.

Even with an older loan carrying a rate lower than today's, the time may be right to borrow against some of the equity you've built up. Very likely you're in a higher tax bracket now, so the tax deduction will mean more to you—unless the tax legislation pending as we went to press is passed and you end up in a lower bracket. (On the other hand, the new legislation may make home-loan deductions even more attractive by eliminating other loan interest-rate deductions.)

The downside: Closing costs

Any refinancing hits your pocketbook immediately with new closing costs: loan-origination fees, or "points" (each equaling 1 percent of the loan amount), appraisal fees, title search, and insurance. These out-of-pocket expenses can total as much as 5 percent or more of the new loan—$3,500 in our $70,000 example. That's when the question of time counts: How long will it take to work off the new closing costs before you begin to realize savings on your monthly payments?

A simple formula will tell: Divide your total closing costs ($3,500, say) by the difference between your old and new monthly payments ($133 in our example). The answer, 26.3, is the number of months required to recover expenses—a bit over two years.

Won't tax deductions speed up the savings?

Not necessarily. For one thing, lower rates will drop your interest deduction unless you add significantly to the loan. For another, tax reform may put you in a lower bracket. Also, the IRS has recently ruled that with refinancing, the

continued

Get Sears Custom Treatment

AND FEEL RIGHT AT HOME.



50% OFF FABRICS AND BLINDS

Now showing... The Metropolitan Collection. A Sears exclusive with 50% savings on drapery, bedspread and upholstery fabrics, and blinds. Our collection includes Levolor® Riviera™ blinds in 380 colors. And custom fabrics... antique satins, sheers, casements, textures and linings in over 150 colors. They're all color coordinated and on sale August 31 to September 27. To get the custom treatment, call 1-800-4-CUSTOM*, for a free in-home visit from our local decorator. And get a free Idea Book, too.

Sears Metropolitan Collection. Opening soon—in your home. Just one more reason to celebrate our New Century.

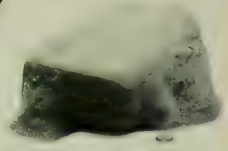
There's more for your life at SEARS

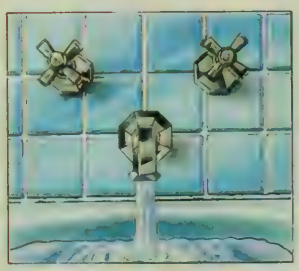
Celebrating Our New Century

©Sears, Roebuck and Co., 1986. Available at most Sears retail stores. Prices and dates apply only to the Continental United States, except Alaska. Labor, options and installation extra. *1-800-428-7866). 9:00 a.m. to 9:00 p.m. Monday through Friday, 9:00 a.m. to 6:00 p.m. Saturday. Central Daylight Time. *Operator assistance in English only.

DAP®

Want to re-caulk your tub like a professional? Take a bath!





The secret to getting a good tight seal between tub and tile is to fill the tub with water before you caulk. The weight of the water will actually widen the gap between the tub and tile.



The widened gap makes it much easier to thoroughly scrape out the old caulk with a screwdriver. Next, wipe away any soap residue with rubbing alcohol.



Now, simply squeeze DAP® Kwik Seal® into place. Wet your finger and smooth over the caulk lightly for a neat bead, and you've got a long-lasting, flexible, mildew-resistant seal.

Depend on DAP



continued

deduction for points must be sprea over the lifetime of the loan, not take as a lump sum as you could with mortgage used to buy or renovate home. (Check with your accountant however; some think this IRS ruling will not hold up to a challenge.)

One alternative could be to includ your closing costs in the amount you borrow. That would add $35 or so t your monthly payments in our exam ple, but give you a larger tax deductio for mortgage interest.

Shopping's the thing

Your present lender may shave out-of-pocket costs or the interest rate to keep your business, so come armed with information about competitive deals.

Don't be afraid to negotiate. Some lenders will let you trade closing costs for a slight hike in the rate. Some may forgo new title searches, or lighten attorney or appraisal costs.

The cheapest deal: See if you can amend your existing contract, rather than refinance. Closing costs should be a lot less, and some lenders will oblige provided they haven't sold your loan to the secondary market.

Finally, don't overlook lower-cost deals from some credit unions and the new "consumer banks" run by non-bank financial institutions. Also do some comparison shopping through computerized services; ask a local Realtor about details.

TIPS AND TRENDS

NEW CAR-INSURANCE PLAN

● An innovative auto insurance program really pays for people who don't drive when they've had too much to drink.

Not only are your premiums lower from the start, *you also get back half the first year's premium in cash* after five years of claims-free driving (the company has paid nothing out on your behalf). Rebates continue each year as long as your record stays clean.

The trade-off? You agree to forfeit collision coverage if you are involved in an accident while legally drunk. (Your

iability protection remains intact.) Already sold in a few states, this "Payback" program should be available in 20 or more states by early 1987.

For more information about this new program, write to: Sentry Insurance, Dept. BH, 1800 North Point Drive, Stevens Point, WI 54481.

TRACKING OLD STOCKS

● Think those moldy old stock certificates from great-uncle Jake may be worth something? Here's how to find out.

Even if there's been nothing about the stocks in the financial news for years, you can check them out. Look in your library first; some carry *The Directory of Obsolete Securities* (from Financial Information, Inc.) and *The Capital Changes Reporter* (Commerce Clearing House). Also track name changes and mergers in Standard & Poor's and Moody's directories.

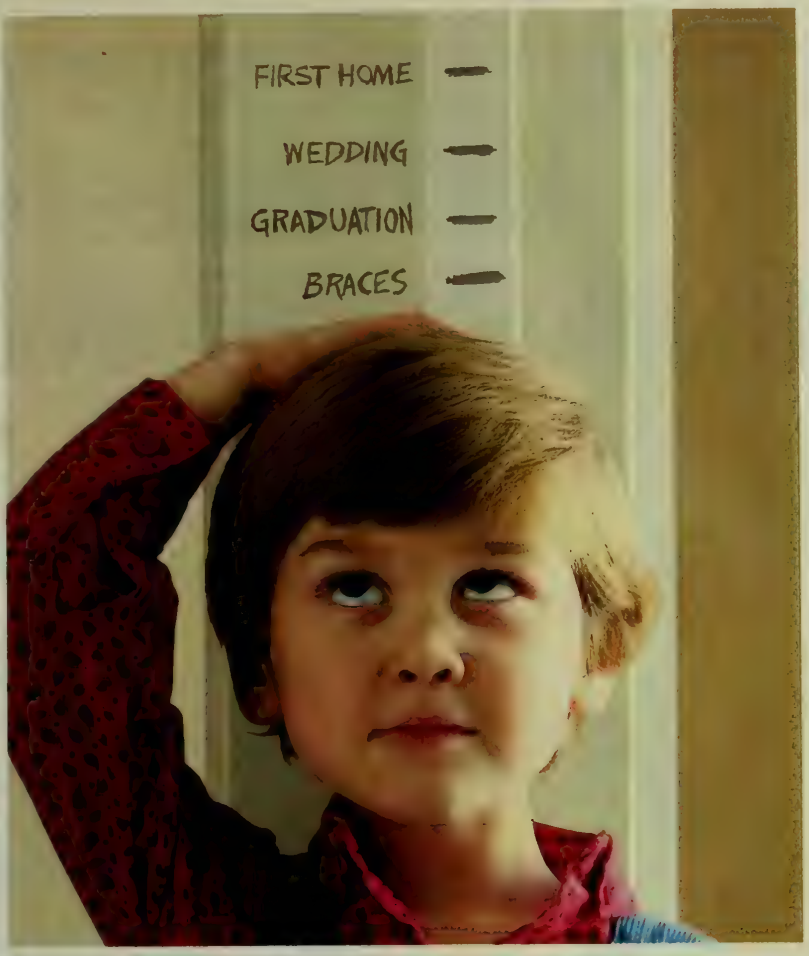
If you're still stymied, try a stock-search service: R.M. Smythe Co., Dept. BH, 24 Broadway, New York, NY 10004; or The Stock Market Information Service, P.O. Box 120, Station K, Dept. BH, Montreal, PQ H1N3K9, Can. Fees run from $25 to $50. Even if the stock has no financial value, you'll learn its worth (if any) as a collectible. You may unearth some good anecdotes about the company, too.

ALL-IN-ONE ACCOUNTS

● Now the not-so-rich can afford "central asset accounts" too.

Once available only to people who could commit $20,000 or more, some all-in-one investment accounts now require initial deposits of just $5,000 or $10,000. Depending on the company, you'll get such services as free checking, regular "sweeps" into a money fund to keep all your cash earning market rates, discounted brokerage fees, a Visa charge or debit card, even automatic bill paying. Annual fees run from nothing to $65 or so (tax-deductible under present law).

Be sure to compare costs, services, and how interest is figured. For more information on these and other all-in-one accounts, send a self-addressed, stamped envelope for "How to Choose a Central Assets Account," Better Business Bureau, Dept. B, 257 Park Avenue South, New York, NY 10010. BH&G



The Sears Financial Network Companies know:

The future is only inches away.

Before you know it, the future grows into the present. And getting the help to plan for your financial future isn't always easy.

The Sears Financial Network was created to give you a place where you can get straight talk and expert advice on all your financial needs.

And you get help from the best—Dean Witter, one of the nation's leading investment firms; Coldwell Banker Real Estate, the largest full service real estate company; and Allstate Insurance, partners with Sears for over 50 years.

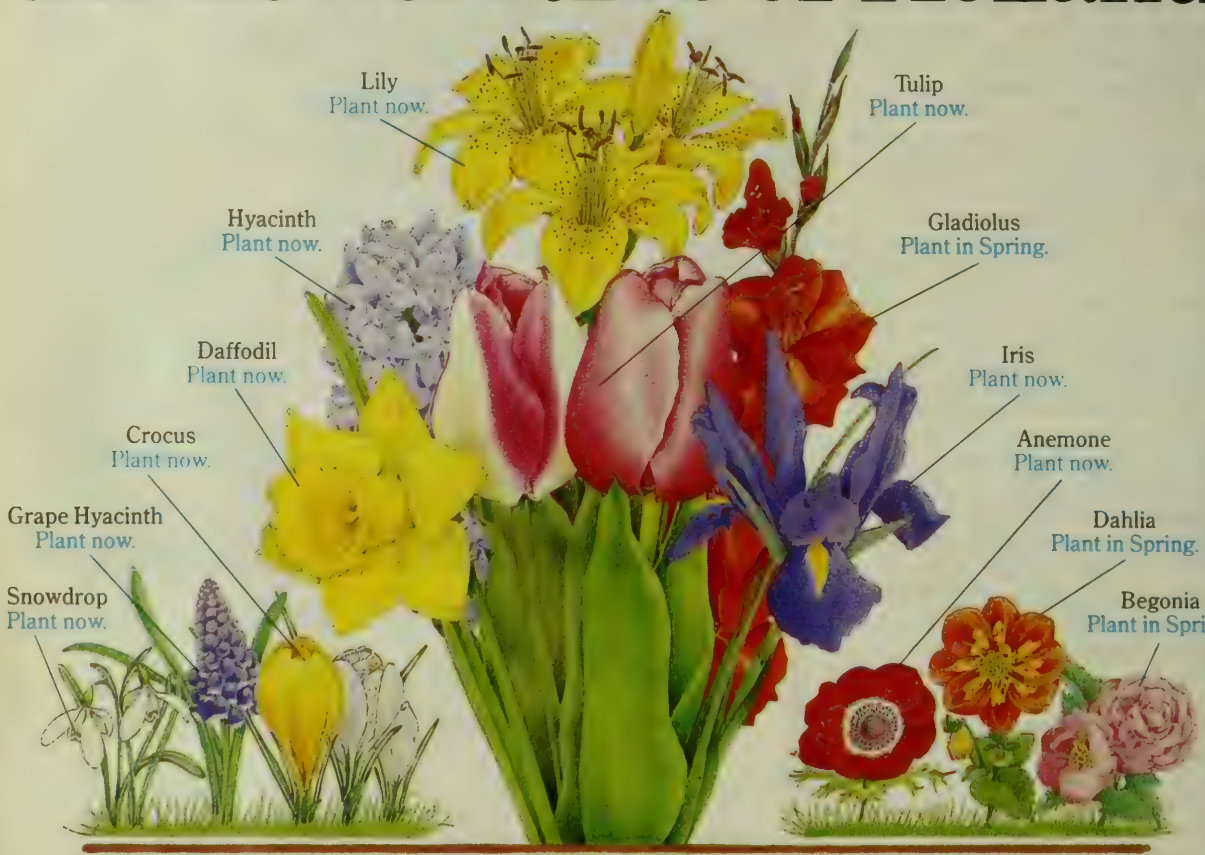
Now you can get the help you need at your convenience. Sears Financial Network Centers are located in most larger Sears stores and are open every hour Sears is open, including evenings and weekends. Member company services are also available at individual company locations right in your neighborhood.† Why not stop in and get acquainted?

SEARS FINANCIAL NETWORK
DEAN WITTER REYNOLDS
COLDWELL BANKER
SEARS SAVINGS BANK*
LOCATED IN CALIFORNIA

The Sears Financial Network. Trust us to make it work for you.

© Sears, Roebuck and Co., 1986
Allstate Insurance Company, Home Office: Northbrook, Illinois
†Not all member company services available in every city.

You don't have to travel 4,000 miles to get the flowerbulbs of Holland.



- Every springtime, people from all over the world travel to Holland to see some of the most magnificent flowers there are.
- But now you only have to travel as far as your own backyard. Because flowerbulbs from Holland are available in the U.S.
- And the time to plant them is now.
- So come to your garden center, landscape firm, nursery, supermarket or order by mail.
- You'll be able to choose from flowerbulb varieties you probably never knew existed.
- In colors, until now, you've probably only imagined.
- You'll also get a brochure on everything you'll want to know about planting flowerbulbs.
- But to know how truly beautiful they are, you'll just have to wait till sprin



Plant now for an early spring.

Get rid of nasty mildew stains.



EQUIPMENT

Commercial Refrigeration For the Home

Large capacity, accurate temperature control, and utilitarian good looks attract homeowners to commercial-style refrigeration.

MAXIMUM FLEXIBILITY

Commercial refrigerators come in a variety of configurations. Most homeowners opt for a dual-temperature unit (a refrigerator/freezer combination) in the 26-inch depth, which provides 18 cubic feet of refrigerator space and 17 cubic feet of freezer space. Double-section refrigerators, offering an ample 40 cubic feet of space, are also popular for home installation.

CUSTOMIZED APPEARANCE

The exterior cabinet of a commercial unit is constructed of stainless steel. The front panel, however, can be custom-made with half or full doors in glass or laminate.

Many homeowners are attracted to the idea of a refrigerator that stands flush with standard base cabinets, presenting a built-in look. Units that measure 24 inches deep accomplish this effect. Sub-Zero produces narrow-depth home units specifically for the home, and Traulsen manufactures commercial versions for use domestically.

The high-powered compressors on commercial units are noisy, and you may want to order an independent compressor that can be installed out of hearing in a basement or closet.

BUYING INFORMATION

Manufacturers: Hobart Mfg. Co., Troy, OH 45374; Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53711; Traulsen & Co., Inc., 114-02 15th Ave., College Point, NY 11356.

EQUIPMENT

Restaurant Ranges for the Home

If you're a devoted cook, owning your own restaurant range may be a dream come true. Commercial equipment provides the ultimate in function and versatility.

COMMERCIAL EFFICIENCY

Although electric versions are available, commercial gas ranges, with their high-powered burners and precise control, dominate the market. Rated at 27,500 to 20,000 Btus as compared to the 9,000-Btu rating common on domestic stoves, restaurant ranges can boil water in half the time. Special note: the exterior surfaces of a commercial range can become dangerously hot. Allow a 6-inch air space between the stove and all combustible materials.

SIZED FOR VERSATILITY

Commercial-range manufacturers produce 34- or 36-inch models and 56- and 58-inch models. Most homeowners order the smaller unit with six burners and one large oven. If your kitchen can accommodate the larger model, you can order up to 10 burners, or six burners and a griddle or griddle/broiler. The large units also include two ovens.

All commercial ranges are very heavy; your kitchen floor may need reinforcement before installation.

BUYING INFORMATION

Finding a commercial dealer in your area might not be easy. Your best approach is to write to the manufacturer directly. (Make it clear that this is a residential installation.)

Manufacturers: Garland Commercial Ind., Inc., Freeland, PA 18224; Southbend Escan Corp., 201 S. Cherry St., South Bend, IN 46625; U.S. Range Co., 14501 S. Broadway, Gardena, CA 90248; Vulcan-Hart Corp., 3600 N. Point Blvd., Baltimore, MD 21222; Wolf Range Co., 19600 S. Alameda St., Compton, CA 90224.

Get rid of ugly soap scum.



Get the one that gets rid of both.

WIPES OUT SOAP SCUM TOO

TILEX



CANADA BY TRAIN

Discovering the Romantic Railway Hotels

All along Canada's modern, efficient VIA Rail passenger train network, you can relive the elegance of bygone days with stays at Canada's grand old railway hotels. Since around the turn of the century, when these hotels were built, they've hosted royalty and prime ministers, plus several presidents.

Today, the hotels still provide unparalleled service amid sumptuous surroundings. You can savor high tea in the lobby or cozy around the fireplace in your room before setting out to explore the charms of such cities as Quebec, Ottawa, and Vancouver, or the pristine scenery of the Canadian Rockies.

Of course, visiting these hotels by car is a delight. But it's also easy to map out a super sight-seeing vacation by train, staying at several of the hotels along the way (see "How to Book," *page Z6*). Here's a look at some of the most romantic railway hotels—truly among Canada's national treasures.



MICKY JONES (2)

The Banff Springs Hotel backdropped by the Rockies.

In Canadian cities and mountain resort areas, château hotels from yesteryear welcome modern-day visitors. Traveling by train is one great way to sample the hotels' old-world atmosphere.

First stop: Quebec—The Château Frontenac

Perched on a hill above historical Quebec City, the splendid stone silhouette of this hotel has become a world-famous landmark. Built in 1892, some 492 suites and rooms ingeniously fill the hotel's towers and turrets. Polished wood furnishings and fine objets d'art decorate each room. The hotel's castle-like architecture is the inspiration for other railway hotels and public buildings across Canada. But to this day, the Château Frontenac is unrivaled.

Pampering begins the moment you arrive at the hotel, when red-coated doormen spring to your service. The smell of fresh bread floats across the lobby from the hotel's own bakery. You can feast on gourmet French fare in the Champlain Dining Room, or sip a quiet cocktail in the hotel's Bar St Laurent, overlooking the St Lawrence River. Outside, on chilly winter evenings, you'll see the townspeople throwing snowballs and playing on the snow-covered hillsides.

The cobblestone streets of Old Quebec are just a short walk away, and exploring their quaint shops and restaurants makes a great start to a cross-Canada journey.



Quebec's Château Frontenac.

Next, on to Ottawa—The Château Laurier

As your train follows the St. Lawrence westward en route to Ottawa, placid farms, old stone houses, and orchards drift by your window. At the end of the journey, you can stay the night at another stately railway hotel: the Château Laurier.

Set amid manicured grounds overlooking Ottawa's serpentine Rideau Canal, this ornate hotel is hard to distinguish from nearby government buildings in Canada's capital city. Dining in the hotel's Canadian Grill or relaxing in Zoe's Bar, you may spot foreign dignitaries.

Like them, you'll receive royal treatment, including such little touches as a toaster delivered to your room with breakfast (so your toast will be toasty when you're ready to eat it). You can sip a cup of tea on a quiet veranda or unwind in the hotel's swimming pool, saunas, or exercise room.

Before leaving the city, check out the many shops and pubs within walking distance of the hotel, or take in a performance at Canada's National Arts Centre, located right across the street.

All aboard for Banff, Alberta—The Banff Springs Hotel

After an unforgettable rail trip through Canada's majestic Rockies, the Banff Springs Hotel provides a

continued

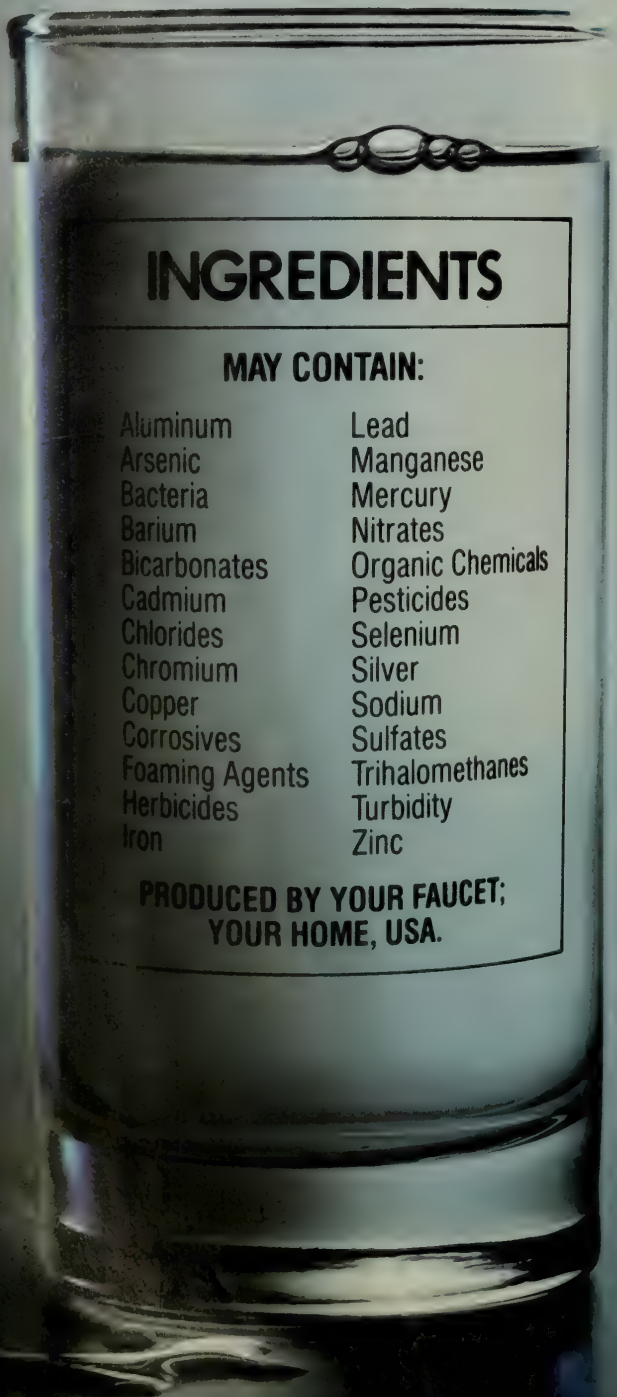


THE BOLD LOOK
OF **KOHLER**®

Streams of bubbles to massage your back, your feet, your soul. The new Hourglass Bath® Bubble Massage. Contoured to fit you comfortably, serenely, with thirty-six air jets for a full-body massage. List price of only $650. See the Yellow Pages for a Kohler Registered Showroom , or send $3 to Kohler Co., Dept. AA9, Kohler, WI 53044.

C6042 Copyright 1986 Kohler Co

If your tap water came with an ingredient list, you just might give us a call.



Chances are, you look at ingredient lists to help you make product choices today. And, if you're trying to watch out for your family's health, that's a good idea. Too bad you don't get one with your tap water. It just might help you make a better decision there, too.

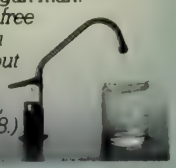
Culligan instead of water.
A Culligan Drinking Water System can make the "ingredient list" of your tap water look a lot better. It removes up to 98% of many of the contaminants that could be in your water, to leave it cleaner and fresher-tasting.

No single home drinking water process is more effective. And bottled water isn't nearly as convenient.

Your beverages—like coffee, tea, and juices—will taste better, too. Your cooking—even your ice cubes—will show the difference.

You can't check the ingredient list for your tap water, but you CAN make sure it carries a Culligan label. Which, come to think of it, might be even better.

Just call ***1-800-447-4700*** *and say "Hey, Culligan man!" We'll send you the free booklet "What You Should Know About the Water You Drink." (In Canada, call 1-800-268-5458.)*



Culligan.
Think about it.

A PICTURE WINDOW IS WORTH A THOUSAND WORDS.



A beautiful bow window may be just what you need to wrap up your home. Or maybe it's a bay. No matter how you want your picture window to hang, Marvin Windows will build it to fit. Because at Marvin we build every window to order. Picture Marvin Windows in your home with the help of our free full-color Idea Book. To order, call toll-free **1-800-346-5128** (In Minnesota, 1-800-552-1167) or return the coupon below.

Send to: Marvin Windows, Warroad, MN 56763
BHG-6012-9
Name
Address
City State Zip
Phone



MARVIN WINDOWS ARE MADE TO ORDER.

CANADA BY TRAIN

continued

luxurious setting for sensational outdoor fun. Built within a pine-forested valley, this resort hotel dates back to 1887. Wandering its hallways past stone arches, mammoth fireplaces, and balustraded balconies, you easily can imagine those bygone days when industrial tycoons arrived in their private railway cars.

Looming towers, high peaked roofs, and picturesque dormers offer a wonderful selection of rooms. Honeymooners often book the private turreted suites, but just about every room in the Banff Springs Hotel gives you a breathtaking mountain view.

Outdoors—whether your sport is skiing, hiking, fishing, golf, or just enjoying the wondrous mountain air—Banff is the place to be.

But the best might be yet to come. VIA Rail's *Canadian* makes its way cautiously over three rugged mountain ranges en route from Banff to the city of Vancouver. Some folks consider the daylong trip to be the world's most dramatic train ride.



MICKY JONES

Quebec's Château Frontenac (above) and other Canadian railway hotels are great for a romantic weekend.

Last stop: Vancouver—The Hotel Vancouver

The steep copper-sheathed roof of the Hotel Vancouver beckons on the horizon as your train leaves the mountains behind. Like its namesake city, the Hotel Vancouver exudes easy elegance. Locals drop by for drinks after work, Japanese business travelers huddle in the lobby, and families head out for an active day of sight-seeing.

The hotel's recent renovation produced a happy combination of old-fashioned charm and contemporary comforts. Rooms are light and airy: mahogany dressers, oriental lamps, and down comforters blend with ferns and dramatic city views.

Best of all, you're in the heart of Vancouver, where terrific mountain and ocean scenery is rivaled only by the city's fascinating cultural attractions. Beaches and marinas are just a short distance from the hotel. Also close by are the antiques shops, boutiques, and galleries of Gastown; the intrigue of one of the West's largest Chinatowns; plus loads of parks, museums, theaters, and fine seafood restaurants, all of which make a fitting finale to your Canadian railway adventure. (Turn to page Z6 for trip-planning details.)

continued

INTRODUCING PROFORGE™ HARD-ANODIZED ELECTRICS. THE ULTIMATE IN COOKING PERFORMANCE.



The World's First Hard-Anodized Aluminum Electrics. ProForge offers you the ultimate cooking surface. It's ultra-smooth and harder than stainless steel, scratch and stick resistant, easy to clean, won't chip, crack, or peel, and provides for fast, even heating. **Unique, Quality Features.** Discover state-of-the-art innovations like beautiful mirror polished high-domed covers, cool-to-the-touch handles and patented pedestal base. Plus, all ProForge™ electrics are fully immersible with heat control removed.

MEYER®
SAN FRANCISCO

ProForge™ Electrics. The Only Limit To Your Menu Is Your Imagination. Stir-fry, steam, roast, braise, deep-fry, stew, poach, bake, pan-fry, simmer, casserole and fondue in these elegant, multi-purpose electrics. Also check out the ProForge™ line of hard-anodized stovetop cookware — the last cookware you'll ever need. Call or write for more information: **700 Forbes Blvd., South San Francisco, CA 94080, (415) 871-2444**
Available at fine stores.

CANADA BY TRAIN

continued

Tips for rail travelers

Train travel is a great way to appreciate Canada's incredible scenery. You can relax—enjoy a nap or an Agatha Christie mystery—as the train rolls on steadfastly toward your destination. Children can move about freely in the cars.

Plan your trip with a travel agent—Especially if you're following your own itinerary, wading through route changes and layover stops can get complicated.

Pack lightly—You'll be glad you did if you arrive late at a station and can't find a porter. Bring whatever personal items you'll need on board in a small bag.

Choose the on-board accommodations to fit the trip—On short trips, a window seat may be fine. But for a transcontinental journey, a private compartment is hard to beat—even though it will increase your costs substantially.


VIA RAIL CANADA, INC.

On track in Canada

How to book a rail/hotel trip

VIA Rail Canada offers packages that include stops at cities and other vacation destinations along its routes. Write to: ***VIA Rail Canada, Public Affairs, 2 Place Ville-Marie, Suite 400, Dept. BHG, Montreal, Quebec H3B2G6, Canada.***

Canadian National Hotels operates the Château Laurier and Hotel Vancouver. Call: ***800/268-9143.*** The Château Frontenac and the Banff Springs are run by Canadian Pacific Hotels. Call: ***800/828-7447.***

More whistle stops

VIA Rail trains visit many Canadian cities and resort areas. When planning your journey, look into these grand hotels operated by Canadian Pacific (CP) and Canadian National (CN). See preceding phone numbers.

In the heart of Canada's cities

- ***The Queen Elizabeth, Montreal, Quebec,*** close to everything in this French-accented city, CN
- ***The Royal York, Toronto, Ontario,*** a dignified old hotel within an ultramodern city, CP
- ***The Empress, Victoria, British Columbia,*** overlooks this prim English city's harbor, CP

Stylish mountain resorts

- ***Jasper Park Lodge, Jasper, Alberta,*** a self-contained village in the Rockies, CN
- ***Château Lake Louise, Lake Louise, Alberta,*** beside a glacier-fed mountain lake, CP

—Mark A. Ingebretsen, with Iris Sanderson Jones

YOU&KIRSCH



New Kirsch mini and micro-mini blinds have nothing to hide! Their exclusive Mono-Rail headrail is the sleekest in the industry, never needs a valance as a cover-up. What could top the Mono-Rail's good looks? Easy installation. And no added cost. Customers will like that. You'll like the way Kirsch product improvements keep your profit picture healthy. For more information about Kirsch blinds, call toll-free: 1-800-528-1407.

Kirsch®

COOPER INDUSTRIES

TEFLON II

EXCLUSIVE

Reg. TM. Cooper Industries Inc. TEFLON Reg. TM. DuPont

The Tappan Gas Range.
For people who love to cook but hate to clean.

Go ahead. Bake, broil and roast to your heart's content. And forget about oven mess. At the flick of a lever Tappan's self-cleaning oven makes spills, splashes and spatters disappear. Automatically.

And while it saves your energy, it also saves gas energy. Tappan self-cleaning ranges with automatic ignition use only half the gas of Tappan ranges with pilot lights.

And Tappan ranges come with very special Tappan features to make cooking easier and more convenient. Like a broiler at the top of the oven for closed door broiling and no more deep bending. Automatic timing controls that can start and finish a meal while you're busy doing something else. A Lift 'N Lock® top that makes it easy to clean spills on the range. And best of all, the instant response and infinitely variable heat control that you only get with gas cooking.

Beautiful styling. Easier cooking. And no more oven cleaning. To see how easily you can have it all in your kitchen, see your Tappan dealer.



TAPPAN®

TAPPAN IS QUALITY COOKING®

Tappan Park • Mansfield, Ohio 44901 • 419/755-2011

New super-efficient appliances make natural gas an even better buy.

Gas. America's best energy value.

© 1985 American Gas Association

Artful Finishes For Your Floors

Practicality and panache make floor decorating a spunky alternative to conventional carpets and rugs. These imaginative examples show you how.



se selective staining to create a design like this handsome striped finish.

STRIPED PINE

Brush-staining alternate pairs of oorboards achieved this unusual two-ne finish (*above*). First, the 80-year-d pine floor was sanded down to its atural state. Then, every other pair of oards was stained to create stripes of light and dark wood. The result rivals the look of fine furniture. But don't be deceived. This decorative finish is durable and tough, thanks to layers of polyurethane that ensure long life even in high-traffic places.



fter staining, stencil on a pattern, then coat with polyurethane.

SUBTLE STENCIL

Feet-first art makes you *want* to atch your step in this long, gallerylike allway (*above*). The historical pattern as re-created by the owner, a stencil rtist, on her newly sanded floor, then sealed with a durable topcoat. A subdued paint shade lends contrast without clutter.

Photographs: Jonathan Hillyer. Design: Diane Jordan. Field editor: Ruth Reiter

America's favorite alternative to carrying out the garbage.



When In-Sink-Erator invented the garbage disposer over 40 years ago, it made life easier for a lot of people.

Today, over 40 million homes have disposers. And over 20 million of them are In-Sink-Erator disposers.

America likes its disposers. And the one it likes best is In-Sink-Erator.

In-Sink-Erator. The name that means quality. See your professional plumbing contractor. Ask for the deluxe Model 77.

IN-SINK-ERATOR
No. 1 in Disposers.


PEAT MOSS
PEAT MOSS
Ford

Ford Aerostar... the new shape of versatility.

The all-new Ford Aerostar has the most aerodynamic design of all the mini-vans. It does so many things so well– and looks good doing them.

The Age of Aerostar.

It's a new age of versatility. From aerodynamic shape to built-in storage bins, Aerostar is designed to give maximum flexibility to your lifestyle. It's the wagon for all reasons, all seasons!

Aerostar is fun to drive, easy to maneuver, a pleasure to park. It fits in virtually any garage. And its new technology offers features most mini-vans simply don't have.

America's most aerodynamic mini-van.

Aerostar's shape does more for you than look good. The unique wedge design gives it unmatched aerodynamics. These aerodynamics minimize interior wind noise and also contribute to better handling on the road.

Powerful new V-6.

For peak performance, Ford introduces an advanced 3.0L V-6 with electronic fuel injection. This new option turns out 145 horsepower*–39% more than the best effort of Chrysler mini-vans!



The standard Aerostar engine is a modern 2.3L Four. Like the 3.0L V-6, it has electronic fuel injection for ready response.

Tows almost 2½ tons.

With optional V-6, the high-strength Aerostar can be equipped to tow up to 4,900 lbs.† That's nearly 2½ times more than Chrysler mini-vans.

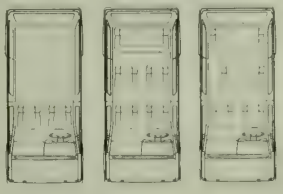
People plus payload.

Aerostar offers a choice of seats for up to 7 adults.** Rear seats slide out easily to create up to 139 cu. ft. of cargo space. A new optional roof rack adds still more capacity–and versatility.

The driver's mini-van.

The Aerostar driver has a commanding view of the road ahead–and rides surrounded by luxury and comfort.

Depending on model and options, you can have: Captain's Chairs with power



lumbar support. A sun roof. Leather-wrapped sports wheel. An electronic instrument panel that reports information from engine rpm to a door ajar.

The passengers' mini-van.

In addition to luxurious room, rear riders enjoy the open feel and ventilation of sliding side windows. Optional stereo systems include rear controls–plus plug-in jacks for headphone listening.

Aircraft-type heater/air option has rear ducting for all-passenger comfort that most mini-vans lack.

The ride of quality.

Aerostar's luxury-car wheelbase, the longest of any mini-van, contributes to a smooth ride. Yet its overall length of 175″ is shorter than other mini-vans for tighter turning ratios, convenient parking and garageability.

Aerostar is built to Ford's high quality standards, and is designed to fit into your versatile lifestyle… beautifully.

Lifetime Service Guarantee.

Participating Ford Dealers stand behind their work, in writing, with a free Lifetime Service Guarantee for as long as you own your Ford car or light truck. Ask to see this Guarantee when you visit your participating Ford Dealer.

Buckle up–together we can save lives.

*Horsepower based on SAE standard J1349.
**With optional rear bench seat.

Ford Aerostar vs. Chrysler Mini-vans

	AEROSTAR	CHRYSLER
Aerodynamic for lower air drag	**.37Cd.**	.43Cd.
Standard 4-cylinder engines	**2.3L**	2.2L
V-6 engine power option	**3.0L**	None
Bigger cargo space (cu. ft.)††	**139**	125
Extra driver legroom	**41.4 in.**	38.3 in.
Max. opt. trailer towing capacity†	**4900 lbs.**	2000 lbs.
Longer wheelbase, smooth ride	**119 in.**	112 in.

†Reduced by passenger and cargo weight in tow vehicle.
††Based on SAE Standard J-1100 Code V-6.

FORD AEROSTAR



Show your respect again. Call Japan.

She raised you from a little boy to a man of substance. Taught you loyalty, integrity, tradition. So when you left Tokyo, you took your mother's words of wisdom with you. Why not tell her how much they've meant to you?

With AT&T International Long Distance Service, it costs less than you'd think to stay close. So go ahead. **Reach out and touch someone.®**

JAPAN, AUSTRALIA	Economy	Discount	Standard
	3am–2pm	8pm-3am	2pm-8pm
AVERAGE COST PER MINUTE FOR A 10-MINUTE CALL*	**$ .95**	$1.20	$1.58

*Average cost per minute varies depending on the length of the call. First minute costs more; additional minutes cost less. All prices are for calls dialed direct from anywhere in the continental U.S. during the hours listed. Add 3% federal excise tax and applicable state surcharges. Call our toll-free number for further information or if you'd like to receive an AT&T international rates brochure **1 800 874-4000.** © 1986 AT&T

AT&T

The right choice.

SETTING OFF YOUR SILVERWARE

UNEXPECTED PRESENTATIONS

By Jim Williams

GARDEN FRESH



COUNTRY WRAPS



Your favorite flatware can take on a new look every time you entertain. Let an imaginative use of unexpected objects and arrangements start the table talk at your next party. See how the simplest things can become creative foils for your silverware.

■ **GARDEN FRESH:** Gather a fresh flower in a sprightly bow to create a dramatic focal point as in this pattern-on-pattern setting. Yamazaki's graceful "Florian" silver is casually wrapped in ribbon tendrils atop an over-scale floral napkin.
Yamazaki, 41 Madison Ave., New York, NY 10010

■ **COUNTRY WRAPS:** A plain wooden napkin ring cradles Oneida's "Ridgecrest" in this delicate country setting. Enhance the mood with a wood service plate and antique and hand-painted accessories from the local flea market.
Oneida Silversmiths, Oneida, NY 13421

■ **PARTY FAVORITES:** A tiny twig wreath offsets a crisp linen napkin and Kirk-Stieff's "Dancing Surf" flatware. For special occasions, give the wreath as a party favor.
Kirk-Stieff, 800 Wyman Park Dr., Baltimore, MD 21211

PARTY FAVORITES



PHOTOGRAPHS SCOTT LITTLE



East Coast Inland Passage Fall Foliage Cruise

This fall, take the cruise you've been dreaming of with American Cruise Lines...a wonderful 14-day, one-way cruise along the beautiful East Coast Inland Passage between Savannah, GA and Baltimore, MD. In the splendor of brilliant crimson, orange and gold foliage and a crisp, fall climate, you'll travel through more than 1000 miles of picturesque rivers, canals, and bays with an abundant variety of wildlife.

Departing from Baltimore, MD, on October 25 and November 22, 1986, or from Savannah, GA, on November 8, 1986, you'll discover 13 charming ports of call including picture-perfect Savannah, GA and pre-Civil War Charleston, SC. As you cruise along the fascinating inland passage, you'll be pampered in the tradition of American Cruise Lines, with unsurpassed service, sumptuous cuisine, and oversized staterooms with every amenity.

FLY FREE

Right now, you can enjoy free air fare from selected gateway cities when you book your 1986 East Coast Inland Passage Cruise prior to September 30, 1986.* Space is limited, so call now for a free color brochure 1-800-243-6755, in CT collect 345-8501. Or see your travel agent.

***Certain restrictions apply.**

AMERICAN CRUISE LINES INC.
HADDAM, CONNECTICUT 06438

Please send me your free deluxe brochure on American Cruise Lines cruises.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ BH•986

Framing with Art

Artwork puts a warm finishing touch on almost any space. But, for these tiny rest spots, the strategic picture placement provides more than mere decoration. The artwork forms the architectural boundaries, subtly defining the perimeters of unbounded corner vignettes. A string of matching prints, precisely arranged, is the common denominator.

SCALING A STAIRWAY

Little things mean a lot—especially in small spaces. The scaled-down furniture in this 4×6-foot entry hall corner (*right*) makes an unassuming slice of space appear surprisingly crisp and substantial.

Take away the ascending stairway dado and botanical prints, and the same furniture would seem dwarfed and out of scale against the rising staircase. Identically framed and matted, the eye-pleasing prints form a diagonal line that visually cuts off unwanted ceiling height.

DEFINING A NOOK

Extra-high ceilings could overpower the objects in this shelf-lined reading nook (*right*) and make them seem almost child size. The series of duck prints puts things in perspective.

Arranged in a regimented L-shape around the bookshelves, the pictures themselves become a frame that narrows the nook's boundaries. The line of prints minimizes the ceiling height, while artfully outlining the picturesque setting.

Photograph, top: Maris/Semel
Design: Susan Lankenau
Field editor: Eileen Deymier
Photograph, bottom: Fred Lyon
Design: Color Design Art
Field editor: Helen Heitkamp



Ascending art helps keep furniture in scale.



Matching prints cozy up a corner nook.

TWENTY YEARS AGO, YOU COULDN'T FIND A BABY TOY THIS ADVANCED.

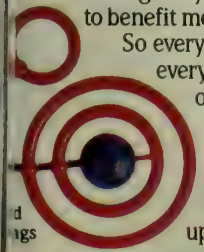


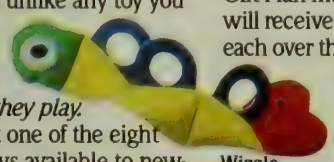
Visual Display

TODAY, YOU CAN SEND YOUR FAVORITE BABY AN ENTIRE COLLECTION FROM JOHNSON & JOHNSON.

Johnson & Johnson's "Toys that Teach" Gift Plan – new way to give the toys that meet an infant's growing need to learn.

t may not look much different than any er plaything.
But it's a Johnson & Johnson Child velopment Toy. And unlike any toy you y have grown up h, it's designed to ually help infants elop new skills *as they play.*
Visual Display is just one of the eight ild Development Toys available to new- n babies through Johnson & Johnson's ys that Teach" Gift Plan.
Johnson & Johnson's toy program, based over a decade of infant research, is the ly one of its kind. And it's the first time se toys are available as gifts on an going basis. This program takes into count the infant's precise age, and deliv- ers the right toys when baby's ready to benefit most from them.
So every curve, every color, every edge, *everything* on every toy is there to stimulate motor, visual and perceptual skills every time an infant picks up the toy.





Wiggle Worm

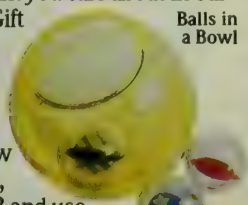
And as each new gift arrives, you play a continuing role in baby's growth and development.

Give your favorite baby six months' worth of the toys that make learning fun.

Johnson & Johnson's "Toys that Teach" Gift Plan means the infant you care about will receive four shipments of two toys each over the next half-year. And each toy has its own 16-page Play and Learning™ Booklet filled with ideas for interactive play. Plus, every shipment comes with a Gift Card.

All this for the one-time price of just $49.95 plus $10 for shipping and handling.

So enroll the infant *you* care about in our "Toys that Teach" Gift Plan – available exclusively by mail from Johnson & Johnson. Just send in the coupon below or, for faster service, call **1-800-521-1143** and use your credit card to order.



Balls in a Bowl

Johnson & Johnson's "Toys that Teach" Gift Plan. Your once-in-a-lifetime gift for that one-of-a-kind infant.

Hurry, this offer will expire Nov. 30, 1986.

©Johnson & Johnson Baby Products Company, 1986

MAIL THIS COUPON TO:

Johnson & Johnson "Toys that Teach" Gift Plan
6 Commercial Street, Hicksville, NY 11801

YES, please enroll the infant named below in Johnson & Johnson's "Toys that Teach" Gift Plan.

I understand that he/she will receive four shipments of two toys each over a period of six months, approximately every 8 weeks. My onetime payment will be $49.95 plus $10 for shipping and handling (covers all four shipments).

Within two weeks of receipt of my order, the first shipment will be sent, complete with my Gift Card. Thereafter, shipments will be sent approximately every 8 weeks. If not completely satisfied with any toy, it may be returned for a full refund.

Johnson & Johnson will select toys based on the age of the child at time of enrollment.

Ship to:

Name of Infant_____

Address_____

City_____ State_____ Zip_____

Baby's age now:
☐ Prenatal-16 wks (1)
☐ 16-24 wks (2)
☐ 24-39 wks (3)

Gift-Giver Address:

Your Name_____

Address_____

City_____ State_____ Zip_____

☐ Charge to my: ☐ VISA ☐ MasterCard ☐ Diner's Club
Credit Card # ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Exp. Date ☐☐ Mo./Yr. _____ Signature B

☐ My check for $59.95 ($49.95 plus $10 for shipping and handling) is enclosed.* A

PROGRAM ENROLLMENT IS INTENDED FOR CHILDREN UNDER 9 MONTHS OF AGE.
All orders are subject to acceptance. This offer is available in U.S. only.
*Add additional sales tax in CA, CT, FL, GA, HI, IL, MI, NJ, NY, OH, TX, WA, WI, WV

CBH6

Johnson & Johnson's "Toys that Teach" Gift Plan 1-800-521-1143

THE HOME BAR
Gadgets, Gizmos, and Garnishes

Buying wines, spirits, liqueurs, and nonalcoholic refreshers is only the starting point to stocking your bar. Before you entertain, you'll need to add a few handy items behind the bar. They'll make serving beverages at your friendly gatherings a breeze.

WINE ACCESSORIES

● A corkscrew is a must. There are almost as many corkscrew variations to choose from as there are wines. Newcomers to wine drinking prefer the *wing corkscrew* (A) because it's so easy to use. This spiraled utensil almost always guarantees cork-free wine sipping. It's available in all prices, depending on the quality you prefer. Choices range from chrome-plated versions to sterling silver models.

Wine aficionados who prefer a little finesse when serving wine choose the *telescopic corkscrew* (B). This French version of the corkscrew multiplies the strength of just two of your fingers when pulling out the cork.

The *cork extractor* (also called the "ah-so") (C) is another fancy-looking and hardworking piece. The two prongs are inserted between the bottle and the cork, then twisted to pull out the cork.

● Whoops! Even with the best corkscrews, the cork may fall into the wine. Not to worry if you keep a *cork retriever* (D) on hand.

● After opening a wine bottle, the next step is the tasting. Do it in style with a French-inspired *tastevin* (E). This silver-plated wine-tasting cup allows you to see the wine's clarity perfectly. And, it holds just the right amount for a taste. Some cups even come with a chain or ribbon so you can wear them around your neck.

● Let the champagne flow! For trouble-free uncorking of any sparkling beverage, use *tongs* (F) to snip any wires and to grip the cork for releasing.

● Maintain the effervescence of leftover champagne with the *champagne bottle stopper* (G). A rubber seal and side clamps help keep the bubbly in the bubbly for days.



SCOTT LITTLE

Wine accessories for elegant serving and sipping. Gift-wrap several of these items along with a choice bottle of wine, liquor, or liqueur to help celebrate a friend's anniversary or birthday.



Serve mixed drinks in style with specially designed utensils.

SPIRIT ACCESSORIES

● You'll need a *cocktail shaker* (H), either stainless steel or glass, for grasshoppers, martinis, manhattans, or any of the other classic bar drinks you choose to mix. Use the shaker to blend the drink's ingredients together with ice before serving.

● Use a *strainer* (I) to pour freshly mixed drinks from the cocktail shaker into a chilled serving glass. It's a slick way to remove the ice.

● Mix a tall, cool drink such as a mint julep, tequila sunrise, or wine spritzer with a 10-inch *bar spoon* (J) designed for the job. (If you own iced-tea spoons, you might want to keep some of them behind the bar. They'll work just as well as a bar spoon.)

● Fill beverage glasses with ice before adding any liquid. *Ice tongs* (K) let you grip and drop cubes in one clean move.

● Dispense liquors by attaching a *bottle pourer* (L) to your bottles. The liquid will flow slowly and evenly.

BAR FOODS TO KEEP ON HAND

Put a finishing touch on your drinks with simple garnishes. Keep the following in your bar refrigerator or at the bar on ice when entertaining and serving these drinks:

● ***lime wedges:*** gin and tonic; vodka and tonic

● ***lemon slices and lemon peel strips:*** kir; spritzer; sparkling water

● ***orange wedges:*** sours, collins; old-fashioned

● ***maraschino cherries:*** sours, collins, manhattan, old-fashioned

● ***celery:*** bloody *or* virgin mary

● ***green olives:*** martini



Now, a revolutionary new way to prepare turkey.

Slice it.

Sharpen your knife. That's all the preparation you'll need to have turkey at its most tender and juicy.

You see, at Louis Rich,™ we roast the turkey for you. To perfection. But more important, we've taken the time to hand-carve that lean, white meat whole from the bird (each piece looks a little different but, then again, no two turkeys look alike). Our natural shape tells you we're always juicy and naturally delicious.

Now that we've made our Breast of Turkey so easy to prepare, you can't help but notice how easy it is to serve. Any day of the week. And for a savory change of pace, try the recipe we've included below. It's yet another great way to have turkey at its best.

It took Louis Rich to make turkey so luscious, so light. It took Louis Rich to make turkey so right.

Turkey in Tarragon Cream

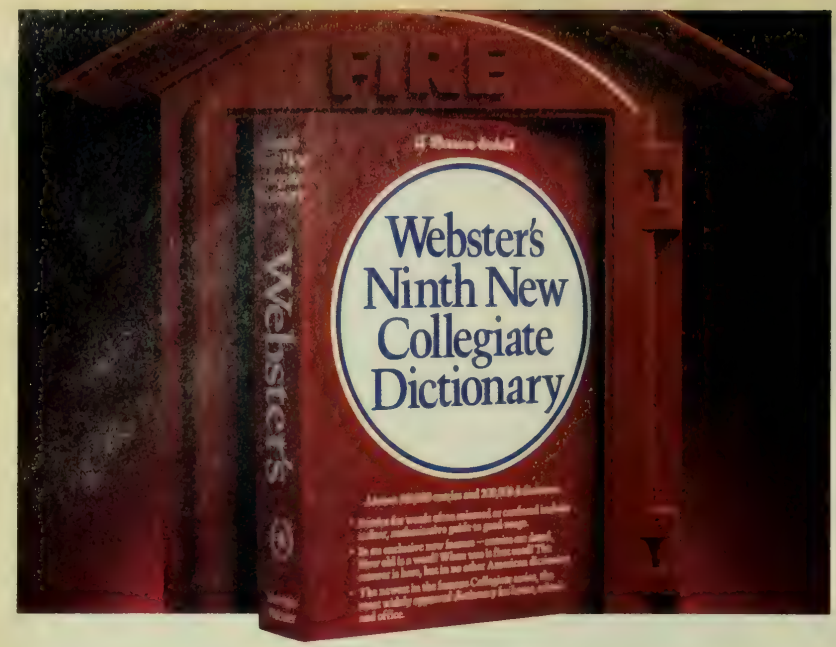
1 pound Louis Rich Oven Roasted Breast of Turkey
1 tablespoon butter 1 tablespoon flour ¾ cup milk
2 tablespoons chopped fresh parsley ½ teaspoon tarragon
½ cup sour cream 1 tablespoon Dijon mustard

Cut turkey into ¼-inch slices; set aside. Melt butter on medium in large skillet. Stir in flour, parsley and tarragon. Gradually add milk, stirring constantly until thickened. Add turkey. Bring to a boil; turn down heat. Cover. Simmer 10 minutes. Place turkey on platter. Stir sour cream and mustard into sauce. Do not boil. Serve with turkey. 4 servings.



Louis Rich™

Turkey so right.



America's favorite to the rescue.

No other dictionary resolves more burning issues–how to spell it, how to say it, how to use it. And it's the only dictionary to tell you how old a word is.

A Genuine Merriam-Webster®

More people take our word for it.

© Merriam-Webster 1985

TODAY'S COOKTOP FOR TODAY'S COOK.



For literature write KitchenAid, Dept. C-1T, P.O. Box 3900, Peoria, IL 61614

The KitchenAid® cooktop is the one for the way modern America lives and cooks.

Its built-in grill brings outdoor flavor indoors. And its stick-resistant permanent finish gives you the easiest cleaning ever.

It has an extra-wide heat choice, too, from a 2600-watt Power™ Burner to a "lower than low" simmer.

It's designed to fit virtually all 33" or 36" cooktop cutouts, so it could replace your old-fashioned cooktop this week.

The KitchenAid cooktop, for the sizzle to match your lifestyle.

KitchenAid

KITCHENAID® FOR THE WAY IT'S MADE.™

SUN-DRIED TOMATOES

TANGY AND TERRIFIC!

Credit the Italians for sun-dried tomatoes. They've been drying plum tomatoes in the sun, layering them with olive oil, and using them on antipasto platters for years. Now savor the flavor yourself—buy the tomatoes in gourmet food shops and large supermarkets.

Try sun-dried tomatoes these ways:

- Arrange 2 or 3 whole tomatoes over a simple salad of greens and vinaigrette that you've made with the oil from the jar of tomatoes.
- Chop several tomatoes and toss with Fettuccine Alfredo.
- Sprinkle them over a hot omelet.

SUN-DRIED TOMATO PIZZA MUFFINS

A simple lunch or a quick snack—



SCOTT LITTLE

4 English muffins, halved
4 teaspoons Dijon-style mustard
4 ounces Havarti *or* Monterey Jack cheese, shredded
⅓ cup chopped sun-dried tomatoes

Toast English muffins 4 inches from heat for 1 to 2 minutes. Spread each half lightly with mustard. Place on baking sheet. Sprinkle each half with equal amounts of cheese. Broil 4 inches from heat for 2 to 3 minutes or till cheese just melts. Place chopped sun-dried tomatoes around edge of muffin. Broil another 30 seconds to heat through. Serve immediately. Makes 4 main-dish or 6 to 8 snack servings.

Per main-dish serving: 256 cal., 11 g pro., 28 g carbo., 11 g fat, 30 mg chol., 498 mg sodium. USRDA: 16% thiamine, 15% riboflavin, 11% niacin, 30% calcium, 11% iron, 20% phosphorus.

You can find Baldwin Hardware at these fine locations:

ARIZONA
Phoenix
Clyde Hardware

CALIFORNIA
Laguna Hills
B & C Custom Hardware & Bath

Redwood City
General Hardware & Builders Supply

San Bruno
Designer's Brass

San Francisco
E.M. Hundley Hardware

San Rafael
Jay Tee Supply

Santa Ana
Clark Dye Hardware

COLORADO
Denver
Interstate Hardware Company

CONNECTICUT
Bridgeport
Lindquist Supply Company

Darien
Ring's End, Inc.

New Haven
Charm's Security & Decorator Hdwe.

South Norwalk
Klaff's, Inc.

FLORIDA
Clearwater
Northwest Builders Hardware, Inc.

Jacksonville
Ray Ware Hardware, Inc.

Miami
Farrey's Hardware Co.

GEORGIA
Atlanta
Abernathy's

ILLINOIS
Chicago
Chicago Brass

MAINE
Natick
Wrought Iron City, Inc.

West Somerville
Builder's Specialty & Hardware Corp.

NEW YORK
Great Neck, Long Island
Kolson-Korenge

BALDWIN



Pictured Door lock trim in polished brass from our Neoclassical Series

Neoclassical. Baldwin emulates the spirit of antiquity, brilliantly capturing the symmetry of form and excellence of proportions. Inspired by old-world designs. Crafted by Baldwin. To design your grand entrance, select from a complete range of period styles and finishes.

BALDWIN

Made in U.S.A.

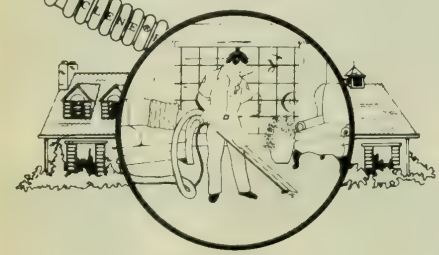
Crafted to appreciate.©

Call 'Us' On The Carpet®

Carpet - Furniture - Drapery Cleaning Services

—The Bane-Clene® Way

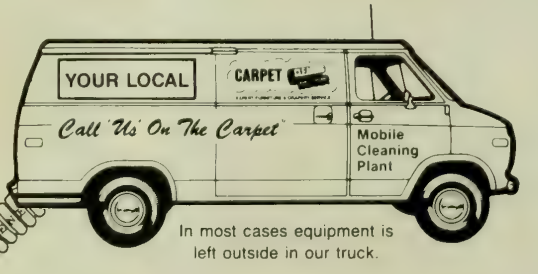
We Want to Work for You!



- Insured against all risk
- Uniformed, courteous Personnel
- We won't smoke in your home or office
- Carpet Protector Available
- Recomended by major Stores & Mills
- We solve Pet Odor Problems
- We can stop Static Electricity

"We're Very Careful Who We Send Into Your Home!"

- Safe, Quiet System
- Cleans Deep, Dries Fast
- We leave no Soapy, Sticky Residue
- We Take Away Soil & Waste Water
- We Bring our Own Softened Water



In most cases equipment is left outside in our truck.

EMERGENCY WATER REMOVAL SERVICE

If you are confused by all the advertisements in the cleaning industry, turn to a name you can trust.

"You can be sure we'll be there when we promise"

Look for this 'hose-bordered' ad in your Yellow Pages,

be sure it says . . .

Bane-Clene®

A NAME YOU CAN TRUST

Highest quality at a reasonable price.

Residential • Commercial
Prompt Service • Free Estimates

CRI
The Carpet and Rug Institute
Member

PROFESSIONAL CLEANERS ASSOCIATION PCA MEMBER

Copyright Bane-Clene® Corp. 1976, 1982, 1984, 1986 U.S. Patent Nos. 4,154,578 & 4,244,079

SPOT LANDSCAPING WITH FLOWERING TREES

By Douglas A. Jimerson



PHOTOGRAPHS MARIS/SEMEL FIELD EDITOR BONNIE MAHARAM

Looking for a way to brighten a bleak backyard, lifeless patio, or boring front lawn? Put a flowering tree on your shopping list this fall. Because most flowering trees grow only 15 to 25 feet tall, they'll fit wherever you need a focal point of color. Here are six of our favorites.



DAZZLING DOGWOODS

The dogwood (*Cornus florida*) has flowers in the spring (*above*), berries in the summer, orange fall foliage, and lovely branches in the winter.

FLOWERING TREES







SHOWY JAPANESE DOGWOOD

Blooming three to four weeks after the native varieties, the Japanese dogwood's attractive, 4-inch-wide, white flowers (*left*) are followed by showy scarlet fruits in late summer. Commonly called Kousa dogwood, the tree grows to 25 feet tall. Kousa dogwood is attractive to songbirds.

ORIENTAL CHERRY

For breathtaking spring flower shows, you can't beat an oriental cherry. Growing just 12 to 18 feet tall, these trees are compact enough to be planted near the house. The variety *Prunus serrulata* Kwanzan (*right*) produces double, 2½-inch flowers. Not hardy in the far north.



HOW TO PLANT A TREE

Spring and fall are both good times to plant a flowering tree. In the spring you can order your tree from a mail-order nursery. They'll ship it to you bare root.

If you want faster results, you can buy a potted or balled-and-burlapped tree at your local nursery and plant it whenever you want. Here's how to do the job yourself.

Buying information for flowering trees, see page 54.



1 When you plant a balled-and-burlapped tree, dig a hole that's at least 1 foot larger in diameter and 6 inches deeper than the size of the tree's root ball.



2 Set your tree into the hole so that it sits at the same depth that it grew in the nursery. Then, roll back the burlap. Do not unwrap the ball completely.



PINK AND WHITE CRABAPPLE

Hardier than any other spring-blooming tree, the spectacular crabapple (*above*) will even survive in southern Canada. Pink-, red-, and white-flowering varieties are available. Most produce small ornamental fruits in late summer. Crabapples grow about 20 feet tall.



3 Fill the hole with soil until it's about three-fourths full. Then, press down with your feet to eliminate air pockets. Hold the tree steady while you work.



4 Add the rest of the soil, then water thoroughly. If you have extra soil, make a ridge around the tree to catch water. Mulch with leaves or wood chips.



5 Support the tree with three stakes at equal distances around the trunk. Run hose-protected wires or twine from the trunk to each stake.

FLOWERING TREES





MAGNIFICENT MAGNOLIA

With flowers as big as dinner plates, the magnificent Saucer magnolia, *Magnolia soulangiana,* makes an outstanding lawn specimen. The tree (*above*) grows 25 feet tall. In the north, magnolias are best planted in the spring; southern gardeners can transplant magnolias in spring and fall. Magnolias have no autumn color.

KEEPING YOUR TREES FIT AND TRIM



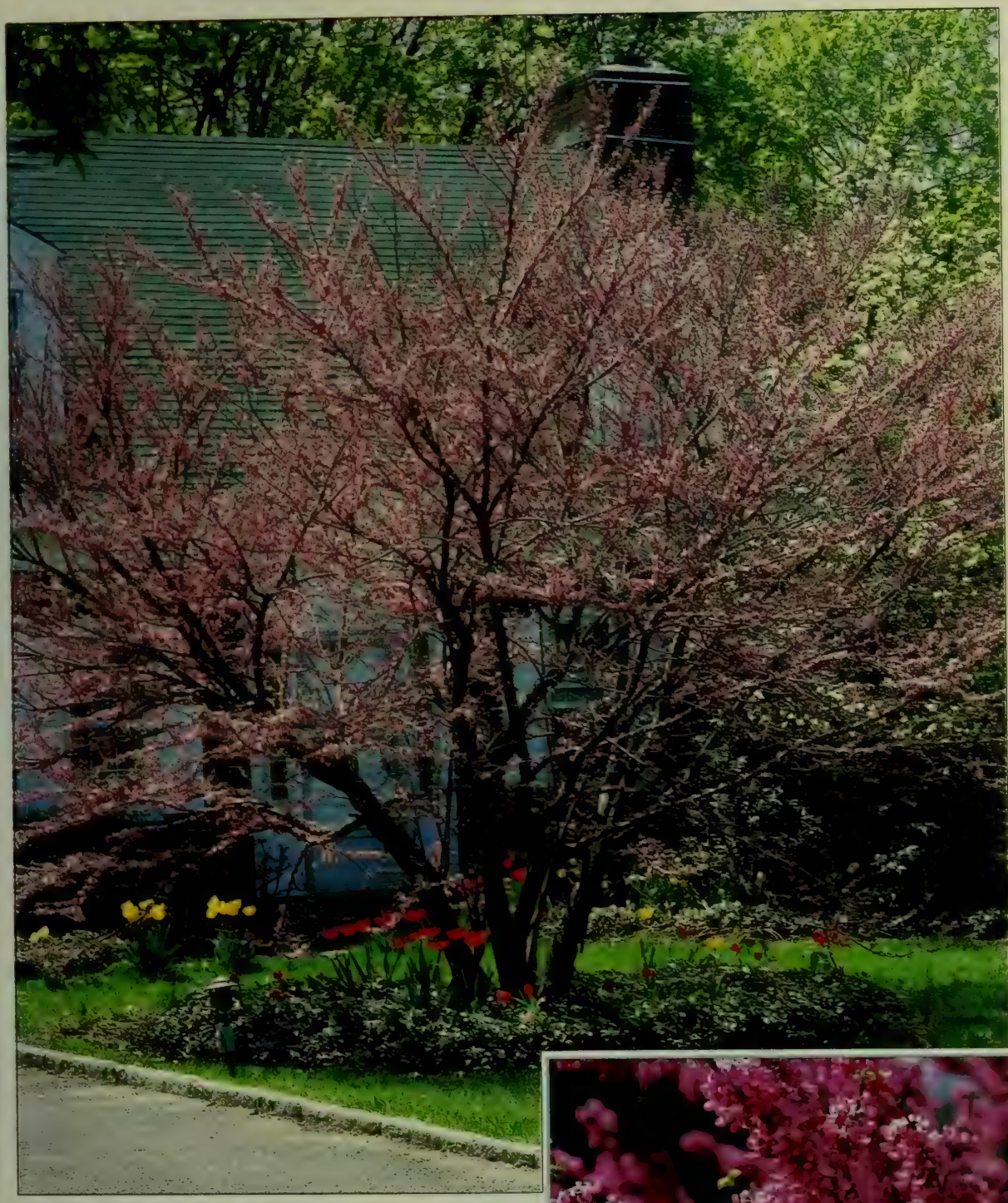
Improve the view with a dogwood

■ Whenever you water your trees, be sure to soak the soil around the root ball completely. A light sprinkling from the garden hose won't do your trees a lot of good. Instead, use a soaker hose or a root feeder to deeply saturate the soil.

■ After planting, wrap the trunk of your flowering tree with a commercial tree wrap. During the winter the tree wrap will protect your tree from rodents and harsh sunshine.

■ Most flowering trees rarely require pruning. If you must remove some branches to control a tree's size and shape, do it in the spring right after the tree blooms. Crabapples are the exception; they should be pruned in late winter. Remove dead and diseased branches at any time.

■ Feed your trees in the early spring. Place granular or spike fertilizers in holes around the base of the tree, or use a root feeder.





EARLY-BIRD REDBUD

Just when you think spring is never going to appear, the lovely flowers of the redbud, *Cercis canadensis* (*above*), burst into bloom. Completely coating the branches of the tree, the purplish-pink blooms are especially appealing. An American native, the redbud may eventually grow 25 feet tall, but it stays compact enough for small gardens. Plant tulips or spring-blooming perennials under your tree for extra color.

GATHERING PLACES

As in colonial times, today's "keeping rooms" bring families together.

By Denise L. Caringer and Robert E. Dittmer

OPEN AND AIRY



ARCHITECT: WILLIAM REMICK, AIA. DESIGN: SANDRA BANKS. FIELD EDITOR: HEITKAMP



PHOTOGRAPHS: LAURIE BLACK; ROSLYN BANISH

Cozy place for family meals

Dining pieces—a welcoming mix of Americana—snuggle into a new bay window. A desk hugs the adjacent wall.

Three essentials in one space

This room addition combines cooking, dining, and living into one irresistible gathering place. "Everything that happens in our family takes place here," says the homeowner. Clever furniture placement separates the areas.

Seating for a crowd

With all the impact of a fireplace, well-designed built-ins create a focus for the sitting spot. Doors conceal stereo and TV. Clad in smart windowpane checks, the L-shaped banquette offers plenty of seating. Country accents and glowing woods add warmth.


MODERN ART

GATHERING PLACES

COMPACT AND COZY

Country with a foreign accent



DESIGN REBECCA BRADLEY FIELD EDITOR BARBARA CATHCART



PHOTOGRAPHS LAURIE BLACK, ROSLYN BANISH

Dynamic details

Functional and fun, the inherently formal Louis XV chairs gather round the crude pine table. Humble mattress-ticking cushions tied with dressy bows bridge the style gap.

Small—but grand!

Whether it's a formal dinner for eight or a family TV night, this 11×14-foot room rises to the occasion. Ample furnishings—a sink-in sofa, comfy armchairs, a grand armoire—lend surprising "generosity." Wall-hugging seating and a long, narrow dining table make it work.

"I don't like to make things look too planned," says Rebecca Bradley. Her mix: A French pine table and armoire, Oriental rug, Italian chandelier, American Indian baskets, English coffee table. A shared mood—casual but refined—provides the needed link.



GATHERING PLACES

BOOKISH AND WARM

Traditional with a lively difference



PHOTOGRAPHS: LAURIE BLACK. ROSLYN BANISH FIELD EDITOR: BARBARA CATHCART

Eliminating walls

When the walls came down, a once-tiny kitchen, den, and porch became this warmly enveloping gathering place. "No more than two people could be in any of those spaces at one time," Tina Patterson recalls. Today, the room "is a wonderful escape," she says.

Injecting character

Classic furnishings and architectural details give the remodeled room its traditional élan. The lively difference: color and contrast. Yellow walls radiate a fresh glow; bold red (in the cabinets, behind the books, and in the brilliant rug) conveys confidence. And the dark woods of old family pieces play off against the pale pattern-free walls. To squeeze a work spot into the moderately sized space, Tina placed a desk behind the sofa.

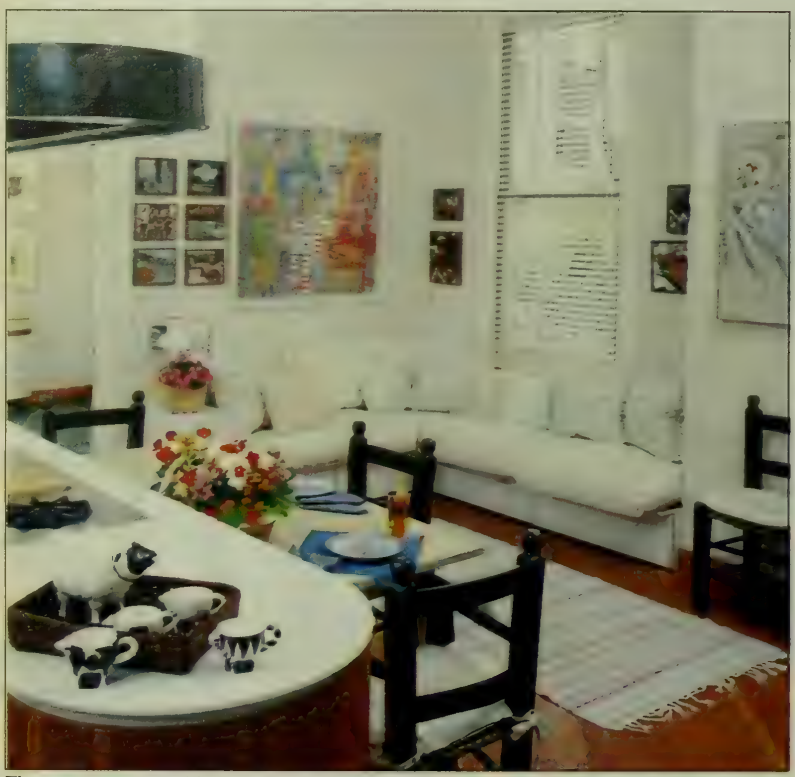
Buying information, page 54.



REMARKABLE KITCHEN REMAKES

STRATEGIES YOU CAN USE!

By David S. Johnson

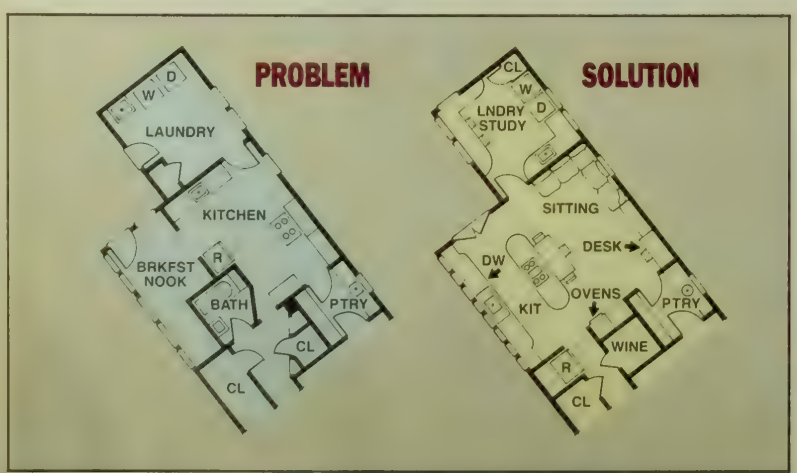


The canvas-covered banquette and vinyl-cushioned dining chairs are designed for easy care. Large pullout drawers below the banquette provide storage for kids' toys.

MAJOR CHANGES, MAGNIFICENT OUTCOME

The homeowners planned this bright kitchen remake with clear goals in mind. Above all, they wanted an abundance of sunlight. They also wanted a place that the whole family could use and enjoy, and a kitchen that was contemporary, yet complemented their Victorian-style home.

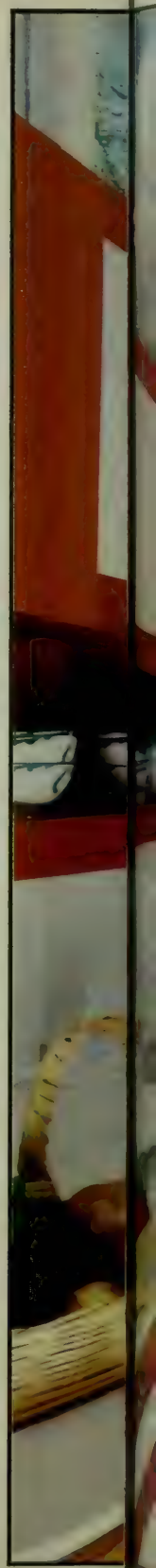
Before the work began, a bathroom was wedged between a small kitchen and a breakfast nook. The project architect decided to eliminate the bathroom, then reversed the location of the kitchen and eating areas, and combined the spaces into one carefully crafted room. The result: a kitchen that satisfies the homeowners on all counts.



Photographs: Ernest Braun. Architect: Douglas Osmont. Design: Penelope DePaoli. Field editor: Helen Heitkamp



▲ Reclaiming wasted space, a marble-top bake cart hides beside the ovens when not in use. Located above are an appliance garage and TV.





The work island *below* separates the kitchen from the dining area and channels traffic to and from the rear garden space. Sunlight streams through windows above and below the cupboards, illuminating traditional crown molding and oak flooring.

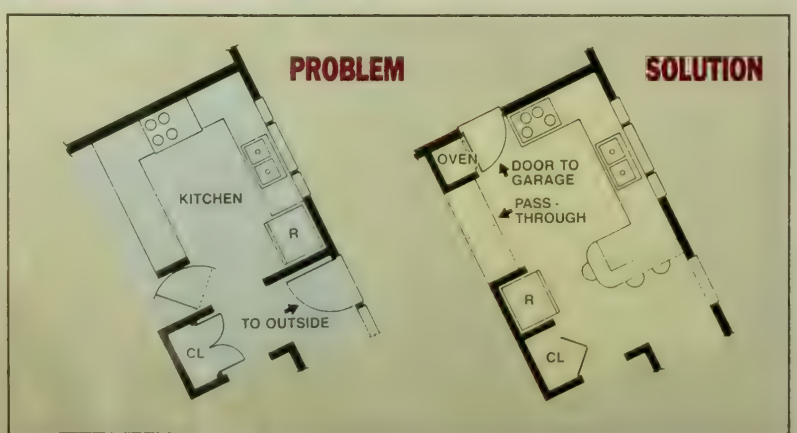
REMARKABLE KITCHEN REMAKES





▲ When not in use, floor-length mini-blinds hide away in a ceiling pocket above the pass-through.

◀ Lowered during formal dinners, the blinds provide a simple but effective way to screen the kitchen from diners' view.



Photographs: Susan Gilmore. Architect: Peter Rand, AIA. Field editor: Patricia Carpenter

SIMPLE SCHEME, SPECTACULAR RESULTS

The original kitchen featured an awkward floor plan, drab plywood walls, and no eating area. Efficient remodeling created a spacious kitchen that appeals to the whole family.

NEW PENINSULA

Because of its location near the home's driveway, visitors often used an entry into the kitchen instead of the intended front door (*see Problem plan*). Eliminating that entryway earned the homeowners enough room to add the new peninsula/eating bar.

FLIP-UP COUNTERTOP

"Versatile" best describes the new flip-up countertop between the kitchen and dining room. In the "up" position, the counter becomes a serving buffet for the dining room or an additional food preparation area.

ACCESS TO GARAGE

The former kitchen in this cold-climate home possessed a chilling flaw: no inside access to the garage. Now, groceries can be carted directly from car to refrigerator.

▶ The peninsula is the best-liked and most-used area of their new kitchen, say the homeowners. The slightly lower eating bar makes an ideal place for their kids to snack, do homework, or play.

For buying information, see page 54.


PEANUTS



FREEZER PICKLES

Enjoy your summer squash year-round.

CORN-BREAD BAKE

A company-pleasing entrée, perfect for a brunch.

ZUCCHINI!

FRESH IDEAS FOR THIS YEAR'S CROP

By Terri Pauser Wolf



CORN-BREAD BAKE

Turn your bountiful crop into this quick-to-put-together upside-down-cake entrée—

- 2 medium zucchini
- ½ pound bulk Italian *or* pork sausage
- ¼ cup chopped onion
- 1 8- *or* 8½-ounce package corn muffin mix
- ½ cup shredded cheddar cheese (2 ounces)

Coarsely shred enough zucchini to make *⅓ cup;* set aside. Cut remaining zucchini into ¼-inch slices. In a 10-inch skillet brown sausage. Remove sausage from skillet; reserve drippings.

To drippings in skillet add zucchini slices and onion, stirring to coat. Cover and cook over medium-low heat about 5 minutes or till zucchini is slightly softened, stirring twice.

In a greased 8x1½-inch-round baking dish, starting in the center of dish, arrange cooked zucchini slices in concentric circles using all of the slices.

Prepare corn muffin mix according to package directions; stir in the shredded zucchini, cooked sausage, and shredded cheddar cheese. Spread mixture evenly over zucchini slices in pan. Bake in a 350° oven for 25 to 30 minutes or till top is golden.

Using a spatula, loosen sides of corn bread from dish; invert onto a serving platter. Cut into wedges to serve. Makes 5 main-dish servings.

Nutrition information per serving: 324 cal., 10 g pro., 35 g carbo., 16 g fat, 30 mg chol., 648 mg sodium. U.S. RDA: 15% vit. C, 23% thiamine, 13% riboflavin, 14% niacin, 24% calcium, 10% iron, 33% phosphorus.

FREEZER PICKLES

Skip-a-step zucchini pickles go into the freezer instead of canning jars—

- 2 medium carrots, cut into julienne strips
- 6 medium zucchini (2 pounds), cut into julienne strips
- 2 small onions, sliced and separated into rings
- 6 cloves garlic, sliced
- 4 cups white vinegar
- 3 cups sugar
- 2 cups water
- ½ teaspoon celery salt
- ½ teaspoon salt

In a medium saucepan cook carrots in a small amount of boiling water for 5 minutes; drain. Loosely pack carrots, zucchini, and onions into six 1-pint freezer containers. Add *one* of the sliced garlic cloves to *each* container.

In the same saucepan combine vinegar, sugar, water, celery salt, and salt; bring to boiling and boil for 1 minute. Pour hot vinegar mixture over the vegetables in each container to cover. Cool. Seal. Gently tip containers back and forth to coat ingredients. Label and freeze. Freeze for up to 1 year. Thaw to serve. Makes 6 pints.

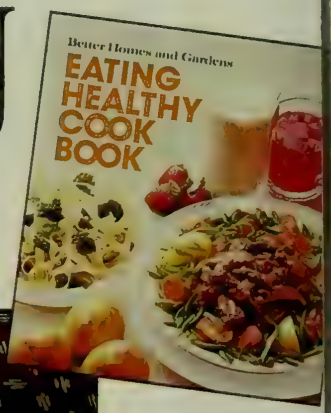
Nutrition information per ¼-cup serving: 56 cal., 0 g pro., 15 g carbo., 0 g fat, 0 mg chol., 43 mg sodium.

Photograph: Scott Little. Food stylist: Janet Pittman

35 RECIPES FOR A HEALTHIER YOU

Feel better, look better, and live better with recipes and ideas from the newest BH&G® cookbook.

By Terri Pauser Wolf and Joy Taylor





PHOTOGRAPHS: WILLIAM K. SLADICK

EATING HEALTHY COOK BOOK

For more nutrition information and more than 200 recipes, get the just-released, 288-page *Eating Healthy Cook Book* for $24.95 at bookstores.

THE 7 SIMPLE GUIDELINES

1. **Eat a variety of foods**
2. **Maintain an ideal weight**
3. **Avoid too much fat, saturated fat, and cholesterol**
4. **Eat foods with adequate starch and fiber**
5. **Avoid too much sugar**
6. **Avoid too much sodium**
7. **If you drink alcohol, do so in moderation**

To encourage sensible eating, the U.S. Department of Agriculture and the U.S. Department of Health and Human Services promotes these dietary guidelines for Americans.

THE WAY WE EAT TODAY

Give your meals a makeover. For example: ***Honey-Orange Beef*** *(above left)* uses 50 percent less fat than most stir-fried main dishes. ***Italian Wheat Bread,*** brown rice and bulgur pilaf, and fresh vegetables round out your vitamin, mineral, and fiber needs. Capitalize on fruit's natural sweetness by serving a baked apple for dessert.

Nutrition information per dinner: 631 cal., 33 g pro., 103 g carbo., 11 g fat, 58 mg chol., 414 mg sodium.

RECIPES BEGIN ON PAGE 110.

NUTRITION BASICS

Daily figures that help your figure—

USE THE NUMBERS

The dietary "rules of thumb" below are what most women, 23 to 50 years old, should strive to consume daily. In general, teenagers, pregnant women, and men need more calories.

CALORIES—2,000
PROTEIN—45 to 65 grams
FAT—85 grams
CHOLESTEROL—300 milligrams
SODIUM—1,100 to 3,300 milligrams
FIBER—25 to 35 grams

Healthful eating is easy when you practice a few new habits every day. To help you, we include nutrition information with every recipe.

SALAD BAR SAVVY

Know-how makes a meal of a salad—

- **Be Selective**
  Go easy on the protein; choose two of the following popular salad bar offerings: ¼ cup cottage cheese; 1 hard-cooked egg; 1 ounce of tuna, ham, turkey, or chicken; 3 to 4 tablespoons shredded Swiss or cheddar cheese; ⅓ cup garbanzo beans or peanuts; ¼ cup sunflower nuts. At any meal you need only 15 to 20 grams of protein.
- **Be Stingy**
  Spoon dressing on the side instead of on top. Be stingy; salad dressings tend to be high in sodium and fat. For even more calorie savings, dip your fork tines into the dressing, then spear the salad.
- **Be Creative**
  To make your own dressing, try vinegar and a little oil. You can even use cottage cheese as a salad dressing.



A DAY'S WORTH OF M·E·N·U·S

For Busy Families



BREAKFAST In 10 minutes you'll be eating satisfying *Pineapple-Rice Compote.* Just quick-cook the ingredients and let them stand for a few minutes.



LUNCH Eat out, but eat smart. Be choosy. The average salad-bar lunch has 300 to 500 calories. See the tips at left for selective salad bar dining.



DINNER Broiling *Pronto Mini Pizzas* on pita bread delivers fast cooking and jiffy cleanup. Add a side salad and then blend *Banana Shakers.*

RECIPES BEGIN ON PAGE 110.

TRIMMING FAT AND CHOLESTEROL



CITRUS WAFFLES WITH BLUEBERRY SAUCE Say good-bye to cholesterol—replace whole eggs with extra egg whites in these waffles. One serving has only 1 mg compared to 200 mg in most other waffles.



SAUCED SIRLOIN STEAK Enjoy a rich-tasting sauce over meat, but skip the high calories and guilt. Use low-fat yogurt and skim milk. Choose a lean cut of meat, trim fat, and broil to reduce your fat intake.

RECIPES BEGIN ON PAGE 110.

Beware of hidden fat. One slice of fruit pie can add up to 14 percent of your daily recommended fat intake of 85 g—10 potato chips, 9 percent; 1 cup chocolate milk, 10 percent; 1 cake doughnut, 12 percent; 1 avocado, 44 percent.

● ● ●



FRUITED FLOATING ISLANDS AND MOCHA MERINGUES Removing the yolk eliminates 100 percent of the cholesterol in a whole egg. Make the most of cholesterol-free egg whites for low-fat desserts.

MORE WAYS TO CUT FAT AND CHOLESTEROL

- **Use nonstick spray coating.** Spray cool cooking utensils with this product (6 calories per spray) instead of greasing with butter, margarine, or shortening (30 calories per teaspoon).
- **Rely on low-fat dairy foods.** Good choices include skim milk, evaporated skim milk, low-fat yogurt, Neufchâtel cheese, low-fat mozzarella, and hard cheeses such as Parmesan or romano.
- **Select lean meats.** Beef—flank steak, sirloin, rib eye, extra-lean hamburger. Pork—extra-lean ham, loin chops. Lamb—leg of lamb. Veal—loin.
- **Limit whole eggs.** Eat no more than four eggs per week. Opt for poached or hard- or soft-cooked eggs. For scrambled or fried eggs use nonstick spray coating.

SKIP THE SALT

Sodium shows up in many foods, often undetected. Even fresh foods such as celery, artichokes, and spinach contain notable amounts of sodium.



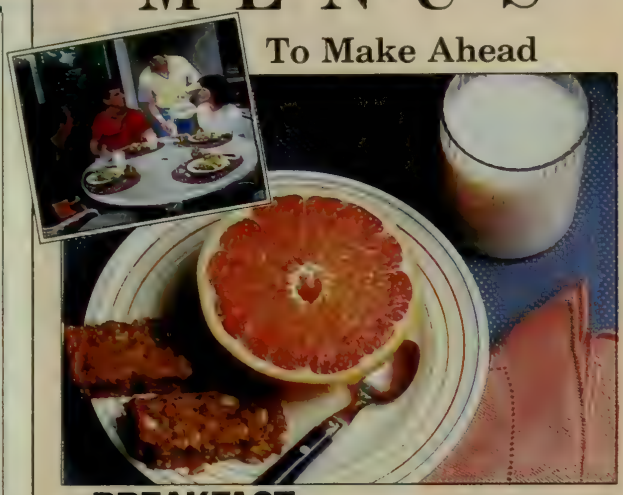
HONEY-GINGER CHICKEN Rely on sodium-reduced soy sauce and seasonings to minimize the sodium content while maximizing flavor.

MORE WAYS TO CUT SODIUM

- **Stash the shakers.** Seasoning with salt at the table is unnecessary. A balanced diet provides plenty of sodium, which is in food naturally. A dash of salt here, or a pinch there adds up; 1 teaspoon has 2,000 mg. The maximum amount recommended daily is 3,300 mg.
- **Try low-salt foods.** Tomato sauce, soy sauce, bread, cheeses, bouillon cubes, and cereals are available in a sodium-reduced form. Look for labels with these words: sodium-free, low-sodium, sodium-reduced, unsalted, or no salt added.
- **Limit soft drinks.** Cut back on the number of carbonated beverages you drink. Sodium is added in processing. A 12-ounce low-calorie cola has about 70 milligrams of sodium.
- **Read labels.** Processed foods often contain sodium as a preservative and flavor enhancer. Foods with a nutrition label must list sodium content in milligrams. No nutrition label? The position of the word salt or sodium in an ingredient list is a clue to the amount inside.
- **Cut salt in breads.** Some salt is necessary in yeast breads for good texture and palatable flavor, but in most recipes you can cut the amount of salt in half without losing quality.

A DAY'S WORTH OF M·E·N·U·S

To Make Ahead



BREAKFAST Make *Breakfast Apple Bars* ahead and freeze. Thaw them overnight in the refrigerator for a jiffy morning meal.



LUNCH Make and chill *Triple Cheese Spread with Crudités.* The next noon just grab it plus *Fruit Juice Mousse* from the refrigerator.



DINNER Use your crockery cooker to slow-cook *All-Day Chicken Cassoulet.* Pair it with *Orange-Parsley Vinaigrette* and *Fruit Compote.*

RECIPES BEGIN ON PAGE 114.

CALORIE-CUTTING TACTICS

Small changes in the way you cook add up to big calorie savings every day—



USE REDUCED-CALORIE PRODUCTS
Retain the sweet flavor while you decrease the calories by using low-calorie fruit preserves. *Ladder Coffee Cake*—145 calories per serving.



SEASON WITH SPIRITS
Use wines and liquors in cooking to boost flavor while calories from the alcohol evaporate. *Brandied Beef*—228 calories per serving.



GO VEGETARIAN
Go meatless a few times a week. Fill up on vegetables and add moderate amounts of cheese, nuts, grains, and seeds for protein. *Harvest Pot Pie*—276 calories per serving.



THICKEN ON THE SLY
One tablespoon of tapioca, cornstarch, or arrowroot has the same thickening power as 2 tablespoons of flour for half the calories. *Curried Pork Stew*—289 calories per serving.



FRY IN THE OVEN
Enjoy lightly breaded foods without a pang of guilt using the oven-fry technique. *Parmesan Fish Fillets*—179 calories per serving.



SWEETEN NATURALLY
Get the sweetest taste for the fewest calories by using juice-pack fruits and naturally sweet fruit juices. *Pineapple Sherbet* and *Orange Sherbet*—81 and 91 calories per serving.

RECIPES BEGIN ON PAGE 117.

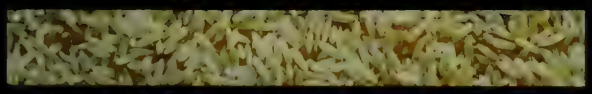
FIBER BOOSTING

Fiber isn't as easy to come by as sodium and fat. No one source gives you the recommended 25 grams per day.

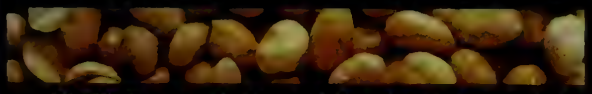


BULGUR-STUFFED SALMON STEAKS Get 5 times more fiber than a traditional bread-crumb stuffing. Also try nuts, seeds, and grains.

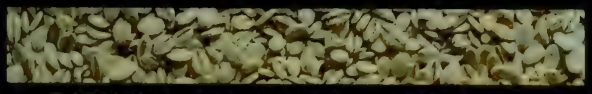
ADD SOME FIBER



RICE Cooked long grain white rice has about 2 grams of fiber per ½ cup; double the fiber by using brown rice.



NUTS Get a small boost of fiber (about 1 gram in 1 tablespoon). Don't overdo it; nuts are high in fat.



BARLEY Bump up fiber in soups, salads, and ground-meat dishes—½ cup cooked has 2 grams of fiber.



OATS A steaming bowl in the morning gives you about 8 grams of fiber.



WHEAT In any form, wheat is full of fiber—1 cup of cooked bulgur has 9 grams of fiber.

A DAY'S WORTH OF M·E·N·U·S

Perfect for One



BREAKFAST Use your blender for breakfast in seconds. Whip up *Peach Smoothie* and pair it with a peanut-butter-topped bagel for breakfast.



LUNCH For lunch in 15 minutes Prepare *Dilled Potato Salad* and the ingredients for *Cider-Turkey Soup* the night before.



DINNER Lean on light foods for supper for one. Try *Barbecued Beef on Lettuce,* steamed broccoli spears, and *Melon Salad Dessert.*

RECIPES BEGIN ON PAGE 120.

THE KNACK OF

S·N·A·C·K·I·N·G

Have your cake and get nutrition, too. Choose your snacks wisely.



COCOA MACAROONS AND TRITICALE AND OATMEAL COOKIES High in fiber and low in fat, these cookies make a healthful guilt-free snack. Even though they're more nutritious, remember to snack in moderation.

CRANBERRY-ORANGE DIP AND THICK FRUIT MILK SHAKES Try these great party snacks. They're good for you and your guests.



TIPS FOR THE MAD SNACKER

When the urge to munch strikes, try some of these tasty ideas—

• BETWEEN MEALS

If you're wise about what you munch, you can supplement the main meals of the day with a wholesome, between-meal pickup.

Snack on ¼ cup of whole grain cereal with a small amount of skim milk.

Eat 100-percent whole wheat bread, toasted, and top it with a low-calorie fruit spread. Toasting bread makes it taste sweeter.

Grab some high-fiber whole-grain crackers and you'll feel fuller longer.

Quench your thirst with a tall glass of a nutritious fruit-, vegetable-, or milk-based beverage.

• HOMEMADE SNACKS

Make your own tortilla chips for low-fat dippers (see the recipe for Nifty Nachos on *page 122*).

RECIPES BEGIN ON PAGE 122.

You can bake your own low-calorie, sodium-reduced crackers at home (see the recipe for Orange-Wheat Crackers on *page 122*).

Even if you don't have a hot-air popper, you can enjoy oil-free popcorn. Just pop the popcorn kernels in a large heavy saucepan over medium-high heat. No oil is necessary. Cover the saucepan and shake constantly to keep the popcorn from scorching.

...SOME NEW TRICKS.

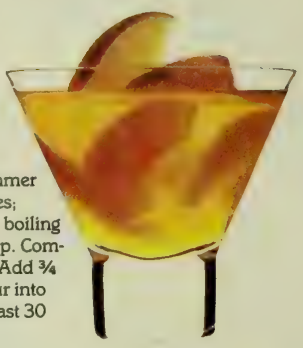


JELL-O® GELATIN GIVES PEACHES PIZZAZZ



PEACHY-KEENS

¾ cup water; ½ cup sugar
¼ cup vinegar; 12 whole cloves
1 cinnamon stick; 2 medium peaches, peeled and sliced; 1 package (4-serving size) JELL-O® Brand Lemon Flavor Gelatin; ¾ cup of cold water



Combine ¾ cup water, sugar, vinegar and spices in saucepan. Bring to a boil; simmer 5 minutes. Add peaches and simmer 5 minutes longer. Strain, discarding spices; place peaches in 5 glasses and chill. Add boiling water, if necessary, to syrup to make 1 cup. Completely dissolve gelatin in boiling liquid. Add ¾ cup cold water; chill until thickened. Pour into glasses over peaches. Chill until set, at least 30 minutes. Makes 5 servings.

SUGAR FREE JELL-O® TAKES FRUIT TO NEW HEIGHTS



TRIPLE FRUIT TUMBLE

1 package (4-serving size) JELL-O® Brand Sugar Free Gelatin, any red flavor; ¾ cup boiling water; 1 tablespoon lemon juice
½ cup cold water; ice cubes; ½ cup lowfat cottage cheese
½ cup diced peeled apple or pear
½ cup diced orange sections
½ cup halved seedless grapes



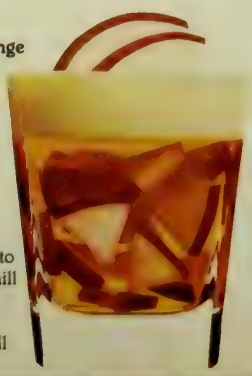
Completely dissolve gelatin in boiling water; add lemon juice. Combine cold water and ice to make 1 cup. Add to gelatin; stir until slightly thickened. Remove unmelted ice. Measure ¾ cup and blend in cheese. Add fruit to remaining gelatin; chill or let stand until thickened, 5 to 10 minutes. Spoon into dishes or a bowl. Top with cheese-gelatin mixture. Chill until set, at least 30 minutes. Makes 7 servings. **Each, 40 calories.**

JELL-O® GELATIN MAKES APPLES SNAPPY



AMAZING APPLE CUPS

1 package (4-serving size) JELL-O® Brand Orange Flavor Gelatin; ¾ cup boiling water
¼ teaspoon ginger (optional); ½ cup apple juice or water; ice cubes
⅓ cup cottage cheese
1 small red apple, cored and diced



Dissolve gelatin in boiling water; stir in ginger. Combine apple juice and ice to make 1¼ cups. Add to gelatin; stir until slightly thickened. Remove unmelted ice. Measure ¾ cup; pour into blender, add cheese and blend until smooth. Chill 15 minutes. Add apple to remaining gelatin. Spoon into 6 dessert glasses; chill 10 minutes. Spoon creamy mixture over fruited gelatin. Chill until set, about 30 minutes. Makes 6 servings.

How do you perk up a piece fruit? Pair it off with Jell-O® Gelati

Or try teaming it with Sugar Free Jell-O® Gelatin. With just 8 calories per serving, it turns any fr into a fabulous treat.

No matter how you match 'e up, you're in for a dazzling array Jell-O® snacks and desserts. Becau Gelatin and Sugar Free Jell-O® Gel hold a special appeal for fruit.

And that appeals to everyone



JELL-O® & SUGAR FREE JELL-O® GELATIN

WE'VE GOT FRUIT APPEAL

1986 General Foods Corporation. *NutraSweet and the NutraSweet symbol are registered trademarks of The NutraSweet Company for



© Geo. A. Hormel & Co. 1986

NUTRITION INFORMATION

WITH EVERY RECIPE

TRACK THE BASICS

- To help you keep track of the calories, protein, fat, cholesterol, and sodium you consume each day, we include the amounts of these nutrients by gram weight per individual recipe serving for every recipe we publish.
- You can also check the levels of vitamin A, vitamin C, thiamine, riboflavin, niacin, calcium, iron, and phosphorus in each serving of a recipe—we state these amounts in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts.
- The United States Recommended Daily Allowances are standards developed by the Food and Drug Administration. Use the U.S. RDAs as a guide to see how your recipes meet your nutritional needs.

BETTER HOMES AND GARDENS TEST KITCHEN™

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

HOW WE FIGURE THE NUTRITION INFORMATION

- When ingredient options appear in a recipe, we use the first ingredient choice for the analysis.
- We omit optional ingredients from the nutrition analysis.
- We base the nutrition analysis on the first serving size, if a recipe gives variable serving sizes.

USE THE NUMBERS

- Start by looking at the nutrients that each recipe provides. Then decide the recipe's importance to your diet.
- Here are some simple guidelines based on daily needs of females, 23 to 50 years old (in general, males and teenagers need more calories):

calories—2,000
protein—45 to 65 grams
fat—85 grams
cholesterol—300 milligrams
sodium—1,100 to 3,300 milligrams

Use these as approximate figures—there's no real harm in going over or under these figures in any single day, but you should aim for a balanced diet overall.

INTRODUCING FIVE BRAND RICE DISHES

Inspired by the Finest Inns. Brought to you by Uncle Ben

Herbed Rice & Wild Rice—A Spirited Taste of Shenandoah History.

Uncle Ben's takes the first of its new COUNTRY INN™ inspirations from the heart of the Shenandoah Valley in Virginia, home of the two-century-old Buckhorn Inn.

There, guests can dine on exceptional dishes, some based on recipes as old as the inn itself. One spirited favorite: a rich dish blending the finest long grain rices, two cheeses and an array of succulent vegetables.



The Buckhorn Inn, V

Uncle Ben's Brings It Home to You.

You could travel to the Buckhorn Inn for this tast dish, or you could indulge yourself right at home wit the Uncle Ben's dish that was inspired by it: COUN INN™ Brand Herbed Rice with Wild Rice and Tw Cheese Sauce...a subtle blending of long grain rice, mozzarella and swiss cheeses, onions, spina carrots and parsley.

Spanish Style Rice—Born of the Earthy Southwest.

Next, you might enjoy a drive through the exotic landscape of Arizona to Tanq Verde, an inn south of Tucso to try their famous Spanish rice. Then again, why not sample Uncle Ben's sensationa new



MORE COUNTRY INN™



)UNTRY
N™ Brand
)anish
yle Rice at home—a
)mbination of romano,
ieddar and parmesan
ieeses, jalapeño, green and
d bell peppers, garlic and savory spices.

New England Style Rice—
raditional Tastes at Their Best.

Better make reservations at least two
eeks in advance at stately Federal House
ear historic Stockbridge, Massachusetts, if
)u want to try their ever-popular New
ngland rice. Or you can dine at home on
ew COUNTRY INN™ Brand New England
yle Rice, which combines classic pasta
nells with the traditional tastes of zucchini,
nions, garlic and delicate pieces of chicken.

Garden Style Rice and Rice
oyale, Too!

Here are two
iore COUNTRY
NN™ Brand Rices
iat are brand new!
arden Style Rice
a delicious
eef-flavored rice
combined with delicate
mushrooms and a variety of
seasonings. Rice Royale tastefully marries
a chicken-flavored rice with exotic wild rice.

From Inspiration to Your Table in 25 Minutes.

Now it's easy for you to serve recipes inspired by the best inns in the country. Uncle Ben's put everything right in the package. Combine the rice and carefully blended ingredients, add butter and water, and cook.

Try all five of these delicious new additions to the family of COUNTRY INN™ Brand Rice Dishes.



SERVE THE RICE DISHES INSPIRED BY THE FINEST INNS.

Uncle Ben's, Inc. 1986

continued from page 107

HONEY-ORANGE BEEF

A meat and vegetable stir-fry that is delicately seasoned with ginger and curry, not salt—

1 pound beef top round steak
2¼ cups water
½ cup brown rice
½ cup bulgur
¾ cup orange juice
1 tablespoon honey
1 tablespoon sodium-reduced soy sauce
2 teaspoons cornstarch
¼ teaspoon ground ginger
¼ teaspoon curry powder
1 medium onion, thinly sliced and separated into rings
2 cups broccoli flowerets
Nonstick spray coating
1 tablespoon cooking oil
½ cup quartered cherry tomatoes

Partially freeze beef; bias-slice into thin bite-size strips. Set aside. In a large saucepan combine the water and rice. Bring to boiling; reduce heat. Simmer, covered, for 25 minutes. Stir in bulgur. Simmer, covered, for 15 to 20 minutes more or till rice is tender. Drain if necessary. Keep warm.

For sauce, in a small mixing bowl stir together orange juice, honey, soy sauce, cornstarch, ginger, and curry powder. Set aside. In a medium saucepan cook onion in a small amount of boiling *water* for 5 minutes. Add broccoli; cook for 3 to 5 minutes more or till vegetables are crisp-tender. Drain. Set aside.

Spray a large skillet or wok with nonstick coating. Preheat over high heat till a drop of water sizzles. Stir-fry *half* of the beef for 2 to 3 minutes or till done. Remove beef. Add oil. Stir-fry remaining beef for 2 to 3 minutes or till done. Return all beef to skillet. Stir sauce; add to skillet. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Add vegetables; heat through. Stir in tomatoes. Serve with rice mixture. Makes 5 servings.

Nutrition information per serving: 304 cal., 22 g pro., 40 g carbo., 7 g fat, 49 mg chol., 183 mg sodium. U.S. RDA: 32% vit. A, 96% vit. C, 15% thiamine, 14% riboflavin, 26% niacin, and 20% iron.

ITALIAN WHEAT BREAD

Wheat germ adds protein, iron, and B vitamins to the bread. Sprinkle extra wheat germ on the baking sheet for a crisp bottom crust—

2 to 2½ cups all-purpose flour
1 package active dry yeast
1 cup warm water (115° to 120°)
1 tablespoon cooking oil
1 teaspoon sugar
½ teaspoon salt
¾ cup toasted wheat germ
Nonstick spray coating
Toasted wheat germ

In a large mixer bowl combine *1 cup* of the flour and the yeast. In a small mixing bowl combine water, oil, sugar, and salt and add to flour mixture. Beat with an electric mixer on low speed for ½ minute, scraping sides of bowl constantly. Beat on high speed 3 minutes.

With a spoon, stir in the ¾ cup wheat germ and as much of the remaining flour as you can. On a lightly floured surface, knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Place in a lightly greased bowl and turn once to grease surface. Cover and let rise in a warm place till double (1 to 1¼ hours).

Punch down. Shape into a large loaf about 15 inches long, tapering the ends. Spray a baking sheet with nonstick coating and sprinkle with additional wheat germ. Place loaf on prepared baking sheet. Cover and let rise till nearly double (about 45 minutes).

With a sharp knife, make 3 or 4 diagonal slashes about ¼ inch deep across the top of the loaf. Bake in a 375° oven for 35 to 40 minutes or till done. Cool on a wire rack. Makes 1 loaf (15 servings).

Nutrition information per serving: 88 cal., 3 g pro., 15 g carbo., 2 g fat, 0 mg chol., 73 mg sodium. U.S. RDA: 14% thiamine.

PINEAPPLE-RICE COMPOTE

This fruity breakfast cereal is a super-simple way to start any day—

1 15¼-ounce can crushed pineapple (juice pack)
1⅓ cups orange juice
4 teaspoons brown sugar
Dash ground allspice
1⅓ cups quick-cooking rice
Ground allspice (optional)

In a saucepan stir together the *undrained* pineapple, orange juice, sugar, and the dash allspice. Bring to boiling. Remove from heat; stir in rice. Cover and let stand for 5 minutes. Transfer to serving bowls. Sprinkle with additional allspice. Makes 4 servings.

Nutrition information per serving: 236 cal., 3 g pro., 56 g carbo., 0 g fat, 0 mg chol., 4 mg sodium. U.S. RDA: 70% vit. C, 20% thiamine.

PRONTO MINI PIZZAS

Toasted pita bread rounds make easy crusts for these individual pizzas—

1 pound fresh *or* frozen ground raw turkey
4 large whole wheat pita bread rounds
1 cup sliced fresh mushrooms
½ cup chopped onion
2 cloves garlic, minced
1 cup sodium-reduced tomato sauce
½ teaspoon fennel seed, crushed
¼ teaspoon dried oregano, crushed
½ cup shredded mozzarella cheese (2 ounces)

Thaw turkey, if frozen. Place pita bread rounds on a baking sheet. Broil about 3 inches from the heat about 1 minute per side or till toasted. Set aside. In a medium skillet cook turkey, mushrooms, onion, and garlic over medium heat till turkey is light brown and vegetables are tender. Stir in tomato sauce, fennel seed, and oregano. Cook and stir for 1 minute more.

Divide meat mixture evenly between the toasted pita rounds. Sprinkle with cheese. Return to the broiler; broil about 3 inches from heat for 1 to 2 minutes or till cheese is melted. Makes 4 servings.

Nutrition information per serving: 430 cal., 40 g pro., 48 g carbo., 6 g fat, 81 mg chol., 172 mg sodium. U.S. RDA: 15% vit. A, 20% vit. C, 22% thiamine, 30% riboflavin, 51% niacin, 16% calcium, 32% iron.

BANANA SHAKERS

Freezing the sliced banana makes the drink colder and more refreshing—

1 cup unsweetened pineapple juice
1 cup skim milk
1 cup vanilla ice milk
2 ripe large bananas, peeled, sliced, and frozen
2 teaspoons vanilla

In a blender container combine all ingredients. Cover and blend mixture till smooth. Makes 4 servings.

Nutrition information per serving: 124 cal., 3 g pro., 20 g carbo., 4 g fat, 16 mg chol., 61 mg sodium. U.S. RDA: 12% vit. C, 11% riboflavin, and 13% calcium.

CITRUS WAFFLES WITH BLUEBERRY SAUCE

To make Cinnamon Waffles, omit the orange peel and stir ½ teaspoon ground cinnamon into the flour mixture—

1 recipe Blueberry Sauce (see recipe, page 112)
¾ cup all-purpose flour
½ teaspoon finely shredded orange peel
Dash salt
¾ cup skim milk
3 tablespoons cooking oil
2 egg whites
2 small bananas, sliced

Prepare Blueberry Sauce and set aside. In a medium mixing bowl stir together flour, orange peel, and salt. In a glass measure stir together milk and oil. Add to flour mixture all at once. Stir till mixture is combined but still slightly lumpy.

In a small mixer bowl beat the egg whites till stiff peaks form (tips stand straight); gently fold into the flour-milk mixture, leaving a few fluffs of egg white. *Do not overmix.*

Pour *one-third* of the batter onto the grids of a preheated, lightly greased waffle baker. Close lid quickly; *do not open* during baking. Bake till steam stops escaping from sides of the baker.

continued



The perfect reflection of pure, rich taste. Naturally.

Only Taster's Choice® naturally decaffeinates the very same coffee beans found in gourmet stores. Nothing is used but pure water and natural coffee essences to gently wash away caffeine. So you get pure, rich coffee taste—whether you choose naturally decaffeinated Original Blend or dark-roasted Maragor Bold.®

The Choice for Taste is Taster's Choice.™

© 1986 Nestlé Foods Corporation

continued
Use a fork to help lift the baked waffle off the grids.

To keep waffle warm for serving, arrange in a single layer on a wire rack placed on a baking sheet; place in a warm oven. Repeat with remaining batter to make 2 more waffles. Serve waffles topped with bananas and Blueberry Sauce. Makes 3 servings.

Blueberry Sauce: In a small saucepan combine 2 tablespoons *sugar* and 1 teaspoon *cornstarch*. Stir in 2 tablespoons *orange juice* till well mixed. Add ⅔ cup *fresh* or *frozen blueberries*. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat. Slightly crush blueberries.

Nutrition information per serving: 386 cal., 9 g pro., 57 g carbo., 15 g fat, 1 mg chol., 112 mg sodium. U.S. RDA: 26% vit. C, 18% thiamine, 20% riboflavin, 11% niacin.

SAUCED SIRLOIN STEAK

Steamed brussels sprouts make an attractive side dish—

1 2-pound beef top sirloin steak, cut 1½ inches thick
1 cup sliced fresh mushrooms
¼ cup shredded carrot
¼ cup chopped onion
1 tablespoon margarine *or* butter
4 teaspoons all-purpose flour
½ teaspoon dried basil, crushed
Dash pepper
½ cup plain low-fat yogurt
½ cup skim milk

Place steak on an unheated rack of a broiler pan. Broil meat 3 inches from the heat, turning halfway through cooking. (Allow 14 to 16 minutes total time for rare, 18 to 20 minutes total time for medium, and 25 to 30 minutes total time for well-done.)

Meanwhile, for sauce, in a medium saucepan cook mushrooms, carrot, and onion in margarine till tender. Stir flour, basil, and pepper into yogurt; stir into mixture in saucepan. Add milk. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more.

Sprinkle steak with additional *pepper*. To serve, slice the meat diagonally across the grain into ¼-inch-thick slices. Place on a serving platter. Spoon some sauce over. Pass remaining sauce. Makes 6 servings.

Nutrition information per serving with 1 tablespoon sauce: 201 cal., 26 g pro., 5 g carbo., 8 g fat, 68 mg chol., 107 mg sodium. U.S. RDA: 19% riboflavin, 26% niacin, 17% iron.

FRUITED FLOATING ISLANDS

Surrounded by a sea of cherries, oranges, and apricot nectar, poached meringue puffs are tasty, no-cholesterol islands—

2 egg whites
3 tablespoons sugar
1½ cups fresh *or* frozen unsweetened pitted dark sweet cherries
¼ cup sugar
4 teaspoons cornstarch
1½ cups apricot nectar
1½ teaspoons finely shredded orange peel
2 oranges, peeled and sectioned

For meringue puffs, in a small mixer bowl beat egg whites with an electric mixer on medium speed till soft peaks form (tips curl). Gradually add the 3 tablespoons sugar, beating on high speed till stiff peaks form (tips stand straight). In a 10-inch skillet heat 3 cups *water* to simmering. Drop egg mixture in 6 portions into water. Simmer, uncovered, about 5 minutes or till firm. Lift meringue puffs from water; drain on paper towels and place on waxed paper. Chill, uncovered, in the refrigerator till serving time.

Meanwhile, thaw cherries, if frozen. Cut cherries in half. In a medium saucepan stir together the ¼ cup sugar and cornstarch. Stir in apricot nectar. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Gently stir in cherries, *1 teaspoon* of the orange peel, and orange sections. Cover and chill till serving time.

continued



Classic Dijons

Four new Dijon Dressings. Fresh from Wish-Bone.



What dijon does for the classic country cuisine of France, it now does for salad dressing. Introducing Wish-Bone® Classic Dijon Dressings: Creamy Dijon and Dijon Vinaigrette. For those who prefer to eat light, these same classic dressings are also available from Wish-Bone Lite.

The New Wish-Bone Dijons. Everything a salad could wish for.

continued

At serving time, spoon fruit mixture into 6 individual dessert dishes. Top each with a meringue puff. Sprinkle with remaining orange peel. Makes 6 servings.

Nutrition information per serving: 156 cal., 2 g pro., 38 g carbo., 1 g fat, 0 mg chol., 19 mg sodium. U.S. RDA: 20% vit. A, 46% vit. C.

MOCHA MERINGUES

For a meringue that fluffs rather than flops, be sure to start with a clean bowl and beaters. This no-fat, no-cholesterol dessert is sure to be a hit—

2 egg whites
½ teaspoon vanilla
¼ teaspoon cream of tartar
½ cup sugar

• • •

¼ cup sugar
2 tablespoons cornstarch
2 tablespoons unsweetened cocoa powder
1¼ cups skim milk
½ cup water
2 tablespoons coffee liqueur
Sliced fresh fruit (optional)

For meringue shells, cover a baking sheet with brown paper. Draw 6 circles, 3½ inches in diameter, on the paper. In a small mixer bowl beat the egg whites, vanilla, and cream of tartar with an electric mixer on medium speed till soft peaks form (tips curl). Gradually add the ½ cup sugar, beating on high speed till stiff peaks form (tips stand straight) and the sugar is almost dissolved.

Immediately pipe or spoon beaten egg-white mixture into a shell shape in each circle on the paper-lined baking sheet. Bake in a 300° oven for 30 minutes. Turn off the heat; let shells dry in the oven with the door closed for at least 1 hour more. Peel off paper.

Meanwhile for filling, in a heavy medium saucepan combine the ¼ cup sugar, cornstarch, and cocoa powder. Stir in milk and water. Cook and stir over medium heat till thickened and bubbly; cook and stir for 2 minutes more. Remove from heat. Stir in coffee liqueur. Pour filling into a bowl. Cover surface with clear plastic wrap. Chill, without stirring, till serving time.

To serve, spoon filling into individual meringue shells. Serve with fruit. Makes 6 servings.

Nutrition information per serving: 149 cal., 3 g pro., 35 g carbo., 0 g fat, 0 mg chol., 56 mg sodium.

HONEY-GINGER CHICKEN

Look for sodium-reduced soy sauce in the oriental food section of the grocery store—

3 tablespoons honey
1 teaspoon finely shredded orange peel
1 tablespoon orange juice
2 teaspoons sodium-reduced soy sauce
¼ teaspoon coarsely ground pepper
⅛ teaspoon ground ginger
2 whole medium chicken breasts (about 1½ pounds total), skinned, boned, and halved lengthwise

Place 1 chicken breast half between 2 pieces of clear plastic wrap. Pound slightly with the flat side of a meat mallet to ½-inch thickness. Repeat with remaining chicken. In a small mixing bowl stir together honey, orange peel, orange juice, soy sauce, pepper, and ginger. Place chicken on the unheated rack of a broiler pan. Broil 4 to 5 inches from the heat about 8 minutes or till chicken is tender, turning once. Brush frequently with honey mixture during broiling. Makes 4 servings.

Nutrition information per serving: 192 cal., 27 g pro., 14 g carbo., 3 g fat, 72 mg chol., 169 mg sodium. U.S. RDA: 58% niacin.

BREAKFAST APPLE BARS

Honey sweetens these moist, fruity bars—

Nonstick spray coating
½ cup whole wheat flour
½ cup quick-cooking rolled oats
½ teaspoon baking soda
¼ teaspoon ground cinnamon
¼ cup cooking oil
¼ cup applesauce
3 tablespoons honey
½ teaspoon vanilla
½ of a 6-ounce package (¾ cup) mixed dried fruit bits
¼ cup chopped walnuts

Spray a 10x6x2-inch baking dish with nonstick coating. In a medium mixing bowl stir together flour, oats, baking soda, and cinnamon; set aside.

In a small mixing bowl stir together oil, applesauce, honey, and vanilla. Stir applesauce mixture into flour mixture till combined. Stir in fruit bits and nuts. Spread mixture evenly in the prepared baking dish. Bake in a 350° oven for 15 to 20 minutes or till a wooden toothpick inserted near center comes out clean. Cool in the dish on a wire rack. Cut into 16 bars.

Store in a tightly covered container at room temperature or in the freezer. Makes 8 servings.

Nutrition information per serving (2 bars): 182 cal., 3 g pro., 23 g carbo., 10 g fat, 0 mg chol., and 75 mg sodium.

TRIPLE CHEESE SPREAD WITH CRUDITÉS

A trio of cottage, Swiss, and Parmesan cheeses in the spread provides complete protein for a meatless lunch—

1 cup low-fat cottage cheese
½ cup shredded Swiss cheese (2 ounces)
¼ cup grated Parmesan cheese
2 tablespoons skim milk
⅛ teaspoon dried dillweed
⅛ teaspoon pepper
¼ cup unsalted sunflower nuts
¼ cup finely shredded carrot
1½ cups assorted fresh vegetables (cauliflower flowerets, cucumber spears, bias-sliced carrots, *or* green pepper wedges)

In a blender container or food processor bowl combine cheeses, milk, dillweed, and pepper. Cover and process till smooth. Transfer to a container. Stir in sunflower nuts and carrot. Cover and chill. Serve with fresh vegetables. Makes 1⅓ cups (4 servings).

Nutrition information per serving: 253 cal., 20 g pro., 10 g carbo., 16 g fat, 23 mg chol., 405 mg sodium. U.S. RDA: 51% vit. A, 45% vit. C, 27% thiamine, 15% riboflavin, 31% calcium, and 11% iron.

FRUIT JUICE MOUSSE

A refreshing make-ahead dessert—

1 teaspoon unflavored gelatin
⅔ cup cold water
½ of a 6-ounce can (⅓ cup) frozen apple juice concentrate
¼ teaspoon finely shredded lemon peel
2 teaspoons lemon juice
¼ teaspoon ground cinnamon
1 small apple, cored, peeled, and shredded
½ of a 4-ounce container frozen whipped dessert topping, thawed
Apple slices

In a medium saucepan soften gelatin in water for 5 minutes. Over low heat, stir mixture till gelatin is dissolved. Remove from heat.

Stir in apple juice concentrate, lemon peel, lemon juice, and cinnamon. Chill till partially set (consistency of unbeaten egg whites). Fold in apple and dessert topping.

Transfer to 4 individual dessert glasses or a 2-cup bowl or soufflé dish. Chill for 3 to 24 hours before serving. Top with apple slices. Makes 4 servings.

Nutrition information per serving: 105 cal., 1 g pro., 17 g carbo., 4 g fat, 0 mg chol., 6 mg sodium.

ALL-DAY CHICKEN CASSOULET

Cook the navy beans the night before. Then in the morning, put all the ingredients in the crockery cooker to simmer till dinnertime—

4 cups water
½ cup dry navy beans
1½ to 2 pounds chicken pieces, skin removed
¾ cup sodium-reduced tomato juice
½ cup chopped celery
½ cup sliced carrot
½ cup chopped onion
1 clove garlic, minced
1 bay leaf
1 teaspoon instant beef bouillon granules

continued


Nothing could be finer
han the taste of Aunt Jemima
n the morning.
t out your toaster 'cause Aunt Jemima's taking care of breakfast.
w & Improved Aunt Jemima Frozen Waffles. She spent a whole
of time beating and blending and baking so you don't have to.
st pop 'em in the toaster and watch 'em pop up hot, crispy
d tender. Ummm, one bite and you'll taste why they're the
ly waffles from a toaster good enough
be called Aunt Jemima.
Aunt Jemima
Aunt Jemima
12 Original Waffles
FAMILY PACK
86 The Quaker Oats Company



A shoestring that can't be beat. Or even tied.

Ore-Ida Shoestrings are long on taste. Cut extra thin, they cook up crisp and delicious. After all, they're the best part of big, Ore-Ida Russet Burbank potatoes.

Bite after bite, package after package, year in and year out, you can count on Ore-Ida potatoes. They're unbeatable.

When it says Ore-Ida, it's all-righta!



continued

½ teaspoon dried basil, crushed
½ teaspoon dried oregano, crushed
½ teaspoon dried sage, crushed
¼ teaspoon paprika

Rinse beans. In a medium saucepan combine *half* of the water and beans. Bring to boiling. Boil, uncovered, for 10 minutes. Drain. Add remaining water. Return to boiling; reduce heat. Cover and simmer about 1½ hours or till beans are tender. Drain; cover and chill.

In an electric slow crockery cooker combine beans, chicken pieces, tomato juice, celery, carrot, onion, garlic, bay leaf, bouillon granules, basil, oregano, sage, and paprika. Cover and cook on low-heat setting for 8 to 10 hours. Remove and discard bay leaf. Serves 4.

Nutrition information per serving: 249 cal., 28 g pro., 20 g carbo., 6 g fat, 67 mg chol., 190 mg sodium. U.S. RDA: 44% vit. A, 16% vit. C, 15% thiamine, 12% riboflavin, 40% niacin, 19% iron.

ORANGE-PARSLEY VINAIGRETTE

This citrus dressing gives the simplest tossed salad extraordinary flavor—

3 tablespoons olive *or* salad oil
1 teaspoon finely shredded orange peel
3 tablespoons orange juice
2 tablespoons finely snipped parsley
1 tablespoon vinegar
¼ teaspoon dried marjoram, crushed
Dash pepper

In a small screw-top jar combine all ingredients. Cover; shake well to mix. Chill. Shake again just before using. Makes about ½ cup (4 servings).

Nutrition information per 2 tablespoons: 97 cal., 0 g pro., 2 g carbo., 10 g fat, 0 mg chol., 1 mg sodium. U.S. RDA: 14% vit. C.

FRUIT COMPOTE

It tastes sweet, but no sugar! This recipe takes advantage of the natural sweetness in fruit—

1 cup sliced fresh *or* frozen strawberries
½ cup fresh *or* frozen blueberries
½ cup fresh *or* frozen peach slices, halved
¼ teaspoon finely shredded orange peel
1 cup orange-pineapple juice *or* orange juice
Toasted coconut (optional)

In a large mixing bowl combine fruits, orange peel, and juice. Divide fruit-juice mixture evenly among four 1-cup freezer containers. Seal, label, and freeze. Before serving, let stand at room temperature about 3 hours or till thawed. Or, thaw in the refrigerator for 6 to 8 hours. Sprinkle with toasted coconut. Makes 4 servings.

Nutrition information per serving: 59 cal., 1 g pro., 14 g carbo., 0 g fat, 0 mg cholesterol, 2 mg sodium. U.S. RDA: 82% vit. C.

LADDER COFFEE CAKE

This recipe makes two coffee cakes. Wrap and freeze one coffee cake for a later treat—

2 to 2½ cups all-purpose flour
2 tablespoons unsalted sunflower nuts, chopped
1 package active dry yeast
½ cup skim milk
3 tablespoons sugar
3 tablespoons margarine *or* butter
2 egg whites
½ teaspoon finely shredded orange peel
Nonstick spray coating
½ cup low-calorie orange marmalade

In a large mixer bowl combine *1 cup* of the flour, sunflower nuts, and yeast. In a small saucepan heat milk, sugar, margarine, and ¼ teaspoon *salt* just till warm (115° to 120°), stirring constantly. Add to flour mixture; add egg whites and peel. Beat with an electric mixer on low speed for ½ minute. Beat on high speed for 3 minutes. Using a spoon, stir in as much of the remaining flour as you can.

On a floured surface, knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape into a ball. Place in a lightly greased bowl and turn once to grease surface. Cover and let rise in a warm place till double (about 45 minutes). Punch down. Cover and let rest for 10 minutes. Divide dough in half.

Spray a baking sheet with nonstick coating. On the baking sheet roll *half* of the dough into a 10-inch square. Spread *half* of the marmalade down the center third of the dough. With kitchen shears, snip sides toward center into strips 1 inch wide and 3 inches long. Fold strips over marmalade, alternating sides in a V-shape pattern. Repeat with the remaining dough and marmalade. Cover and let rise till nearly double (30 to 40 minutes). Bake in a 350° oven for 20 to 25 minutes or till golden. Cool completely. Makes 2 coffee cakes (12 servings).

Nutrition information per serving: 145 cal., 4 g pro., 24 g carbo., 4 g fat, 0 mg chol., 93 mg sodium. U.S. RDA: 12% thiamine.

HARVEST POT PIE

The bulk of the protein comes from the Monterey Jack and cottage cheeses—

1½ cups sliced and halved zucchini
1 cup sliced fresh mushrooms
1 small parsnip, peeled and cubed
1 cup frozen whole kernel corn
¾ cup chopped green pepper
1 clove garlic, minced
1 cup frozen peas
1 8-ounce can sodium-reduced tomato sauce
1 teaspoon sugar
1 teaspoon dried oregano, crushed
1 teaspoon chili powder
½ teaspoon dried basil, crushed
2 cups shredded Monterey Jack cheese (8 ounces)
1 tablespoon all-purpose flour
2 tablespoons shortening
½ cup all-purpose flour
⅓ cup cream-style cottage cheese, sieved

In a large saucepan cook zucchini, mushrooms, parsnip, corn, green pepper, and garlic, covered, in a small amount of boiling water about 4 minutes or till parsnip is crisp-tender; drain.

Stir in peas, tomato sauce, sugar, oregano, chili powder, and basil. Bring to boiling; reduce heat. Simmer, uncovered, for 2 minutes. Toss Monterey Jack cheese with 1 tablespoon flour; stir into vegetable mixture. Spoon mixture into an 8x1½-inch round baking dish or a 1½-quart casserole.

For pastry, cut shortening into the ½ cup flour till pieces are the size of small peas. Add cottage cheese; stir with a fork till moistened. If necessary, stir in a little water. Form dough into a ball. On a lightly floured surface roll dough into an 8-inch circle. Cut into 6 wedges; prick with a fork. Arrange pastry wedges on top of the hot vegetable mixture. Bake in a 375° oven for 25 to 30 minutes or till pastry is light brown. Makes 6 servings.

Nutrition information per serving: 276 cal., 17 g pro., 27 g carbo., 12 g fat, 22 mg chol., 301 mg sodium. U.S. RDA: 41% vit. A, 99% vit. C, 17% thiamine, 21% riboflavin, 15% niacin, 32% calcium, 16% iron.

PARMESAN FISH FILLETS

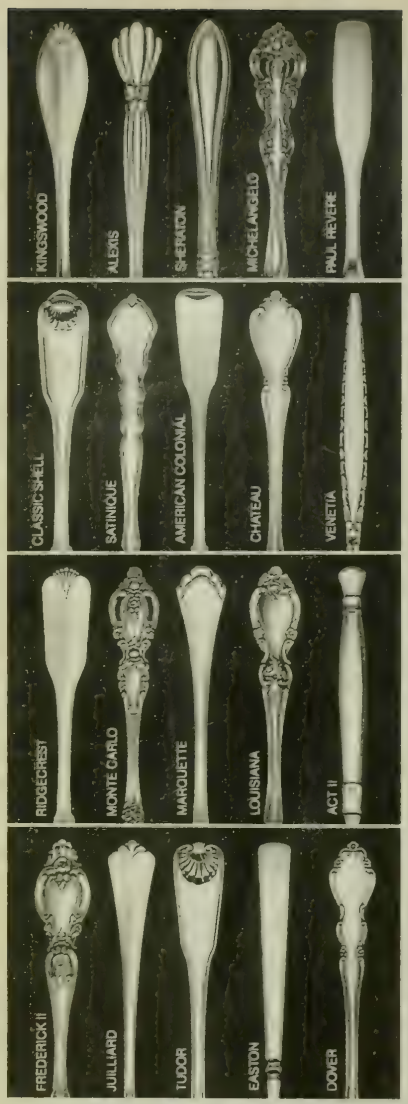
Individual frozen fish fillets work great because they're easy to handle—

4 fresh *or* frozen fish fillets (1 pound total)
1 beaten egg white
2 tablespoons water
½ cup finely crushed sodium-reduced wheat wafers
3 tablespoons grated Parmesan cheese
2 tablespoons finely snipped parsley
Nonstick spray coating

Thaw fish, if frozen. Pat dry with paper towels. In a small mixing bowl stir together egg white and water.

In another mixing bowl stir together the crushed wafers, Parmesan cheese, and snipped parsley. Dip fish into egg-white mixture, then into cracker mixture to coat. Spray a large skillet with nonstick coating. Preheat a skillet on

continued



Stainless sample 50¢

Oneida Sample Center
P.O. Box 9777, New Brighton, MN 55197

Beautiful beginnings start with Oneida Stainless. I enclose $.50 plus $.25 postage and handling for each stainless teaspoon ordered. Offer limited up to three spoons, one spoon per pattern.

☐ ACT II ☐ ALEXIS ☐ AMERICAN COLONIAL ☐ CHATEAU ☐ CLASSIC SHELL ☐ DOVER ☐ EASTON ☐ FREDERICK II ☐ JUILLIARD ☐ KINGSWOOD ☐ LOUISIANA ☐ MARQUETTE ☐ MICHELANGELO ☐ MONTE CARLO ☐ PAUL REVERE ☐ RIDGECREST ☐ SATINIQUE ☐ SHERATON ☐ TUDOR ☐ VENETIA

Name
(Please print)
Address
City
State Zip

Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 6/30/87. BG096

ONEIDA

continued

medium-high heat. Cook crumb-coated fish in the hot skillet for 6 to 8 minutes or till fish flakes easily with a fork, turning once. Makes 4 servings.

Nutrition information per serving: 179 cal., 25 g pro., 9 g carbo., 4 g fat, 63 mg chol., 249 mg sodium. U.S. RDA: 10% thiamine, 10% riboflavin, 16% niacin, 13% calcium.

BRANDIED BEEF

For easy slicing, partially freeze the beef for 45 to 60 minutes—

1 pound boneless beef round steak, cut ½ to ¾ inch thick
⅓ cup water
¼ cup brandy *or* apple juice
2 tablespoons vinegar
1 clove garlic, minced
¼ teaspoon dried dillweed
⅛ teaspoon ground allspice
⅛ teaspoon coarsely ground pepper

• • •

2 large carrots, bias sliced
1 9-ounce package frozen French-style green beans
1 medium onion, cut into wedges
2 teaspoons cornstarch
¼ teaspoon instant beef bouillon granules

• • •

Nonstick spray coating
2 teaspoons cooking oil
Pepper (optional)

Partially freeze beef; bias-slice into thin bite-size strips. Place meat in a plastic bag; set in a bowl. For marinade, in a small mixing bowl stir together water, brandy or apple juice, vinegar, garlic, dillweed, allspice, and pepper; pour over meat in bag. Close bag. Marinate meat in the refrigerator for several hours or overnight, turning bag occasionally. Drain meat, reserving marinade.

In a medium saucepan combine carrots, beans, and onion. Add ½ cup *water.* Bring to boiling; reduce heat. Simmer, covered, about 8 minutes or till vegetables are crisp-tender; stir to separate beans. Drain; keep warm.

For sauce, in a small mixing bowl stir together cornstarch and ¼ cup cold *water.* Stir in reserved marinade and bouillon granules. Set aside.

Pat meat dry with paper towels. Spray a wok or 10-inch skillet with nonstick coating. Preheat over high heat till a drop of water sizzles. Stir-fry *half* of the beef for 2 to 3 minutes or till done. Remove beef. Add oil, if necessary. Stir-fry remaining beef for 2 to 3 minutes or till done. Return all beef to the skillet.

Stir sauce; add to the wok or skillet. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more.

To serve, arrange vegetables on a serving platter; spoon meat mixture atop. Sprinkle with pepper. Makes 4 servings.

Nutrition information per serving: 228 cal., 23 g pro., 11 g carbo., 7 g fat, 61 mg chol., 101 mg sodium. U.S. RDA: 86% vit. A, 13% vit. C, 14% riboflavin, 23% niacin, 19% iron.

CURRIED PORK STEW

Leave the potato peel on! Less work for you, plus added nutrients in the layer right under the skin—

½ pound lean boneless pork, cut into ¾-inch cubes
½ cup chopped onion
1 clove garlic, minced
2 teaspoons curry powder
1 16-ounce can tomatoes, cut up
2 medium carrots, cut into ¼-inch slices
2 medium potatoes, cut into bite-size pieces (2⅓ cups)
2 tablespoons raisins
1 tablespoon quick-cooking tapioca
1 large apple, cored and cut into thin wedges
2 tablespoons snipped parsley
¼ cup unsalted peanuts

In a skillet cook meat, onion, garlic, and curry powder over medium-high heat till onion is tender and meat is brown. In a 2-quart casserole stir together *undrained* tomatoes, carrots, potatoes, ¼ cup *water,* raisins, and tapioca. Add meat mixture; mix well. Cover and bake in a 350° oven for 50 to 60 minutes or till meat and vegetables are nearly tender. Stir in apple and parsley. Return to oven; bake, covered, about 15 minutes more or till meat and vegetables are tender. To serve, sprinkle with peanuts. Makes 4 servings.

Nutrition information per serving: 289 cal., 17 g pro., 37 g carbo., 10 g fat, 33 mg chol., 195 mg sodium. U.S. RDA: 104% vit. A, 71% vit. C, 27% thiamine, 13% riboflavin, 30% niacin, 15% iron.

PINEAPPLE SHERBET

Because sherbet is made from milk (not heavy cream), it's naturally lower in fat than ice cream. Shave calories even more; make it with skim milk instead of whole milk—

3 cups skim milk
1 15¼-ounce can crushed pineapple (juice pack)
¾ cup evaporated skim milk
1 6-ounce can pineapple juice concentrate, thawed
⅓ cup sugar
½ teaspoon vanilla
Mint sprigs (optional)

In a large mixing bowl stir together skim milk, *undrained* pineapple, evaporated milk, pineapple juice concentrate, sugar, and vanilla. Stir till sugar dissolves.

Freeze in a 4- or 5-quart ice-cream freezer according to manufacturer's directions. Serve scoops in dessert dishes. Garnish with mint sprigs. Makes 7½ cups (15 servings).

continued

When cholesterol is the heart of the matter . . .

PAM® & SCRAMBLERS® ARE THE DELICIOUS CHOICE!

Yes . . . you can still have a delicious farm-fresh breakfast. Even if you are watching what you eat.

Try PAM or Butter Flavor PAM Cooking Spray and Scramblers, cholesterol-free egg product from Morningstar Farms. PAM is made from nature's soybean. It lets Scramblers' farm-fresh egg flavor come through. Get ready for taste so delicious you'll never miss the calories, fat or cholesterol.

But don't stop with scrambled eggs. Pair up PAM and Scramblers in anything you make or bake with whole eggs . . . cakes and cookies, crepes and quiches. Or try our great new blueberry muffin recipe!

When it comes to good eating, count on PAM and Scramblers. Delicious nutrition without all the calories and cholesterol.

CHOLESTEROL-FREE BLUEBERRY MUFFINS

- 2 cups sifted flour
- 3 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup skim milk
- 1 carton (½ cup) Morningstar Farms Scramblers®
- ¼ cup polyunsaturated oil
- ½ cup whole frozen blueberries
- Butter Flavor PAM Cooking Spray®

Combine and sift flour, sugar, baking powder and salt into a bowl. Combine milk, Scramblers and oil. Beat with a rotary beater until well mixed. Make a well in center of dry ingredients; pour liquids into well. Stir just until dry ingredients are moistened. Fold blueberries into batter until they are evenly distributed. Spray muffin cups with Butter Flavor PAM Cooking Spray. Fill muffin cups ⅔ full. Bake at 400°F 20 minutes, until done. Remove from cups. Serve hot. Yields 12 medium muffins.



MANUFACTURERS COUPON

SAVE 20¢

ON ANY SIZE PAM OR BUTTER FLAVOR PAM® COOKING SPRAY

DEALER: We will redeem this coupon for the face value plus 8¢ handling provided you have redeemed it with the purchase of product specified. Void if taxed, restricted or prohibited by law. Cash value 1/20¢. Limit one coupon per purchase. Mail coupon to Boyle-Midway Division, P.O. Box 4027, El Paso, TX 79975

LIMIT ONE COUPON PER PURCHASE
Expires: December 31, 1986

5 62338 31020 1



MANUFACTURERS COUPON

SAVE 20¢

SCRAMBLERS® Cholesterol-Free Egg Product
In the frozen breakfast section

DEALER: This coupon will be redeemed for face value plus 8¢ handling, provided you can show upon request invoices proving purchase of sufficient stock to cover coupons presented for redemption. Good only on the purchase of one carton of Morningstar Farms Scramblers. Customers must pay any sales tax. Offer valid only in U.S.A. Void if copied, taxed, restricted or forbidden by law. This coupon is nonassignable. Cash value 1/20¢. Mail coupon to Worthington Foods, Inc., P.O. Box 750011, El Paso, TX 79973.

LIMIT ONE COUPON PER PURCHASE
Expires: December 31, 1986

28987 100509

continued

Nutrition information per ½-cup serving: 81 cal., 3 g pro., 18 g carbo., 0 g fat, 1 mg chol., 40 mg sodium. U.S. RDA: 14% vit. C, 11% calcium.

ORANGE SHERBET

This sherbet is sweetened with orange marmalade—

1 envelope unflavored gelatin
¼ cup cold water
½ of a 6-ounce can (⅓ cup) frozen orange juice concentrate, thawed
½ cup orange marmalade
2 8-ounce cartons vanilla low-fat yogurt

In a small saucepan soften gelatin in cold water. Let stand for 5 minutes. Cook and stir till gelatin is dissolved. Stir in orange juice concentrate. Remove from heat. Stir in marmalade. Stir in yogurt. Turn yogurt mixture into a 9x9x2-inch baking pan; cover and freeze about 3 hours or till firm. With a fork break frozen mixture into chunks; place in a large chilled mixer bowl. Beat with an electric mixer on medium speed till fluffy. Return to pan. Cover and freeze for at least 2 hours or till firm. Serve scoops in dessert dishes. Makes 4 cups.

Nutrition information per ½-cup serving: 91 cal., 4 g pro., 18 g carbo., 1 g fat, 3 mg chol., 38 mg sodium. U.S. RDA: 25% vit. C, 10% calcium.

BULGUR-STUFFED SALMON STEAKS

4 fresh *or* frozen salmon *or* halibut steaks, cut 1 inch thick (1¼ to 1½ pounds total)
1 cup bulgur
2 cups hot water
¼ cup snipped parsley
2 tablespoons sliced green onion
1 teaspoon ground coriander
⅛ teaspoon salt
⅛ teaspoon pepper
2 tablespoons margarine *or* butter, melted
1 tablespoon lemon juice
Wilted romaine (optional)
Strips of lemon peel (optional)

Thaw fish, if frozen. Pat dry with paper towels. Combine bulgur and water. Let stand for 30 minutes; drain well. Combine bulgur, parsley, green onion, coriander, salt, and pepper; set aside. Stir together melted margarine and lemon juice. Reserve *1 tablespoon* of the margarine mixture. Add remaining margarine mixture to bulgur mixture; toss to coat. Spoon *half* of the bulgur mixture onto the bottom of a 3-quart casserole. Place fish on top of mixture in casserole. Spoon remaining bulgur mixture into the center cavity of each fish steak. Cover loosely with foil. Bake in a 375° oven for 15 minutes; brush fish with remaining margarine mixture. Continue baking, covered, for 5 to 10 minutes more or till fish flakes easily with a fork. Serve with wilted romaine and lemon peel. Serves 4.

Nutrition information per serving: 496 cal., 31 g pro., 29 g carbo., 28 g fat, 85 mg chol., 201 mg sodium. U.S. RDA: 20% vit. A, 16% vit. C, 16% thiamine, 22% riboflavin, 24% calcium, 18% iron.

PEACH SMOOTHIE

1 8½-ounce can peach slices (juice pack), chilled
¼ cup nonfat dry milk powder
1 teaspoon vanilla
Dash ground nutmeg
2 ice cubes

In a blender container combine *undrained* peach slices, dry milk powder, vanilla, and nutmeg. Cover and blend till smooth. Add ice cubes. Cover and blend till combined. Serves 1.

Nutrition information per serving: 200 cal., 11 g pro., 41 g carbo., 0 g fat, 5 mg chol., 152 mg sodium. U.S. RDA: 31% vit. A, 17% vit. C, 29% riboflavin, 33% calcium.

DILLED POTATO SALAD

1 small potato, unpeeled and cubed (½ cup) *or* 2 whole tiny new potatoes
¼ cup chopped cucumber
2 radishes, sliced
2 tablespoons chopped sweet green *or* red pepper
2 tablespoons plain low-fat yogurt
1 teaspoon vinegar
⅛ teaspoon dried dillweed
Dash salt
Dash pepper
Cucumber slices (optional)

Cook potatoes in boiling water for 8 to 10 minutes or till tender. Drain. In a small mixing bowl combine potatoes, the chopped cucumber, radishes, and green pepper. Combine yogurt, vinegar, dillweed, salt, and pepper; add to potato mixture and toss to coat. Cover and chill at least 1 hour. Spoon mixture onto a salad plate ringed with cucumber slices. Makes 1 serving.

Nutrition information per serving: 106 cal., 4 g pro., 22 g carbo., 1 g fat, 2 mg chol., 162 mg sodium. U.S. RDA: 77% vit. C.

CIDER-TURKEY SOUP

¾ cup apple cider *or* apple juice
3 tablespoons sliced green onion
½ teaspoon grated gingerroot *or* ⅛ teapoon ground ginger
⅛ teaspoon salt
⅛ teaspoon dried basil, crushed
Dash pepper
⅔ cup cubed cooked turkey
¼ cup shredded zucchini
¼ cup shredded carrot
⅛ teaspoon finely shredded orange peel

In a small saucepan combine cider or juice, ¼ cup *water*, green onion, gingerroot, salt, basil, and pepper. Bring to boiling; reduce heat. Cover and simmer for 5 minutes. Add turkey, zucchini, carrot, and orange peel. Return to boiling; reduce heat. Cover and simmer for 3 to 5 minutes more or till heated through. Makes 1 serving.

Nutrition information per serving: 275 cal., 29 g pro., 28 g carbo., 5 g fat, 72 mg chol., 354 mg sodium. U.S. RDA: 64% vit. A, 149% vit. C, 14% riboflavin, 29% niacin, 16% iron.

BARBECUED BEEF ON LETTUCE

Try it with a dollop of cool and creamy low-fat yogurt—

4 ounces lean ground beef
2 tablespoons chopped onion
⅓ cup water
1 tablespoon tomato paste
1 teaspoon red wine vinegar *or* vinegar
¼ teaspoon sugar
¼ teaspoon chili powder
⅛ teaspoon celery seed
Dash Worcestershire sauce
1 cup shredded lettuce

In a small skillet cook beef and onion till beef is brown and onion is tender. Drain off fat. Stir in water, tomato paste, vinegar, sugar, chili powder, celery seed, and Worcestershire sauce. Bring to boiling; reduce heat. Simmer, uncovered, for 8 to 10 minutes or to desired consistency. Place shredded lettuce on a serving plate. Top with the meat mixture. Makes 1 serving.

Nutrition information per serving: 224 cal., 25 g pro., 8 g carbo., 10 g fat, 80 mg chol., 205 mg sodium. U.S. RDA: 20% vit. A, 23% vit. C, 10% thiamine, 14% riboflavin, 29% niacin, 23% iron.

MELON SALAD DESSERT

Enjoy it as a salad or dessert—

½ of a small cantaloupe
1 tablespoon plain low-fat yogurt
1 tablespoon frozen whipped dessert topping, thawed
Pinch dried mint
1 tablespoon sliced celery
1 tablespoon chopped walnuts
Leaf lettuce

Remove seeds from the cantaloupe. With a melon ball cutter, scoop cantaloupe into balls. With a spoon carefully scoop any remaining cantaloupe from the shell and cut into bite-size pieces; reserve the pieces for another use. Reserve the shell. In a small mixing bowl combine yogurt, dessert topping, and mint. Stir till combined. Add cantaloupe balls, celery, and walnuts. Toss to coat. Line the cantaloupe shell with lettuce. Spoon the cantaloupe mixture into the shell. Makes 1 serving.

Nutrition information per serving: 137 cal., 4 g pro., 18 g carbo., 7 g fat, 1 mg chol., 36 mg sodium. U.S. RDA: 108% vit. A, 117% vit. C.

continued



"Mark, if you'd quit staring at the page
I could start making the pasta salad with Miracle Whip.®"

Only the tang, the zip of MIRACLE WHIP Salad Dressing could make a pasta salad that bursts with this much color and creamy taste.

It's a summertime favorite made extra special. So make extra today!

Garden Pasta Salad

(Main Dish)

- 1 cup MIRACLE WHIP Salad Dressing
- ¼ cup chopped parsley
- 1 tsp. dried basil leaves, crushed
- 1 garlic clove, minced
- 1 8-oz. pkg. J.L. KRAFT SELECT Mild Natural Cheddar Cheese, cubed
- 2 cups broccoli flowerets, cooked
- 1 cup (4 oz.) tri-color corkscrew noodles, cooked, drained
- 2 medium tomatoes, cut into thin wedges
- ½ cup chopped walnuts (optional)

Combine salad dressing, parsley, basil and garlic; mix well. Add cheese, broccoli and noodles; mix lightly. Chill. Arrange tomatoes on platter; top with salad. Sprinkle with walnuts. 6 servings



© 1986 Kraft, Inc.

continued

COCOA MACAROONS

Nonstick spray coating
2 egg whites
½ teaspoon vanilla
⅔ cup sugar
2 tablespoons unsweetened cocoa powder
½ cup finely chopped pecans

Spray a cookie sheet with nonstick spray coating. Set aside. In a small mixer bowl beat egg whites and vanilla with an electric mixer on medium speed till soft peaks form (tips curl). Combine sugar and cocoa powder; gradually add to egg white mixture, beating on high speed till stiff peaks form and sugar is dissolved. Fold in pecans. Drop from a teaspoon 1½ inches apart onto the prepared cookie sheet. Bake in a 325° oven about 20 minutes or till done. Remove; cool on wire racks. Makes 24 cookies.

Nutrition information per cookie: 40 cal., 0 g pro., 6 g carbo., 2 g fat, 0 mg chol., 8 mg sodium.

TRITICALE AND OATMEAL COOKIES

Nonstick spray coating
¾ cup quick-cooking rolled oats
½ cup all-purpose flour
½ cup triticale flour
1 teaspoon finely shredded orange peel
½ teaspoon baking soda
½ cup margarine *or* butter
½ cup packed brown sugar
1 egg
¼ cup raisins

Spray 2 cookie sheets with nonstick spray coating. Set aside. In a medium mixing bowl stir together oats, flours, orange peel, and baking soda. Set aside.

In a large mixer bowl beat margarine or butter with an electric mixer on medium speed for 30 seconds. Add sugar; beat till fluffy. Add egg; beat well. Stir in the flour mixture. Stir in raisins. Drop from a teaspoon 2 inches apart onto the prepared cookie sheets. Bake in a 350° oven for 8 to 10 minutes or till done. Let cool on the cookie sheets 1 minute. Remove. Cool on wire racks. Makes 24 cookies.

Nutrition information per cookie: 87 cal., 1 g pro., 11 g carbo., 4 g fat, 11 mg chol., 74 mg sodium.

CRANBERRY-ORANGE DIP

1 8-ounce carton lemon *or* orange low-fat yogurt
½ cup cranberry-orange relish
¼ teaspoon ground nutmeg
¼ teaspoon ground ginger
1 medium apple
1 medium nectarine
Lemon juice
2 cups seedless grapes (optional)
1 cup fresh pineapple cut into chunks *or* one 8¼-ounce can pineapple chunks, drained (optional)

In a small mixing bowl stir together yogurt, relish, nutmeg, and ginger. Cover and chill. Just before serving, core apple and remove pit from nectarine. Slice apple and nectarine; brush with lemon juice. Serve dip with apple slices, nectarine slices, grapes, and pineapple chunks. Makes 1¼ cups dip.

Nutrition information per tablespoon: 43 cal., 0 g pro., 10 g carbo., 0 g fat, 0 mg chol., 9 mg sodium.

THICK FRUIT MILK SHAKES

1 cup skim milk
2 medium bananas, peeled, cut up, and frozen
1 cup chopped fresh or frozen peaches *or* strawberries *or* 1 cup fresh *or* frozen blueberries
½ cup low-fat cream-style cottage cheese
1 tablespoon honey
5 large ice cubes

In a blender container or food processor bowl combine milk, fruits, cottage cheese, and honey. Cover and blend, gradually adding the ice, till smooth. Makes 4 servings.

Nutrition information per 1-cup serving: 141 cal., 7 g pro., 28 g carbo., 1 g fat, 4 mg chol., 155 mg sodium. U.S. RDA: 15% vit. C, 14% riboflavin, 12% calcium.

NIFTY NACHOS

Each ounce of purchased tortilla chips contains 6.2 grams fat, compared to 1 gram fat in these homemade tortilla wedges—



Nifty Nachos, a quick, low-fat snack.

5 8-inch flour tortillas
2 medium tomatoes, peeled, seeded, and chopped
1 4-ounce can diced green chili peppers, drained
½ teaspoon chili powder
Several dashes bottled hot pepper sauce
1 cup shredded mozzarella cheese (4 ounces)

Stack tortillas and cut the whole stack into 8 wedges to make 40 wedges total. Spread evenly in a single layer on 2 medium baking sheets. Bake in a 375° oven for 10 to 15 minutes or till wedges are dry and crisp.

Meanwhile, in a small mixing bowl stir together tomatoes, chili peppers, chili powder, and hot pepper sauce. Spoon tomato mixture over wedges; top with cheese.

Broil, 1 baking sheet at a time, 4 to 5 inches from heat about 1½ minutes or till cheese is melted. Slide onto a serving platter. Serve at once. Makes 8 servings.

Nutrition information per serving (5 nachos): 95 cal., 5 g pro., 12 g carbo., 3 g fat, 8 mg chol., 77 mg sodium. U.S. RDA: 51% vit. C, 15% calcium.

ORANGE-WHEAT CRACKERS

These tasty wheat crackers have about half the calories and a third of the sodium of graham crackers, their off-the-shelf counterpart—



Serve Orange-Wheat Crackers with a low-calorie fruit spread.

1 cup all-purpose flour
1 cup whole wheat *or* rye flour
¼ cup packed brown sugar
2 teaspoons baking powder
1 teaspoon finely shredded orange peel
⅛ teaspoon salt
½ cup margarine *or* butter
⅔ cup orange juice

In a medium mixing bowl stir together all-purpose flour, whole wheat or rye flour, sugar, baking powder, orange peel, and salt. Using a pastry blender, cut in margarine or butter till mixture resembles coarse crumbs.

Stir in orange juice, 1 tablespoon at a time, till mixture is moistened. Form into a ball.

On a well-floured surface roll dough, half at a time, to 1/16 inch thick. Use a floured 2½-inch fluted round cookie cutter to cut crackers. Prick *each* several times with a fork. Place on an ungreased baking sheet. Bake in a 350° oven 12 to 15 minutes or till golden. Makes 72 crackers.

Nutrition information per cracker: 36 cal., 0 g pro., 5 g carbo., 2 g fat, 0 mg chol., 36 mg sodium.



touffer's calls it The California Jade.

From the floor of the San Joaquin Valley, mid-way between the Sierra vadas and the Pacific Ocean, comes an incomparable green pepper. uffer's® calls it The California Jade. Block-shaped and a bit squat, it splits o crisp halves of firm texture and unvarying flavor. Certainly, one of our st cherished bell peppers.

Now you know **one** of the reasons why Stouffer's baked, Stuffed Green ppers are as good as can be.

Stouffer's.
As good as can be.



touffer Foods
tion



The taste that overturned the pastry crust tradition!

A Keebler® Graham Cracker Ready-Crust® pie crust adds a lightly sweet taste to baked apple pie you just can't get from a pastry crust. Try this recipe. It just might turn your pie-making traditions upside down!

DUTCH APPLE PIE

- 1 Keebler® Graham Cracker Ready-Crust® pie crust
- 1 large egg yolk, slightly beaten
- 5-1/2 cups sliced, cored, peeled cooking apples
- 1 tablespoon lemon juice*
- 1/2 cup sugar
- 1/4 cup light brown sugar, firmly packed
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3/4 cup all-purpose flour
- 1/4 cup sugar
- 1/4 cup light brown sugar, firmly packed
- 1/3 cup butter or margarine, at room temperature

*Omit lemon juice if apples are very tart.

Preheat oven to 375°F. Brush bottom and sides of crust evenly with egg yolk; bake on baking sheet until light brown, about 5 minutes. Remove crust from oven. Combine sliced apples, lemon juice, ½ cup sugar, ¼ cup brown sugar, 3 tablespoons flour, salt, cinnamon and nutmeg. Mix well and spoon into crust. Mix remaining flour, sugar, brown sugar and butter with fork or pastry blender until crumbly. Sprinkle topping mixture evenly over apples. Bake on baking sheet until topping is golden and filling is bubbling, about 50 minutes. Cool on wire rack. Serve at room temperature. Serves 8.



LOOK FOR READY-CRUST IN THE BAKING-NEEDS AISLE.

© 1986 Keebler Company. Ready-Crust® is a registered trademark of the Johnston's Ready-Crust Company.

Get the new Keebler® Ready-Crust® Recipe Book with 100 delicious pie recipes. Send your name, address and $2.50 to: Ready-Crust Recipe Book, P.O. Box 2375, Libertyville, IL 60198. Allow 4 to 6 weeks for delivery. Offer expires Dec. 31, 1987.

WIN MONEY FOR YOUR RECIPES

This Month's Winners, Pages 127-128

PRIZE TESTED RECIPES

THIS MONTH'S CATEGORIES

Party Punches
Peanut Butter Treats

Have you created a crowd-size beverage that's perfect for springtime thirst quenching? What one-of-a-kind snack do you make with the all-time favorite food, peanut butter? Send us your recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Recipes will be pictured on the Prize Tested Recipe pages next April. Winners also receive a framed Certificate of Endorsement and six copies of their recipe.

HINTS TO HELP YOU

Party Punches: Your original drink recipe might start with a homemade powder base or be chock-ful of fruits, spices, and beverages. **Hints: sensational peach-berry cooler, creamy bridal punch, frothy yogurt refresher.**

Peanut Butter Treats: What tummy-pleasing snack do you make with peanut butter? Your unique recipe can be a candy, cookie, cake, ice-cream treat, or cracker snack. Can your recipe be made in a just a few minutes? **Tips: peanut butter granola muffins, PB&J sundaes, peanutty sesame drop cookies, peanut butter brickle bars.**

WINNERS IN THIS ISSUE

(See recipes on pages 127 and 128.)

Cooks of the Month

Vera DeMarco, Upper Marlboro, Md.
Barbara Ho, Milford, Conn.

Runners-Up

Peggy A. Leonard, Glenwood Springs, Colo.
Clara Lou Baker, Oklahoma City, Okla.

Honor Roll

Charlotte Anderson, Concord, Mass.; Nancy Colasauti Cersonsky, Long Beach, Calif.; Mrs. Mary M. Hoppe, Kitty Hawk, N.C.; Sue Kriegshauser, St. Louis, Mo.; Cheryl A. May, Longmont, Colo.; Lorraine G. Wadley, Oakland, Miss.

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "April Party Punches" or "April Peanut Butter Treats." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, September 30, 1986. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8704 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation.



A quick cooking lesson.



Sautéing and stir-frying are a breeze with Squeeze™ Parkay margarine. It's easier to cook with than Parkay stick margarine, but every bit as good. Every bit as delicious. Because it's every bit the same, only more convenient. It's the quick way to add that great Parkay stick flavor to all your favorite foods. End of lesson.

Pick the *quick* stick margarine.

KRAFT ©1986 Kraft, Inc.

WIN MONEY FOR YOUR RECIPES
See Page 125 For Details

KITCHEN™
PRIZE
TESTED
RECIPES

Off-the-Shelf Main Dishes



File under Eggs & Cheese

$100 WINNER *Vera DeMarco, Upper Marlboro, Md.*

Oriental Tetrazzini

Vera gave her favorite Italian tetrazzini recipe an Oriental flair to create this tasty entrée—

- 1 16-ounce package loose-pack frozen mixed broccoli, red pepper, bamboo shoots, and straw mushrooms, thawed
- 2 6-ounce packages frozen cooked shrimp, thawed
- 8 ounces Chinese wheat noodles *or* spaghetti
- ½ teaspoon sesame oil
- 1 10¾-ounce can condensed cream of shrimp soup
- ¼ cup dry sherry
- 1 4-ounce package shredded Swiss cheese (1 cup)
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon sesame seed

Thoroughly drain thawed vegetables and shrimp. Set aside. Cook noodles or spaghetti according to package directions; drain well. In a large mixing bowl toss noodles with sesame oil. In a medium saucepan combine soup and sherry; stir in Swiss cheese. Stir over medium heat till cheese is melted. In a large mixing bowl combine drained vegetables and shrimp. Stir *½ cup* of the soup mixture into vegetable mixture; toss to coat. Toss remaining soup mixture with noodles. Arrange noodles around the edge of a 2-quart baking dish or a 12x7½x2-inch baking dish. Pour vegetable-cheese mixture into center of dish. Sprinkle with Parmesan cheese. Sprinkle sesame seed over noodles. Cover with foil; bake in a 375° oven for 40 minutes. Uncover; bake 5 to 10 minutes more or till heated through and vegetables are crisp-tender. Makes 6 servings.

BETTER HOMES AND GARDENS TEST KITCHEN™
PRIZE
TESTED
RECIPES

Finger Foods



File under Appetizers

$100 WINNER *Barbara Ho, Milford, Conn.*

Curried Beef Turnovers

Make the turnovers ahead; chill and bake just before guests arrive—

- ½ pound ground beef
- ½ cup finely chopped onion
- 1 teaspoon curry powder
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- ¼ cup mashed potato
- Pastry for 2-crust pie
- 1 egg yolk
- 1 tablespoon water
- Dairy sour cream (optional)

For filling, cook beef, onion, and curry powder till beef is brown and onion is tender. Drain. Stir in sherry, soy sauce, and potato. Cool. On a lightly floured surface, roll *half* of the pastry ⅛-inch thick. Use a 3-inch scallop-edge biscuit cutter to cut circles. Reroll extra pastry to make 15 circles plus cutouts. Place *1 teaspoon* of the filling on *each* circle. Fold pastry over filling forming a half circle; crimp edges. Place on a baking sheet. Repeat with remaining pastry and filling. Combine egg yolk and water; brush over turnovers. Using a knife, make ½-inch slits in the pastry. Bake in 400° oven 18 minutes. Serve warm with sour cream. Makes 30.

Nutrition information per turnover: 79 cal., 3 g pro., 6 g carbo., 5 g fat, 14 mg chol., 117 mg sodium.





PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS
Now there are two loose-leaf Better Homes and Gardens® cookbooks! The famous red plaid *New Cook Book* has 1,251 tested recipes. The solid-red *My Recipe Collection* keeps your own recipes organized. At bookstores, or send

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Finger Foods

File under Appetizers



$50 WINNER *Peggy A. Leonard, Glenwood Springs, Colo.*

Fresh Mushroom Pâté

Enjoy mushroom flavor at its fullest in this creamy appetizer spread—

- 8 ounces fresh mushrooms, chopped
- 2 tablespoons butter *or* margarine
- 1 8-ounce package cream cheese, softened and cubed
- 1 tablespoon dry white wine
- 1 teaspoon lemon juice
- ¼ teaspoon garlic powder
- Several dashes bottled hot pepper sauce
- Sliced mushrooms (optional)
- Shredded zucchini *or* yellow summer squash (optional)
- Assorted crackers

In a large skillet cook mushrooms in butter or margarine over medium-high heat about 10 minutes or till liquid has evaporated; set aside. In a blender container or food processor bowl combine cream cheese, wine, lemon juice, garlic powder, and hot pepper sauce. Cover and blend or process till smooth. Add mushrooms; cover and blend or process till nearly smooth, scraping down sides as necessary. Mound mixture on a serving platter; chill at least 4 hours. To serve, garnish with fresh mushroom slices and zucchini or summer squash. Serve with assorted crackers. Makes 1½ cups.

Nutrition information per tablespoon pâté: 45 cal., 1 g pro., 1 g carbo., 4 g fat, 13 mg chol., 38 mg sodium.

Photographs: Scott Little

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Off-the-Shelf Main Dishes

File under Eggs and Cheese



$50 WINNER *Clara Lou Baker, Oklahoma City, Okla.*

Zippy Cheese Omelet

Clara keeps grated cheese in the freezer to make this tender and rich oven omelet—

- ½ cup picante sauce *or* salsa
- 1 cup shredded Monterey Jack cheese (4 ounces)
- 1 4-ounce package shredded cheddar cheese (1 cup)
- 6 eggs
- 1 8-ounce carton dairy sour cream
- Picante Sauce or salsa (optional)
- Tomato wedges (optional)
- Fresh cilantro (optional)

Pour the ½ cup picante sauce into the bottom of a 10-inch quiche dish or pie plate. Sprinkle cheeses over sauce. In a blender container place eggs; cover and blend till smooth. Add sour cream; cover and blend till smooth. Pour the egg mixture over cheese. Bake, uncovered, in a 350° oven for 30 to 40 minutes or till a knife inserted near the center comes out clean. Drizzle with additional picante sauce. Top with tomato wedges and cilantro. Makes 6 servings.

Nutrition information per serving: 313 cal., 17 g pro., 4 g carbo., 25 g fat, 328 mg chol., 441 mg sodium. U.S. RDA: 20% vit. A, 21% riboflavin, 36% calcium, 34% phosphorus.

Buying information, page 54.



SEAFOOD MANDARIN

1 can (11 oz.) mandarin orange sections (reserve syrup)
1½ cups liquid—combine syrup from mandarin oranges and chicken broth
½ teaspoon garlic powder
¼ teaspoon ginger
¼ teaspoon salt
½ teaspoon soy sauce
1½ cups dry MINUTE® Rice
2 tablespoons butter or margarine
1 tablespoon oil
1 small green pepper, seeded and cut into large chunks
½ cup diagonally sliced scallions (reserve greens for garnish)
1 pound codfish fillet, cut into one-inch chunks

SAUTE rice in butter until golden. ADD oil, green pepper and scallions. Saute for 2 minutes. Add fish and chicken broth mixture. Stir gently. STIR IN spices and soy sauce. Bring to a full boil. Add orange sections. Cover and remove from heat. Let stand 5 minutes. Fluff with fork. Garnish with scallion greens. Makes 4 servings.



CUISINE IN 20 MINUTES.

Easy one-pan recipes. Made simply delicious with MINUTE® Rice.

CHICKEN ITALIA

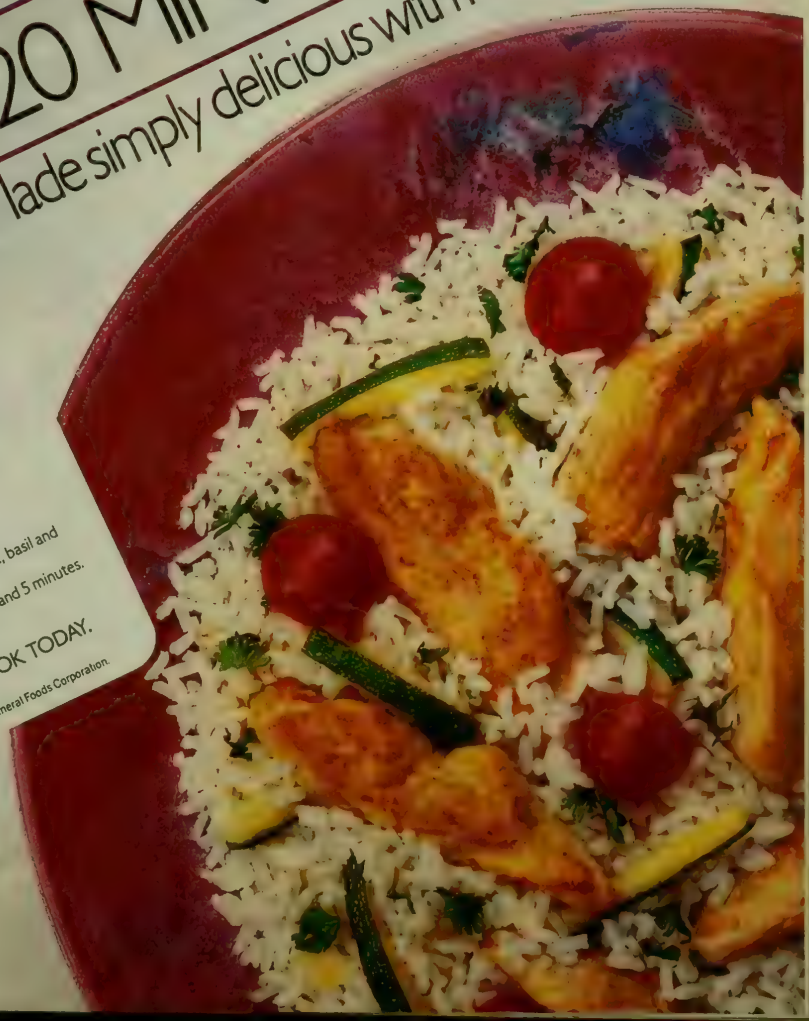
1 pound chicken breast fillets, skinned and slivered
1 medium onion, chopped
2 tablespoons butter or margarine
1 small zucchini, cut into thin strips
1 clove garlic, finely minced
1½ cups chicken broth
1 tablespoon lemon juice
½ teaspoon basil leaves
¼ teaspoon salt
Dash of pepper
1½ cups dry MINUTE® Rice
8 cherry tomatoes, halved
2 tablespoons chopped parsley

SAUTE chicken and onion in butter until well browned. ADD zucchini and garlic, and cook 1 minute. Add broth, lemon juice, basil and seasonings. Bring to a full boil. STIR IN rice. Add tomatoes. Cover and remove from heat. Let stand 5 minutes. Fluff with fork. Garnish with parsley. Makes 4 servings.

MINUTE® RICE—FITS THE WAY YOU COOK TODAY.

© 1986 General Foods Corporation. MINUTE is a registered trademark of General Foods Corporation.

GENERAL FOODS



© Philip Morr

PLAYERS LIGHTS 25's

5 free in every pack.

"I just came into a windfall."





25 of the finest for the price of 20.

Kings: 10 mg "tar," 0.8 mg nicotine—
100's: 12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC method.

Kings & 100's
Regular and Menthol

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

Mfr's. suggested pricing based on full-price brands.

NEW YORK!

By Barbara Humeston



At Rockefeller Center



Dining out, a city pleasure



From across the Brooklyn Bridge, New York City's spectacular sparkling skyline by night

Renowned Radio City Music Hall



Famous street-corner fare



AN AUTUMN ADVENTURE FOR TWO IN AMERICA'S SUPER CITY

Since the first immigrants sailed into port, this city has been bubbling with energy. Endless attractions and the marvelous mix of people along its streets nurture New York's special magic.

A new spirit also is sweeping the city as the Statue of Liberty's centennial year climaxes this month, when the President rededicates our one-woman welcoming committee. Add to this the excitement autumn ushers in—with theater marquees promising fresh hits, new exhibits at galleries and museums, a brimming performing arts calendar. New York City, like our first lady of liberty, isn't getting older, just better!

Sight-seeing strategy

The slice of the Big Apple that interests visitors most is a rectangle bound by the East and Hudson rivers, Battery Park at the island's southern tip, and 96th Street to the north. Fifth Avenue splits the city into east and west sides.

Though sight-seeing companies package New York in a zillion ways—by bus, boat, limo, helicopter—exploring on your own is the most rewarding. Divide the city into three chunks—Lower Manhattan (also called Downtown), Midtown, and Uptown. Take a taxi to a convenient location and do your sight-seeing on foot by neighborhoods.

Downtown's many faces

Lower Manhattan (roughly from Battery Park to 14th Street) is the southernmost and oldest part of the city. You still feel the presence of the past along its tangle of streets.

At Battery Park, ferries shuttle across the harbor to the Statue of Liberty. Just north stand gray canyons of the financial district, including Wall Street and the New York Stock Exchange.

From these hallowed halls of finance, you can stroll to South Street Seaport, the spiffed-up old port district. Cobblestone streets and landmark architecture in these 11 blocks harken back to New York City 150 years ago. Explore the South Street Seaport Museum's exhibits and yesteryear sailing ships. Eateries and shops abound. Don't miss Fulton Market and Pier 17, a pavilion that juts over the East River, where a parade of ships passes by.

New York's tallest building, the World Trade Center, towers on the horizon west along Fulton Street. Zip up to the sky-tickling observation deck, or enjoy a cocktail at the City Lights Bar, with Manhattan spread at your feet.

Nifty neighborhoods

The corner of Canal and Mulberry streets makes a good jumping off point

continued

PHOTOGRAPHS: TOP RIGHT AND CENTER, NEW YORK CONVENTION & VISITORS BUREAU; BOTTOM RIGHT, ©CARL PURCELL

continued

for exploring the colorful worlds of Chinatown and Little Italy.

To the south, Mott, Pell, and Mulberry streets teem with life. Restaurants with names like Hee Seung Fung Tea House, Great Shanghai, Cam Fung, and Peking Duck House pack these blocks, where locals routinely do business in Cantonese. Delicate wind chimes tinkle serenades from gift shops, next door to open markets that stock a mélange of exotic ingredients.

Cross Canal Street to the north and you're in Little Italy, which centers on Mulberry Street. Friends and neighbors exchange greetings with uninhibited Italian flair, while aromas of cappuccino and cannoli drift from sidewalk cafés. Everything Italian is served in restaurants such as Grotta Azzurra, Il Cortile, and Umberto's Clam House, where hit men once gunned down a mafioso big wheel.

The once bohemian communities of Soho and Greenwich Village have grown genteel and respectable over the years. The corner of Houston (pronounced HOUSE-ton) and West Broadway puts you within strolling range of both neighborhoods.



NEW YORK CONVENTION & VISITORS BUREAU

The glitter and glamour of Broadway

Artsy Soho is among the most fashionable communities anywhere. Historical cast-iron buildings house galleries, boutiques, gourmet restaurants, and lofts for luxury living.

Besides quaint architecture, Greenwich Village is known for its off-Broadway theaters, jazz clubs, bookstores, antiques shops, and varied restaurants.

More Downtown sights

- **TriBeCa**—among the city's newest neighborhoods being colonized by artists and musicians
- **Orchard Street**—bargain shopping stretch on the Lower East Side

Midtown's magic

The city's throbbing nerve center, Midtown (from about 14th to 65th streets), is easy to negotiate. It's laid out on a standard grid pattern: Numbered streets run east and west; avenues run north and south.

Besides major office buildings and most of the city's hotels, Midtown includes the theater district and several sights visitors consider musts: the Empire State Building, Rockefeller Center, St. Patrick's Cathedral, Radio City



Music Hall, and the United Nations.

For actors, Midtown's theater district is synonymous with making it big. Stars perform at some 40 theaters. Lavish musicals are special treats. But don't hesitate to give off-Broadway productions a whirl. Several play on Theater Row, a stretch of 42nd Street between Ninth and 10th avenues.

In Midtown, some of the world's largest department stores turn merchandising into an art. Nothing compares with Saturday shopping madness at Bloomingdale's! Within a few blocks of Broadway and Sixth Avenue clusters a fleet of famous retail chains' flagship stores, including Macy's, Lord & Taylor, and B. Altman. It's a shopper's dream—and a bill-payer's nightmare.

A hub of musical life is Lincoln Center, a mecca for the performing arts. Greats from all over share four grand halls with New York's City Ballet, Philharmonic, and Metropolitan Opera.

More Midtown sight-seeing

- **Carnegie Hall**
- **Jacob K. Javits Convention Center**—glittering new crystal palace of I. M. Pei design, with restaurants, exhibits, and riverfront walkways
- **Museum of Modern Art**
- **Skyscraping marvels (with indoor plazas and atriums)**—AT&T and IBM buildings; Citicorp and Equitable centers; Marriott's Marquis (hotel); Olympic and Trump towers
- **U.S.S. *Intrepid***—aircraft carrier turned sea, air, and space museum

BEST BUYS

- **Staten Island Ferry**—25 cents from Battery Park across New York Harbor to Staten Island
- **Theater** — half-price day-of-performance tickets at two TKTS outlets: Midtown (Broadway and 47th Street), Lower Manhattan (2 World Trade Center-mezzanine)
- **Lincoln Center** — half-price day-of-performance tickets at the Music & Dance Booth in Bryant Park (42nd Street and Sixth Avenue)

Uptown's wonders

Outstanding museums crown Fifth Avenue in this largely residential section of the city around Central Park (from about 65th to 96th Street).

At the Metropolitan Museum of Art, exhibits and collections—all on a grand scale—span ancient times to the present. You see everything from impressionist masterpieces to excellent primitive art. Don't miss the American and Egyptian wings.

Other museums near The Met include: the Guggenheim, which houses modern creations in a Frank Lloyd Wright-designed building; the Frick, which specializes in works of European greats; and the Whitney, which features American masters. Allow plenty of museum-browsing time.

More Uptown sight-seeing

- **American Museum of Natural History**
- **Columbus Avenue** — the latest bulwark of "yuppiedom," including boutiques and all types of restaurants.

continued





at Special Off-Season Rates

DISCOVER MOTORHOME RENTALS BY U-HAUL®

Imagine feeling the warmth of the winter sun–at the beach–with first-class accommodations.

Now it is possible with a motorhome rental from U-Haul. Whatever getaway you choose, you'll save with our special off-season rates.

Rent a fully-equipped, luxury appointed 26′ Aluma-Lite™ by Holiday Rambler® or a 27′ Southwind by Fleetwood® Standard features include climate control, stereo, kitchen, microwave, and full bath. Sleep up to six.

Use your imagination. Take a motorhome to the slopes and ski in style. Or tailgate party at the big football game. Make the ordinary family getaway extraordinary.

You can rent by the weekend, week, or month. Go one-way or round-trip. For total peace of mind, your motorhome is backed by the free 24-hour U-Haul road service, throughout the U.S. and Canada.

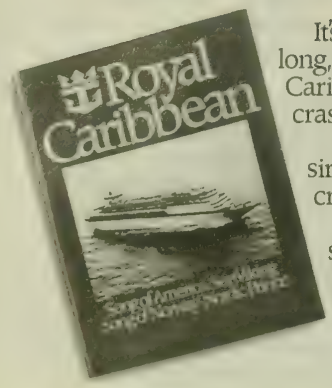
Don't delay. Reserve yours today at our special rates.

For a free, full-color brochure, call our toll-free reservation line at **1-800-821-2712** (in Arizona, call collect, 1-263-6679). Visit your U-Haul Center or write: U-Haul Motorhome Rentals, Dept. BHW, P.O. Box 21502, Phoenix, AZ 85036-1502. Or contact your travel agent.

More for your money

at your U-HAUL® Center

For A Little Romance, Take This Book To Bed.



It's 64 pages of fantasies. Fantasies like long, lazy days spent lying together on quiet Caribbean beaches. Playing together under crashing Jamaican waterfalls.

Dining together on lobster and prime sirloin, aboard one of the most beautiful cruise ships in the Caribbean.

On Royal Caribbean you can sail for seven, eight, ten or fourteen days. Just mail your coupon for a free brochure. Then, start packing. Very little.

Royal Caribbean
Ships of Norwegian Registry

Name _____

Address _____

City _____ *State* _____ *Zip* _____

For your free copy of Royal Caribbean's new cruise vacation brochure, see your travel agent. Or send this coupon to Royal Caribbean Cruise Line, P.O. Box 523317, Miami, FL 33152-9990.

61209

Introducing the Mini-Bic. So advanced, it goes where no lighter has gone before.



continued

PLANNING PARTICULARS

INFORMATION CONTACT

● ***New York Convention & Visitors Bureau, Two Columbus Circle, Dept. BHG, New York, NY 10019***

LODGINGS

Weekend packages are the best deals. Get a free *New York City Today Package Directory,* which includes weekend rates at 70 hotels, from the convention and visitors bureau.

Good Midtown hotels with weekend packages in the $100-per-night-double range: **Beverly** ($76 and $96 suites), **Doral Tuscany** ($99.50), **Golden Tulip Barbizon** ($99), **Helmsley Middletowne** ($83), **Inter-Continental New York** ($117), **Shelburne Murray Hill** ($69 studio suites).

Bed-and-breakfast lodgings run $[illegible] to $90 double (two-night minimum) with: ***New World Bed & Breakfast, 150 Fifth Ave., Suite 711, Dept. BH, New York, NY 10011 (800/443-3800, 212/675-5600 in New York State).***

RESTAURANTS

You can dine deliciously and extravagantly at a host of world-class restaurants, such as Lutèce (French), Le Bernardin (seafood), and Windows on the World (international cuisine and spectacular view). For locations and prices at some 350 restaurants, get a free *New York Restaurant Guide* from the convention and visitors bureau.

Chinatown and Little Italy are blessed with inexpensive restaurants. Following are other reasonable options:

● **Lower Manhattan — World Trade Center,** Big Kitchen; **Greenwich Village,** Caramba, Rocco's, Inc; an restaurants on East Sixth Street between First and Second avenues; **SoHo,** 5 & 10—No Exaggeration, Le Ferrandi (French Culinary Institute dining room, 212/219-3300)

● **Midtown**—Café 43, Carnegie Deli, Mont Blanc, Rosa's, The Maestro

● **Uptown**—Café Des Artistes (pre- and posttheater menu), Tavern on the Green (pretheater menu weekdays)

SPECIAL TOURS

● **Lower East Side**—***Lou Singer Tours, 130 St. Edwards St., Brooklyn, NY 11201 (718/875-9084)***

● **Harlem**—***Penny Sightseeing Co., 303 W. 42nd St., New York, NY 10036 (212/246-4220)***

Enlightened Mousse



Enjoy this cool and creamy mousse pie, with a touch of tangy orange in a crunchy graham crust. So light, so refreshing. As only Knox Gelatine can make it. Not too filling. Not too sweet. Because Knox is naturally light and has no sugar added. Knox makes eating light, easy and delicious.

Made light with Knox® Gelatine

Sunshine Orange Mousse Pie

1 envelope of Knox® Unflavored Gelatine
¼ cup cold water
1 cup (½ pt.) whipping or heavy cream, heated to boiling
1 pkg. (8 oz.) cream cheese, softened
1 can (6 oz.) frozen orange juice concentrate
¾ cup confectioners' sugar
1½ teaspoons vanilla extract
9-inch graham cracker crust

In blender, sprinkle gelatine over cold water; let stand 1 minute. Add hot cream and process at low speed until gelatine is completely dissolved, about 2 minutes. Add cream cheese, juice concentrate, sugar and vanilla; process until blended. Chill until mixture is slightly thickened, about 15 minutes. Pour into crust; chill until firm. Garnish with slices of orange, lime or other fresh fruit. Makes 8 servings.

F. Ramond™



Introducing *Nu Romantic*™

The classic elegance of frosted crystal
the contemporary flair of beveled acrylic
create a new romance–available in polished brass or chrome



Look for the F. Ramond signature of excell

FREDRICK RAMOND™

DESIGNERS & MANUFACTURERS OF ORIGINAL LIGHTING FIXTURES

Capture the unique beauty of *Nu Romantic* at these quality lighting showrooms.

BJORNER ELECTRIC-Millbrae, CA
CALIFORNIA ELEC. SY. - San Francisco, CA
EL CERRITO LIGHTING - El Cerrito, CA
GALAXY LIGHTING - Cupertino, CA
GALAXY LIGHTING - Hayward, CA
GALAXY LIGHTING - Oakland, CA
GALAXY LIGHTING - San Francisco, CA
GALAXY LIGHTING - Walnut Creek, CA
MARIN LIGHTS - San Rafael, CA
STATEWIDE LIGHTING - Concord, CA
STATEWIDE LIGHTING - Fresno, CA
STATEWIDE LIGHTING - Rohnert Park, C
STATEWIDE LIGHTING - Sunnyvale, CA

For more information on the complete line of F. Ramond products call 1-800-432-7257 operator 840

Copyright 1986 Fredrick Ramond, Inc.

MORE FROM YOUR WOK

Steamed Corned Beef Dinner, Plus Dessert!



If you can boil water, you can turn your wok into a steamer. All you need is a wire rack and recipe ideas.

The wok is one of the most versatile pieces of equipment you have in your kitchen. Instead of letting it gather dust between stir-fried meals, use it for this corned beef entrée with steamed custard for dessert.

CORNED BEEF PLATTER

A traditional favorite gets a new tangy flavor—

- 1 12-ounce can beer (optional)
- 1 3- to 4-pound corned beef brisket

• • •

- 4 potatoes, halved
- 1 small head cabbage, cut into 4 wedges (1 pound)

• • •

- ¼ cup water
- 1 tablespoon dry onion soup mix
- 1 8-ounce carton dairy sour cream *or* plain yogurt

Pour the beer and enough *boiling water* in the wok to reach 1 inch below the steamer rack. Return mixture to boiling. Place beef on the rack; add any juices and spices from the package to the liquid in the wok. Place the rack over boiling liquid. Cover and steam for 2 hours; add water as needed. Add potatoes and cabbage to the rack; cover and steam 20 minutes more. In a saucepan combine the ¼ cup water and onion soup mix; let stand for 5 minutes. Stir in sour cream or yogurt; heat through but *do not* boil. Makes 8 to 10 servings.

Nutrition information per serving: 657 cal., 31 g pro., 20 g carbo., 49 g fat, 128 mg chol., 2,376 mg sodium. U.S. RDA: 66% vit. C, 22% riboflavin, 27% iron, 31% phosphorus.



SCOTT LITTLE

Corned Beef Platter and Wok-Style Custard: Clean the wok just after steaming the corned beef. Let the dessert custards steam for 8 to 10 minutes while you eat the main dish.

WOK-STYLE CUSTARD

A caramel and nut custard to please any sweet tooth—

- 3 tablespoons caramel ice cream topping

• • •

- 3 slightly beaten eggs
- 1⅓ cups milk
- ¼ cup sugar
- 1 teaspoon vanilla

• • •

- 2 tablespoons toasted pecans

Place about *2 teaspoons* of the caramel topping in each of 4 custard cups.

In a medium mixing bowl stir together eggs, milk, sugar, and vanilla. Stir the mixture till sugar is dissolved. Divide the egg mixture evenly among the 4 custard cups; cover each cup with foil. Place rack in wok. Pour in water to ½ inch below rack. Bring water to boiling. Place filled cups on the rack. Cover; steam 8 to 10 minutes or till knife inserted near center comes out clean. Unmold and sprinkle each with *1½ teaspoons* of the pecans. Serves 4.

Nutrition information per serving: 233 cal., 8 g pro., 29 g carbo., 10 g fat, 201 mg chol., 131 mg sodium. U.S. RDA: 13% calcium, 17% phosphorus.



WHEN TO BAKE YOUR HUSBAND A CAKE.



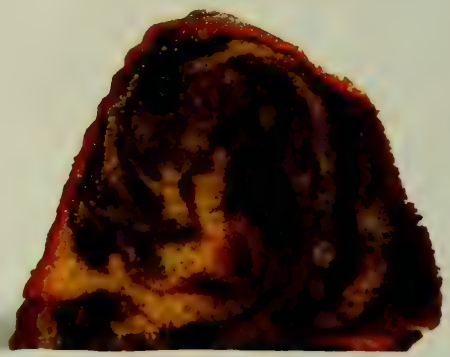
1. When he invites your obnoxious cousin Wendel to stay for the weekend.



2. When he admits that your spaghetti sauce tastes better than his mother's.



3. When he patiently waits in the car while you're trying on 32 pairs of shoes.



4. When he takes you to the movie you picked instead of the movie he picked.



5. When he gives up his Friday night poker game to take you to The Jefferson Elementary School's production of "Aida."



6. When you want to let him know that the honeymoon isn't over.

We have some terrific cake, cookie and pie recipes that we'd like to share with you.

Just send a self-addressed, stamped envelope to "Recipes," C & H Sugar Co., One California Street, Dept. B, San Francisco, CA 94111.

The booklets are free. All we ask in return is that you keep our C & H Pure Cane Sugar from Hawaii in mind when you're baking. We'd appreciate that.

C&H

MEANS YOU MADE IT YOURSELF.

Campsite Fare

When you're camping, you want stick-to-the-ribs meals that are easy to fix. These three one-pan main dishes fill the bill, and they're delicious to boot.



MIKE DIETER

MEXI-BEAN STEW

No cooler? Substitute three 4-ounce cans of Vienna sausage for the franks—

- **2 16-ounce cans navy beans**
- **1 28-ounce can tomatoes, cut up**
- **1 12-ounce package frankfurters, sliced**
- **1 cup chopped onion**
- **1 teaspoon ground cumin**
- **½ teaspoon sugar**
- **1 tablespoon cornstarch**

In a saucepan combine *undrained* beans, *undrained* tomatoes, frankfurters, onion, cumin, sugar, ½ teaspoon *salt,* and ¼ teaspoon *pepper.* Bring to boiling; reduce heat. Cover; simmer 15 minutes. Stir together cornstarch and 2 tablespoons cold *water.* Add to saucepan; cook and stir till bubbly. Cook and stir 1 minute more. Makes 6 servings.

Nutrition information per serving: 375 cal., 18 g pro., 38 g carbo., 18 g fat, 25 mg chol., 786 mg sodium. U.S. RDA: 36% vit. A, 52% vit. C, 21% thiamine, 13% riboflavin, 16% niacin, 9% calcium, 29% iron, 27% phosphorus.

CORNED-BEEF SKILLET

- **1 10¾-ounce can condensed cream of celery soup**
- **1 10¾-ounce can condensed cream of chicken soup**
- **1½ cups milk**
- **1 tablespoon minced dried onion**
- **2 teaspoons prepared mustard**
- **1 12-ounce can corned beef, cut up**
- **1 beaten egg**
- **½ of a 10-ounce package corn bread mix**



- **3 tablespoons milk**
- **2 tablespoons dried parsley flakes**

In a 10-inch skillet mix the soups, the 1½ cups milk, onion, and mustard. Stir in corned beef. Bring to boiling.

In a small mixing bowl combine egg, corn bread mix, the 3 tablespoons milk, and parsley just till mixed. Drop batter from a tablespoon in 8 mounds onto boiling mixture. Reduce heat; cover. Simmer 15 to 20 minutes. Serves 4.

Nutrition information per serving: 558 cal., 33 g pro., 43 g carbo., 28 g fat, 200 mg chol., 2,492 mg sodium. U.S. RDA: 20% vit. A, 14% thiamine, 32% riboflavin, 23% niacin, 21% calcium, 34% iron, 43% phosphorus.

HOT SAUSAGE-POTATO SALAD

- **2 16-ounce cans sliced potatoes**
- **8 ounces smoked sausage, sliced**
- **1 teaspoon minced dried onion**
- **¼ cup Italian salad dressing**
- **2 tablespoons dried parsley flakes**

In a 2-quart saucepan combine *undrained* potatoes, sausage, and onion. Bring to boiling; reduce heat. Cover; simmer 10 minutes. Drain well. Stir in salad dressing and parsley. Serves 4.

Nutrition information per serving: 386 cal., 16 g pro., 23 g carbo., 26 g fat, 40 mg chol., 1,655 mg sodium. U.S. RDA: 35% vit. C, 31% thiamine, 12% riboflavin, 23% niacin, 10% calcium, 19% iron, 15% phosphorus.



Do you know how early in life heart disease can begin?

We now know it can begin as early as childhood.

Why?
Because children, like adults, can develop high serum cholesterol levels from improper diet. And since recent medical evidence has conclusively shown elevated serum cholesterol levels can lead to heart disease, it's important that your family's total dietary plan be designed to keep those serum cholesterol levels down.
And one way to do that is to choose foods low in cholesterol and saturated fat.
Like new Promise® Spread.

Help lower your family's risk of heart disease. Choose Promise®.

As part of a total dietary plan, Promise can help lower serum cholesterol levels. It's made from sunflower oil, so it's low in saturated fat and has absolutely no cholesterol.

Your children will love the taste of Promise.

You know how hard it can be to get kids to eat the right foods. But with delicious Promise melted on everything from bran muffins to fresh green beans, it's easy to get your kids to eat what's good for them. Not to mention the rest of your family!
So make Promise part of your family's total dietary plan to help reduce serum cholesterol and the risk of heart disease.



Get Heart Smart.™

Not available in all areas.

©1986 Lever Brothers Company.

FRESH FRUIT SALADS

TAKE ON A TROPICAL TWIST

On a warm day in late summer or early fall, try refreshing tropical fruits and reap the nutrition benefits. Papaya and mango are rich in vitamins A and C. Bananas are an excellent source of potassium, and kiwi fruit is a good source of vitamin C.



Papaya Boats: Dig into fresh papaya teamed with cottage cheese for a light lunch that satisfies.

PAPAYA BOATS

Enjoy these brimming boats with bran muffins—

2 papayas
Lettuce
• • •
2 tablespoons lime juice
2 tablespoons honey
¼ teaspoon ground coriander
• • •
1 cup cream-style cottage cheese, drained
1 11-ounce can mandarin orange sections, drained
2 tablespoons slivered almonds, toasted

With a sharp knife, cut the papayas in half; remove and discard the seeds. Peel the halves. To make papaya sit flat, cut a small slice from the rounded bottom of each half. Place each half on a lettuce-lined plate.

For dressing, in a small mixing bowl stir together lime juice, honey, and coriander; brush about *half* of the mixture over the papaya halves. Spoon *¼ cup* of the cottage cheese into *each* papaya half. Arrange the mandarin orange sections around cheese. Top with almonds and the remaining dressing. Makes 4 servings.

Nutrition information per serving: 222 cal., 10 g pro., 34 g carbo., 6 g fat, 11 mg chol., 138 mg sodium. U.S. RDA: 67% vit. A, 161% vit. C, 18% riboflavin, 11% calcium, 16% phosphorus.





Tropical Fruit Plate: Team tropical fruits for a flavorful salad.

TROPICAL FRUIT PLATE

Make a delicious meal: serve the salad with cold sliced chicken and chewy French bread—

2 bananas
Leaf lettuce
1 small fresh pineapple, peeled, sliced, and cut into chunks (2 cups)
1 mango, peeled, pitted, and sliced
1 kiwi fruit, peeled and sliced
• • •
½ cup mayonnaise *or* salad dressing
3 tablespoons flaked coconut
3 tablespoons milk
½ teaspoon ground ginger

Peel bananas; discard peel. With a sharp knife, slice bananas diagonally. Line a platter or 4 salad plates with lettuce. Arrange bananas, pineapple, mango, and kiwi fruit on top. For dressing, in a small mixing bowl stir together the mayonnaise or salad dressing, coconut, milk, and ginger. Serve fruit immediately and pass the dressing. Makes 4 servings.

Nutrition information per serving: 469 cal., 3 g pro., 50 g carbo., 31 g fat, 21 mg chol., 178 mg sodium. U.S. RDA: 62% vit. A, 104% vit. C, 11% thiamine, 10% riboflavin, 12% iron.

TRAVEL DIRECTORY

VACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY

HAWAII

Waikiki Experts

Outrigger is the largest hotel chain in Waikiki with 6,350 rooms among 18 hotels.

Rates range from $22/night for budget-minded fun to $165/night for luxurious beachfront suites.

For the Waikiki that's just right for you, contact the experts. See your travel agent or call us toll-free.

1-800-367-5170

Outrigger HOTELS HAWAII

The Waikiki Experts



Plan an exciting vacation with free brochures and literature. See the "TRAVEL PLANNING GUIDE" in this issue.

An enjoyable vacation is in store.

•BEACHES
• HISTORICAL SITES
• SPORTS ACTIVITIES
• CRUISES • TOURS
• FESTIVALS • MUSEUMS
• SEASIDE • MOUNTAINS
• STEAMBOATS
• EXCITING CITIES
AND STATES TO VISIT

The TRAVEL PLANNING GUIDE in this issue will help you with your vacation plans.

TRAVEL PLANNING GUIDE

The *Better Homes and Gardens* travel advertisers listed below will provide you with free information about their facilities and services. Circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers. When using an advertiser's facility or service, please mention literature received through this *BH&G* service. Coupon expires one year after the month of this issue.

1. **American Cruise Lines**—Cruise the Miss. River, New England or the East Coast.
2. **Amish Farm and House**—Learn about the Amish folk. Enjoy farm animals.
3. **Amtrak**—Schedules and brochures. All Aboard Amtrak.
4. **Bermuda**—Where to stay, maps and rates.
5. **Bucks County, Pa.**—Historical sights, events, hotel-motel guide.
6. **Disney! Epcot! Sea World! More!**—See it all from Kissimmee-St. Cloud.
7. **Estes Park, Colorado**—Gateway to Rocky Mountain National Park.
8. **Georgia**—"The Way to Fun" 76-page comprehensive travel guide.
9. **Innisbrook, Fla.**—So many great Floridas in one. Golf, tennis, families.
10. **Jekyll Island, Ga.**—Georgia's Island Resort. Historical tours, color brochure.
11. **Kiawah Island Resort**—10th Anniversary magazine. 10-mi. Beach, Golf Courses.
12. **LaPorte County**—Indiana's Dune Country. Family fun at Lake Michigan.
13. **Maine**—Exploring Maine, a full-color 64-page magazine, calendar of events, map.
14. **Massachusetts**—Share the Spirit and send for a free planner.
15. **Mohonk Mountain, N.Y.**—Unique setting for hiking, riding, golf or tennis.
16. **National Wax Museum of Lancaster County Heritage**—More Than a Museum.
17. **Ocean City, Maryland**—Enjoy quiet moments and ocean memories.
18. **Outriggers Hotels, Hawaii**—is Waikiki's largest chain of hotels, 6,000 rooms.
19. **Palm Beach County, Fla.**—The best of everything at affordable summer rates.
20. **Pioneer Valley, Mass.**—A perfect blend of city pleasures and country charm.
21. **Rec Vee RV Rentals**—Rent motor homes or travel trailers at U-Haul Center.
22. **Royal Caribbean Cruise**—Exciting 7-8-10 and 14-day cruises from Miami.
23. **Seabrook Island Resort, Charleston, S.C.**—Sports and equestrian center.
24. **Skytop Lodge**—Magnificent secluded family resort.
25. **Sleepy Hollow Country, N.Y.**—Explore fabled lands on the banks of the Hudson.
26. **Virginia Is For Lovers**—Virginia Beach, Blue Ridge Pkwy., Williamsburg and more.

Name _____

Address _____

City _____

State _____ Zip _____

Mail to: (Include 50¢ handling charge)
BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 609W
DES MOINES, IA 50336

Touring Oregon Wine Country

All through the wine country o northwest Oregon, vineyards bustl with the activity of the annual grap harvest. What better place to spend a autumn weekend?

Tracking the grapes

Some 50 wineries and vineyards ne tle in the hills west and southwest o Portland. Most are small, family-ru operations. To find them, just follo the special signs the state highway de partment has placed along the region back roads. On weekends, you can sim ply drop by (it's best to phone ahead fo visits during the week).

To the west

Two of the state's most picturesqu wineries lie due west of Portland. Oa Knoll Winery, off State-219 near Hills boro, still looks like the dairy farm i once was. But the handsome gold an brown barn now houses wooden agin barrels. Tualatin Vineyards, also a fo mer farm, is west of Forest Grove o State-8. Lush vineyards and a shad cherry grove overlook the valley, creat ing an ideal setting for picnics.

A southern route

For another delightful excursion, fol low State-99 southwest from Portlan into Yamhill County. Nearly a doze wineries lie just off the main road, se amid countryside glowing with maples cedars, and firs. One you shouldn't mis is Mulhauser Vineyards, nine mile north of Newberg. Perched high on a hill, with sweeping views of the Wil lamette Valley and Mt. St. Helens i the distance, the vineyard resembles a French country estate.

Information: Discover Oregon Wineries, Box 6590, Dept. BHG, Portland, OR 97228 *(include a self addressed, business-size envelop stamped with 39 cents in postage).*

TRAVEL PLANNING

See this page for a listing of free trave information and literature you can order

Grow the lush, beautiful plants you've always admired.



Here are the projects, ideas and expert advice you need for successful indoor gardening.

If you love plants with that lush, green-house look—then LIVING WITH HOUSEPLANTS is for you!

So Much More Than an A to Z Plant Book

LIVING WITH HOUSEPLANTS brings you a wealth of lively, authoritative, in-depth information on hundreds of plant species—accompanied by brilliant color photographs and specially-commissioned illustrations.

Volumes such as *Bulbs and Seeds, Herbs and Spices, White Flowering Plants, Window Boxes, Orchids* and *Flower Arranging* are brimming with fresh ideas and exciting new projects to try your hand at each month. You'll also get expert advice on tools, containers, soil, plant food and so much more.

Free Newsletter and Free Plant-of-the-Month Seed Pack

With each new volume you'll receive a members' Newsletter featuring helpful hints, seasonal advice and information. Plus you get a Plant-of-the-Month Seed Pack that's ready to grow the moment it arrives.

Embark on an adventure in indoor gardening. Mail the attached card today and receive absolutely FREE *Green Foliage Plants*, the members' Newsletter and Plant-of-the-Month Seed Pack. Act promptly and we'll send you the Plant Clippers FREE.

If postcard is missing, send your name and address to TORSTAR BOOKS, P.O. Box 10883, Des Moines, Iowa 50336. Ask for *Green Foliage Plants* FREE and your FREE Plant Clippers. LP-1

TORSTAR BOOKS

Take Green Foliage Plants FREE





WATER CULTURE
Fill a hyacinth jar with water to just touch bulb base. Add charcoal to keep the water fresh. Set bulb in jar neck and leave in a cool, dark place. Fill to the top with water until roots are 4 inches long and leaves are showing.



Moen life.
It's so uplifting. Rising to fill everything,
then lowering at your touch.
Your Moen faucet, fresh tender flowers.
That's a labor of love.

MOEN®

STANADYNE Moen Group *Kitchen Riser™ shown. For brochure, call 1-800-258-8787, ext. 215. (1-800-821-9400, in Ohio.)*

Fast Freezing For Garden Vegetables

Without heating up your kitchen or spending lots of time in it, fill your freezer with your garden's bounty.

HARVEST YOUR CROP

Choose produce that freezes well, avoiding greens, cucumbers, tomatoes and celery; they go limp when thawed. Harvest vegetables at peak maturity and pick them in the morning before they absorb the sun's heat. Prepare and freeze them within 3 hours, if possible.

DO LAST-MINUTE TOUCH-UPS

Choose the cream of your crop, never bruised, immature, or overripe pieces. Rinse well. (To force insects out of broccoli, cauliflower, and brussels sprouts, soak the vegetable in a mixture of 1 quart water and 2 tablespoons salt for 30 minutes; rinse and drain.) Trim vegetables and cut up large ones.

BY ALL MEANS, BLANCH

The importance of blanching or scalding vegetables before freezing cannot be overstated. Blanching stops normal enzyme activity that destroys the color, flavor, texture, and vitamins of fresh vegetables. It softens them for tighter packing, too. Refer to a general cookbook for blanching methods and times.

Immediately chill the vegetables in ice water to stop the cooking process which could result in vitamin loss. Chill for as long as you blanched. Drain well.

PACK UP

For peak freshness, pack and freeze vegetables right after chilling. Use containers that seal air out and moisture in. Allow ½ inch of space at the top of the container for the vegetables to expand during freezing. For plastic bags, squeeze out air, then tie. Label; freeze.

FREEZE TILL YOU PLEASE

The flavors of your summer garden are now as close as your freezer door. Use vegetables within 8 to 12 months.

Disney's ALPHABET MINIATURE PLATE COLLECTION



Actual size: 3½ inches in diameter

See the alphabet come alive with the magic and antics of your favorite Disney characters in this delightful collection.

Now you can acquire a complete plate collection featuring original artwork from the Disney artists!

Twenty-six original paintings have been specially created by Disney artists for this series...Alice, Goofy, Mickey, Pinocchio...all your favorites are here. These beautiful illustrations have been reproduced in full color and fine detail on miniature collectors' plates of white china banded with 24-karat gold.

Together, the 26 illustrations form a delightful mini-gallery of Disney artistry—a collection you'll proudly display.



Affordably Priced and Easy to Acquire

As a subscriber, you'll receive your plates at the convenient rate of one per month until your collection of 26 is complete. The cost of each plate is only $12.50 (plus $1.50 postage and handling). You may return any plate you are not completely satisfied with, at our expense, for replacement or refund within 14 days. You may cancel at any time by following the instructions on the invoice.



Available Only From The Disney Collection

These plates will not be sold in stores. They are available only by direct subscription.

Send No Money Now

To reserve your collection, simply complete the order form and return it to us. You will be billed for your first plate prior to shipment.

Plus Bonus Gift

Subscribers will receive this handsome wood display rack *at no extra cost!*



Act Now...Order Today!



©1986 The Walt Disney Company

Membership Application

Please accept my enrollment in Disney's ALPHABET Miniature Plate Collection and send me the first plate, "Alice in Wonderland."

I will be billed for $12.50* plus shipping and handling prior to shipment. If not satisifed, I may return the *Alice* plate, at your expense, and owe nothing.

I understand I will receive one plate per month, until my collection of 26 is complete. If I continue as a collector, I will be billed $12.50* (plus $1.50 shipping and handling) for each plate, and receive a handsome wood display rack at no additional charge.

*Sales tax is extra in NY and CT.

Mail to: The Disney Collection
A Service of Grolier Enterprises
P.O. Box 1797, Sherman Turnpike
Danbury, CT 06816

Name _____
(Please print)

Address _____

City _____ State _____ Zip _____

☐ I prefer credit card billing. Please charge each plate, upon shipment, to my:

☐ VISA ☐ MasterCard

Acct. # _____ Exp. Date _____
mo./yr.

Signature _____

WMA

©1986 The Walt Disney Company

50000



Smucker's® makes a splash!

Introducing all natural 100% Fruit Juice from Smucker's!

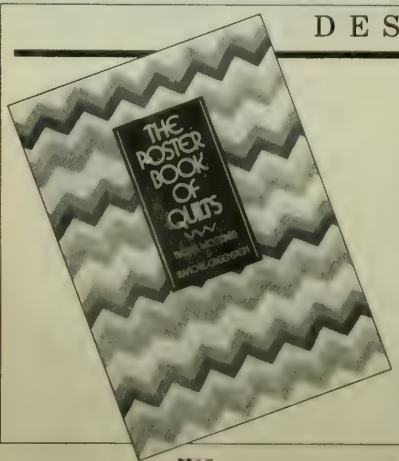
Smucker's has five all new, all pure, all natural ways to make a delicious splash! Luscious Strawberry! Cranberry! Red-ripe Raspberry! Boysenberry! Tropical Citrus! All made from the freshest, tastiest blend of America's finest fruits. No artificial ingredients, flavoring or preservatives. And no added sugars. Just the juice of the fruit... and after 88 years, who knows more about good fruit than Smucker's?



With a name like Smucker's, it has to be good.®

Smucker's is a registered trademark of The J.M. Smucker Company.

DESIGN



Close-Up on Quilt Art

■ Hard-core quilt lovers enjoy few things more than soaking up the splendor of a well-stitched work. So, when New York gallery owner Thomas K. Woodard and partner Blanche Greenstein conceived **The Poster Book of Quilts** (*E. P. Dutton Inc.; $16.95; 57 pages*), they kept the pleasure quotient firmly in mind. A kind of quilt-lovers' wish book, their pictorial features 30 vivid 16×11½-inch color examples of superbly crafted quilts.

Zealots who have more passion than skill find their own reward in the soft-bound catalog.

The poster-size pages are designed to be framed and fitted together, forming a photographic patchwork of quilt art at its finest.

Anyone can own a museum piece, say the inventive authors, even if only in the mind's eye.



SEASONS OF LIFE

This quilt tells a story through a series of self-portraits. Pieced, appliquéd, and embroidered, quilt squares encircle a fabric painting of the family farm.



TULIPS

By the 1930s, quilt patterns were popular and originality found expression in lively colors and forms.

Photographs: Courtesy of Thomas K. Woodard



Colombian. And nothing but Colombian.

Gourmet Coffee That Comes In a Can.

© 1985 General Foods Corporation. Yuban® is a registered trademark of General Foods Corporation.

GENERAL FOODS

© 1986 The Berelson Company



Little white lies.



The taste says "crab," but the label says "Pacific Fish and Crab."
Sea Legs® brand. Available in three styles: Leg, Claw or Salad Style.
Recipe booklet included in each.

Delicious deception, in your grocer's fresh seafood section.

Sea·Legs

A HANDSOME AND HANDY

LAUNDRY ROOM

A well planned laundry center can make washdays a breeze. Shape up your laundry space with some clever built-ins, easy-care finish materials, and a sunshine-bright decorating scheme.

In this super-efficient laundry room, the washer and dryer are teamed with such convenience features as a soaking sink, a fold-down ironing board, a drip-dry closet, and concealed storage for dirty clothes. All surfaces in the 10x10-foot room are finished with easy-care materials: the flooring is white vinyl tile set in a parquet brick pattern; the cabinet fronts, backsplashes, and countertops are white plastic laminate; and the sink is white porcelain. A classic plaid wall covering in sunny yellows and oranges supplies a cheery background for the white flooring and built-ins. Because the kitchen is close by, upper cabinets in the laundry conveniently store bulky or seldom-used cooking utensils and serving items.



Chase away your washday blues in this cheery laundry room.



PHOTO A

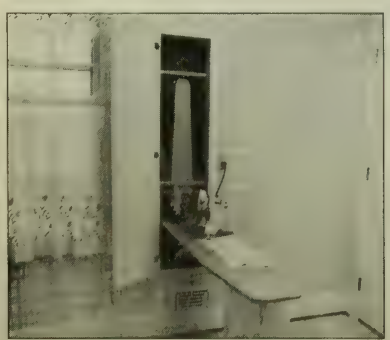


PHOTO B

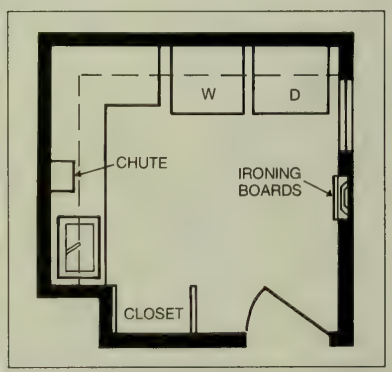


PHOTO A: A bin next to the washer holds laundry, and the tall, wall-mounted cabinet houses an ironing board.
PHOTO B: The cabinet sports two ironing surfaces: a standard-size board and a smaller sleeve board.
PHOTO C: Clothes fresh from the dryer hang wrinkle free in the holding closet.
PHOTO D: A laundry chute deposits garments from upstairs directly into a cabinet over the laundry sink.

Photographs: E. Alan McGee. Architect: Henry Smith
Interior design: Susan Bradford. Field editor: Ruth L. Reiter



PHOTO C



PHOTO D


Party Animal.
No matter who's invited to your party, luscious California Avocados will be the center of attention. So before you live it up, you'd better stock up. Or your California Avocados will be gone before the party's over.
California
AVOCADOS
They're ripe with possibilities.

Once we perfected the pickle,



The perfect sweet pickle should sound so crisp and so crunchy that it threatens the sound barrier. That's why DEL MONTE® Sweet Pickles are sweetened and pickled in the vat for perfect crispness. Not in the bottle for something less than perfect. That's why we use 40 natural spices for perfect flavoring instead of artificial spices or coloring. But that's what it takes to find perfection in the pickle. No one said it would be easy.

perfecting the relish was easy.



First of all, we only use DEL MONTE® Pickles in DEL MONTE Relishes. Why should we gamble with someone else's pickles when we already have the perfect pickle? And since we don't compromise on the pickles in our relishes, we don't compromise on anything else in our relishes. We only use special bell peppers and natural spices for flavoring. Never any artificial spices or fillers. The result is a relish so perfect it brings the best out of anything you put it on.



Pickled perfection.

© 1986 Del Monte Corporation

★★★★

Wall Care Do's and Don'ts

The same cleaner that works wonders on your wood paneling can ruin a fancy glazed wall treatment. Maintaining a beautiful paint job or stylish wall covering takes care and caution. Before you get ready to roll up your sleeves, check this useful list of wall care facts.

DO

- **Dust or vacuum** periodically to remove surface dirt and keep cobwebs under control.
- **Check the labels** on paint cans or packaging for content and specific cleaning instructions.
- **Use the right cleaning solution** for the job. Buy a specially formulated commercial cleaning product, or use the homemade formulas listed below.
- **Test a small spot** before attacking an entire wall, whether it's painted, paneled, papered, or fabric covered.

CLEANING SOLUTIONS

Flat paint—¼ cup ammonia, borax, and white vinegar per gallon of warm water.

Glossy paint—1 tablespoon washing soda per gallon of water.

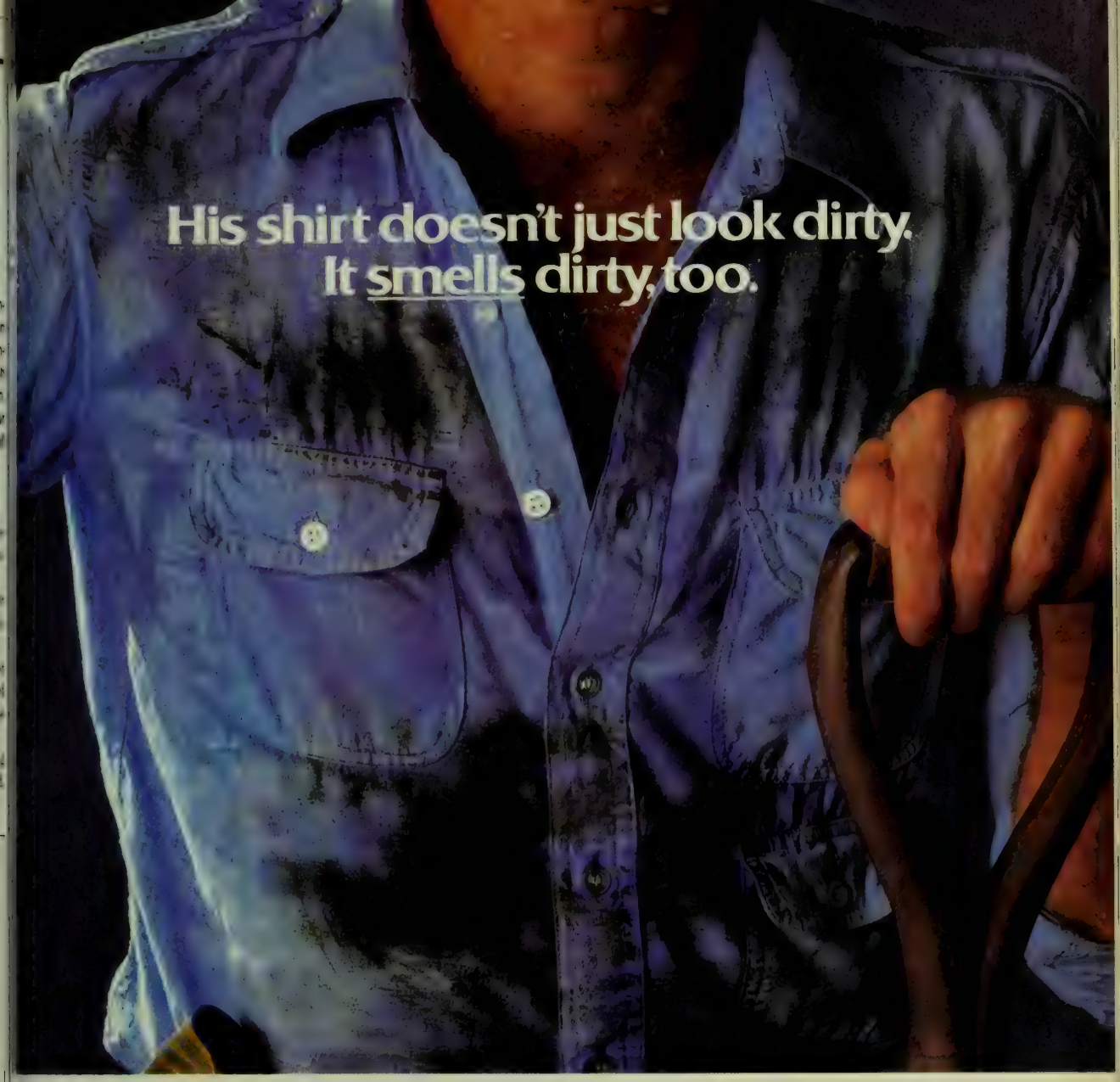
Mildew—1 cup chlorine bleach per gallon of water.

Wood paneling stains—mineral spirits or paint thinner, applied sparingly with soft cloth.

Grease stains—cleaning fluid mixed with fuller's earth (dark) or powdered whiting (light).

DON'T

- **Use strong cleaners** on glossy finishes; they can dull the surface.
- **Apply too much** of any cleaner; residue does more harm than good.
- **Saturate** nonwashables; use commercial powdered cleaner or blot gently with cleaning fluid.
- **Overdo.** Excessive elbow grease or too frequent cleaning can actually shorten the life of a lovely finish.



Introducing SURF™: The new detergent that removes the dirt you see and the dirt you smell.

Here it is. New Surf. A breakthrough detergent that breaks through two kinds of dirt to give you two kinds of clean.

Surf removes the tough dirt and stains you can see *and* the stubborn dirt you can smell; from perspiration and body odors to mildew, cooking odors, baby clothes odors, even stale smoke.

Next wash, try new Surf. Your clothes will come out looking clean *and* smelling clean.



New Surf removes dirt and odors for two kinds of clean.

© 1983 Lever Brothers

A VERSATILE BARRIER-FREE KITCHEN

An unfortunate myth about kitchens designed for the disabled is that they're difficult to work in if you're not in a wheelchair. This barrier-free kitchen quickly puts an end to that misconception; it's pleasant, well designed, and convenient for everyone.

Take a peek at this kitchen's open floor plan, handy work triangle, and large, cheery spaces. Whether you're walking or rolling, you'll love the sensible layout and bright looks.

Thanks to the open area below the sink, wheeling right up is easy. The sink is shallower than normal, and the faucets are long-handled so they can be reached from a wheelchair. The pullout work top close by is handy for cleaning fruits and vegetables.

LOCATING APPLIANCES

Selection and placement of the appliances helps the handicapped cook without inconveniencing others. The built-in oven is low enough so that the rack can be reached from a wheelchair, but not so low that reaching it is difficult while standing. Above the standard-height cooktop, a mirror reflects the contents of the frying pan.

The microwave oven, perched on its own 30-inch-high shelf, permits easy use whether or not you're in a wheelchair. Next to the microwave, the side-by-side refrigerator/freezer provides more convenient access to frozen foods than a model with the freezer on top.

Design sponsor: Whirlpool Corp. Interior design: Virginia Frankel, ASID. Field editor: Bonnie Maharam



Under-sink space opens wide.



Pull up a chair and enjoy a kitchen that meets everyone's needs.



Open storage provides easy access to everyday cooking utensils.

Capture the Spirit of America's Indian Youth



• Shown smaller than actual size of 8½" diameter

• 24K gold rim

©1986 Artaffects, Ltd.

BRAVE & FREE

The legends and customs of America's Indians have long held a fascination for us all. They are a proud people who have great respect for nature and her animals, and who teach their children these same values.

In this fine porcelain, limited-edition plate, famed artist Gregory Perillo captures the kindred spirit between a young Blackfoot boy and a proud eagle. The exquisite detail in both subjects brings this plate painting to life—depicting the determination and strength these friends share.

Perillo is one of today's foremost Indian-subject artists and has devoted his life to the study, painting and sculpting of these native Americans. His breathtakingly realistic originals have earned sustained praise in the art market, and several of his previous offerings in the limited-edition plate field have seen prompt sell-outs and secondary market appreciation.

Now The Hamilton Collection is privileged to offer "Brave and Free," the first issue in *The Pride of America's Indians* Plate Collection—a series of eight plates, each depicting an Indian child from a different well-known tribe, along with an animal indigenous to that tribe's region. Already, "Brave and Free" has seen prompt demand from collectors.

As an original issue owner, you will have the right to acquire all the plates as they are issued, *but you will be under no obligation to purchase any further plates.* Furthermore, under The Hamilton Collection 100% Buy-Back Guarantee, you may return any plate within 30 days of receipt for a full refund, releasing your series rights.

Each *Pride of America's Indians* plate will be hand-numbered and accompanied by a same-numbered Certificate of Authenticity. Priced at an affordable $24.50, the edition is strictly limited to just a 10-day firing period.

But remember—the popularity of Perillo's art and the appeal of this superb plate has resulted in immediate demand for "Brave and Free." So to assure yourself a position within the limited edition, send in your application form by the date shown. Better yet, order today!

RESPOND BY: September 30, 1986

Limit: Two plates per collector

Please accept my application for "Brave and Free" by Western artist Gregory Perillo, the first issue in *The Pride of America's Indians* Plate Collection. 8½" diameter, 24K gold rim, hand-numbered. I understand I am under no obligation to buy any other plate. I wish to purchase _____ (1 or 2) "Brave and Free" plate(s) at $24.50 (plus $2.14 postage and handling) each, for a total of $_____.

($26.64* or $53.28*)

84749

Please check one:

☐ I enclose full payment by check or money order.

☐ Charge my credit card: ☐ Diners Club ☐ Visa ☐ MasterCard ☐ American Express

Acct. No. _____

Exp. Date _____

002664/005328

Signature _____

Name _____

Address _____

City _____

State _____ Zip _____

***FL residents add $1.34 per plate, and IL residents add $1.87 per plate for tax.** *Please allow 6–8 weeks for delivery. All applications must be signed and are subject to acceptance. Deliveries made only to U.S. and its territories.*

The Hamilton Collection

9550 Regency Square Blvd., P.O. Box 44051

Jacksonville, FL 32231

Whiz Kid is a child's bridge to a personal computer.

Programmable and expandable with additional program cards and cartridges available.

A "pre-computer" for ages 4 and up.

Includes 50 software program cards.

Helps teach math, spelling, music and more.

Animated LCD screen and computer-like keyboard.



Whiz-Kid™

Available wherever toys or learning electronics are sold in U.S. and Canada.

VTECH Educatio Electron

(c) 19 deo Technology Industries Northbrook, IL U.S.A./Video Techno (Canada) Ltd. Richmond.

TRAVEL

INTO THE OUTDOORS

WHEN A VACATION JUST NATURALLY MEANS AN ADVENTURE

MIX LEARNING WITH FUN



DOROTHY WEST EARTHWATCH

Studying shrimp in the waters of the Pacific

You can take part in a first-rate adventure *and* contribute to a worthy cause at the same time. The nonprofit groups that follow need volunteers to help with outdoor research and service projects. Opportunities range from studying wombats in Australia to recording Indian art in Arizona.

You travel, live, and work with a small group, making new friends during your stay. Expenses start at $100. Some trips are for adults only, or kids 16 and over.

- ***Appalachian Mountain Club, Trails Program, Box H-BHG, Gorham, NH 03581***
- ***The Colorado Mountain Club, Att: Trail Crew Coordinator, Dept. BHG, 2530 Alameda, Denver, CO 80219*** *(include a self-addressed, stamped envelope)*
- ***Archaeological Institute of America, Box 1901-BHG, Kenmore Station, Boston, MA 02215*** *(send $6 for a list of archaeological teams to contact)*

WELCOME TO SPACE CAMP



Orangutan research

GARY GOSHGARIAN/EARTHWATCH

- ***Earthwatch, 680 Mt. Auburn St., Box 403, Dept. BHG, Watertown, MA 02170***
- ***University Research Expeditions Program, Desk G-21, Dept. BHG, University of California, Berkeley, CA 94720***
- ***Zoo and Aquarium Travel Assoc., Suite 104-BHG, 1776 Independence Court, Birmingham, AL 35216 (800/633-4750)***

For all of us who've seen every *Star Trek* episode at least twice, the place to go is Alabama. Space Camp, administered by the state's Space and Rocket Center Museum in Huntsville, gives youngsters and grown-ups an out-of-this-world, hands-on experience—donning space suits, floating in simulated zero gravity, firing model rockets, plus loads of other activities that are light years removed from the usual summer camp wiener roasts.

At the climax of the week-long kids' sessions, which run from March through September, everyone teams up to take part in a simulated space mission.

No wonder so many adults wrote in asking if they could sign on. The center obliged with a Space Academy just for adults. These three-day programs, offered in October and November, let armchair adult explorers take part in the same rigorous training sessions as real astronauts.

Space Camp costs $400 and $450 for kids, depending on age; the adult Space Academy costs $350. Register early by contacting: ***The United States Space Camp, Dept. BHG, Tranquility Base, Huntsville, AL 35807 (800/633-7280).***

If you're not ready for the total space camp experience, the whole family can plan a fun day visit to the nearby Space and Rocket Center Museum, where films, historical space craft, and other exhibits bring the high frontier down to earth.

continued



FLIP SCHULKE/BLACK STAR (2)

A taste of zero gravity



Learning to live in space

Now learn to type without a typewriter.

More than a toy... teaches children and adults to master typewriters, word processors, and computers.

Step-by-step instruction—from basic finger positions to complete keyboard proficiency

Easy-to-follow instructions for anyone 9 and older—nothing else is needed.

Computerized drills, tests, games and sound effects.

Type-right™

Available wherever toys or learning electronics are sold in U.S. and Canada.

VTECH Educational Electronics™

© 1986, Video Technology Industries, Inc. Northbrook, IL U.S.A./Video Technology (Canada) Ltd. Richmond, B.C.

continued

ENJOY ADVENTURES OF A LIFETIME

From bicycling the High Sierra range to backpacking in Maine, a world of adventure awaits active families. Pick the outing you fancy from among these catalogs.

● ***The Great American Adventure Book*** — This you-can-do-it guide features 100 unforgettable travel experiences and puts you in touch with outfitters of all kinds. Available at most bookstores or from the publisher. Send $12.95, plus $1 postage and handling, to: ***Doubleday & Co., Dept. ZA418-BHG, Garden City, NY 11530.***

● ***Successful Vacations*** Here's a catalog chock-full of unusual and action-packed travel ideas. Take part in a steamboat race down the Mississippi, or brave the rapids through the Grand Canyon. Send $4 to: ***Successful Vacations, Box 6583, Dept. BHG, New York, NY 10150.***

● ***Questers Directory of Worldwide Nature Tours*** — For those with a special love of wildlife, this outfitter's catalog describes 34 tours that take you from the mighty Amazon jungles to the misty highlands of Scotland. Write to: ***Questers Tours and Travel, Inc., 257 Park Ave., S., Dept. BHG, New York, NY 10010*** (free).

● ***World Adventure 1987–*** American Youth Hostels invented the idea of adventure travel on a shoestring. The group's catalog details 52 budget adventures all over the world. Bicycle beside China's Great Wall, for example, or take a van tour along the U.S. Gulf Coast. All ages are welcome. Write to: ***American Youth Hostels, Inc., Box 3716, Dept. BHG, Washington, DC 20013*** (free).

CABIN FEVER!

For about $20 a night, a family of four can camp in high style with a roof over their heads. Cabin units, with mattressed bunks, a table, and a covered porch are sprouting up at over 250 KOA campgrounds across America.

The cabins still provide a camping experience. Families bring their sleeping bags, lanterns, eating utensils, and such. You walk to nearby showers, rest rooms, and other KOA amenities.

For a copy of KOA's *Directory, Road Atlas, and Camping Guide,* send $2 to: ***Kampgrounds of America, Box 30162, Dept. BHG, Billings, MT 59107.***

SEA SAFETY

Autumn's the time to plan ahead for next season's fun on the water. The whole family—youngsters included—can take part in the free boating safety courses offered throughout the country by the U.S. Power Squadron, a volunteer group. Your only cost is about $10 for materials such as navigation charts and a workbook.

Held one night a week for 10 weeks in some 500 locations, classes cover important basics: boat handling, course plotting, rules of the water, boat trailering, engine troubleshooting, waterski safety, and so forth. Most courses start in September and January. For the location of one nearest you, write to: ***The Squadron, Box 30423, Dept. BHG, Raleigh, NC 27622.***



$5 Wrinkly Pups

As part of a nationwide publicity campaign, a leading New York firm will give away its most expensive stuffed animal doll—the sensational best-selling wrinkly pup that is taking America by storm—for the astonishing publicity price of only $5 to every person who writes to the company address (below) before Midnight, December 25, 1986.



This *original* publicity ad must accompany your request. No copies or photostats.

These are the same famous wrinkly Shar-Pei Plush Puppies™ nationally advertised in leading media across America. Modeled after the rare breed of priceless Shar-Pei dog (you may have seen one of these pups on a top-rated prime time TV show), each stuffed doll has the floppy ears, soulful eyes and *lovable wrinkles* that have captured the hearts of children everywhere.

Irresistibly huggable, these wrinkly Shar-Pei puppies *stretch out to over a foot long.* They are great big *huggable* puppies your children can actually put their arms around and really make friends with.

The cutest, most lovable—and *wrinkliest*—dolls you've ever seen, these wrinkly Plush Puppies™ are perfect "pals". Every child in America would love to own one—so don't miss out by responding too late. These are the fastest selling and most popular pups ever sold by this multi-million-dollar firm.

These wrinkly Plush Puppies will *not* be sold at this price by the company in any store. There is a limit of two (2) pups per address at this price, but if your request is mailed early enough (before Dec. 17) you may request up to 7. Each wrinkly pup is covered by the company's full one-year money-back guarantee.

To order, mail this original publicity ad (no copies or photostats) together with your name and address and $5 for each pup. Add $2 shipping and handling per pup. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RTM Co.* Mail to: **RTM, Plush Puppy, Dept. 720-101, Box 1080, Hicksville, New York 11802.** **(A42200)**

© 1986 Rafloler, Ltd., 1200 Shames Drive, Westbury, N.Y. 11590

Marlboro Lights

The spirit of Marlboro
in a low tar cigarette.



SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

10 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Feb.'85

© Philip Morris Inc. 19

HOW TO ORDER

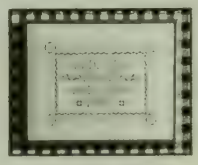
Heart and Hand Bazaar (page 37)

Plans, patterns, and kits shown here are all exclusive *Better Homes and Gardens*® designs (not available in stores).

Better Homes and Gardens® Family Shopping Service has selected the products shown on this page to help you re-create in your own home the ideas shown on our editorial pages.

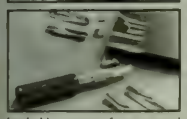
You save time because we've done the shopping for you.

And you can be completely confident the project plans, patterns, craft kits, cookware, and books presented on this page are of the highest quality and meet our strict standards of excellence.



Our **Hand and Heart Sampler Kit** (page 38) arrives at your home complete with ecru hardanger, 100% cotton embroidery floss, charts, needle, and complete instructions for this 8 x 10-inch counted cross-stitch design.





Everything you need (except the wood and paint) is included in our **Carved Blessing Set.** We provide a full-size pattern for the Carved Blessing Design, an X-acto® Knife, and special woodcarving blades. The knife is specially constructed with a sure-grip contoured handle for precision, pressure cutting of heavyweight materials like wood and metal. The blades include two ⅜-inch U gouges for general woodcarving and initial shaping and two V gouges for removing medium amounts of material and wood shaping.

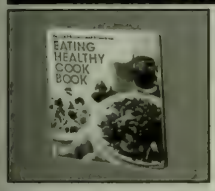






Use our professional-quality woodworkers' blueprints to duplicate these woodworking designs. All ***Better Homes and Gardens*®** Project Plans include detailed drawings, lists of materials, construction tips, and complete step-by-step instructions. Choose from plans for the **Child-Size and Doll-Size Furniture** (page 39), the **Flower Cart** (page 40), and the **Folk Art Wooden Houses** (page 41).

35 Recipes for a Healthier You (page 96)





Just released! Feel better, look better, and live better with recipes and ideas from the newest cookbook from ***Better Homes and Gardens*®**. ***Eating Healthy*** is a 288-page hardcover book with 251 recipes, 70 full-color photographs and 40 "how-to" photos. Nutritional analysis included for every recipe.

A **Kitchen Scale** is an invaluable tool when diet requirements or recipes call for precise measurement of ingredients. Ours weighs up to 10 pounds in 1-ounce increments or up to 4.5 kilograms in 25-gram increments. Easy zero adjustment and guaranteed for five years. Handy bowl at the top is removable for easy cleanup.

Send check or money order to:

Better Homes and Gardens Shopping Service
Locust at 17th
Dept. 24A, Box 374
Des Moines, IA
50336

Name _____
Address _____
City _____
State _____ Zip _____

Page	Description	Qty.	Price	Total
HAND AND HEART BAZAAR				
38	**No. 28313** Hand and Heart Sampler Kit		$7.99	
40	**No. 01444** Martha Jane, Frank, and Cat Pattern		$5.99	
39	**No. 50650** Child-Size and Doll-Size Furniture Project Plan		$4.95	
40	**No. 50651** Flower Cart Project Plan		$4.95	
41	**No. 50652** Folk Art Wooden Houses Project Plan		$4.95	
37	**No. 01445** Carved Blessing Set		$13.99	
PROJECT PLAN CATALOGS				
	No. 50523 Project Plans for All Around the House		$3.95	
	No. 50524 Project Plans for Outdoor Living		$3.95	
	No. 50525 Project Plans to Build for Children		$3.95	
	No. 50526 All Three Project Plan Catalogs		$9.95	
35 RECIPES FOR A HEALTHIER YOU				
	No. 16290 *Eating Healthy*		$24.95	
	No. 31189 Kitchen Scale		$12.99	
MORE BOOKS FOR YOUR HOME COOKING LIBRARY				
	No. 16016 *New Cook Book*		$16.95	
	No. 16134 *My Recipe Collection*		$16.95	

***TAX NOTE:** We are required to collect and pay **STATE** taxes in Arizona, Michigan, Minnesota, Missouri, New Mexico, Pennsylvania, Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, New York, Ohio, Tennessee, Texas, Virginia, Washington.

Total of Merchandise _____
Sales Tax * _____
Shipping/Handling ** _____
GRAND TOTAL _____

****Shipping and Handling:**

For orders up to $5.00	**$1.00**
$5.01 to $10.00	**$1.95**
$10.01 to $20.00	**$3.00**
$20.01 to $30.00	**$3.75**
$30.01 to $50.00	**$4.35**
Over $50.00	**$4.75**

Credit Card Orders Speed Delivery! Fill in the lines below or **CALL TOLL FREE 800-247-5099.** In Iowa, call collect, 515-284-2856. (Toll Free not available in Alaska or Hawaii.)

Credit Card No. _____

Expiration Date (Month/Year) _____

100% MONEY-BACK GUARANTEE if not completely satisfied!

(Advertisement)

A Word of Comfort for Sensitive Ears



by Janet Matthews

Two years ago I gave up on pierced earrings. Every time I wore them, my earlobes swelled and got sore. Fashion wasn't worth the pain.

Then something happened.

I responded to a mail order advertisement for a free pair of earrings made especially for sensitive ears. To my surprise, these earrings really worked: all soreness, itching, and flaking disappeared.

Still skeptical, I did a little research. Here's what I learned:

The pain I'd felt is called *contact dermatitis* — an allergic reaction responsible for the symptoms that make most earrings so uncomfortable for about half of us who wear them. I was surprised to learn that it's triggered by the common alloys and solders used in every pair of earrings I owned — even the expensive 14K gold ones!

The solution, explained to me by Roman Research spokeswoman Marjorie Stone, is a unique process using an alloy-free combination of pure, 24-karat gold and surgical stainless steel. The result is irritation-free and guaranteed hypo-allergenic.

I visited Roman Research and saw how modern medical standards were applied in making these earrings. I also saw *thousands* of letters of thanks to Ms. Stone from women all across America. Let me quote just two:

"Before Whispers came along, my ears would get seriously infected by even the most expensive earrings. I work for a doctor, and even he was amazed."

Here's another:

"I had my ears pierced about 15 years ago, and I have never been able to wear any kind of earrings, even clips, without getting a reaction .... Now I can, and I really can't believe it!"

What I had experienced is a very common problem!

Ms. Stone said that because of the fantastic response to Simply Whispers (more than 300,000 women tried them last year), the company now offers a "Lifetime Guarantee Against Discomfort" on hundreds of beautiful earrings — classic styles, seasonal colors, and children's styles, priced from just $5.98 in its new color catalog.

To prove it, Whispers gives a *free* pair of trial earrings ($9.98 retail value) with every catalog request.

Beauty *doesn't* have to hurt. If you'd like to end earring discomfort forever, I urge you to write to Simply Whispers. I did, and now I can wear the styles my friends do *but with complete safety and comfort.*

For a color catalog and free trial earrings, send $1.00 to Simply Whispers, Roman Research Marketing, Dept. 8201, 77 Accord Park Drive, Norwell, MA 02061.

WINDOW PROBLEMS
SOLVED

READY-MADES TO THE RESCUE

By Denise L. Caringer





RESCALE MODEST SPACE. In a winner from Burlington House Draperies' recent Window Dressing Clinic, floor-to-ceiling draperies add height to a small room. Glued to the walls with wallpaper paste, matching sliding door panels create an expansive envelope of color. The panache: asymmetrical tiebacks!

UNIFY CORNER WINDOWS. In another Burlington House winner, ready-made curtain panels create a unifying fabric "frame" around the windows. Simply looped over rods to form swags, the panels then are gathered into romantic "bishop's sleeve" poufs at each side.

Within this "frame," wide balloon shades also unite the windows as they filter light, provide privacy, and lend soft romance to the setting.

Buying information, page 54.



Above: Maris/Semel. Design: Barbara Schirmeister. Field editor: Bonnie Maharam
Right: Nick Merrick. Design: Marilyn Akins. Field editor: Emily Kamatos





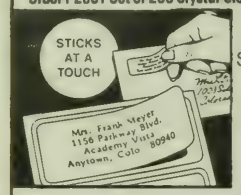
1000 RETURN ADDRESS LABELS **$1.49**

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) .. $1.49



250 Crystal-Clear RETURN ADDRESS LABELS **$2.98**

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $2.98



250 Self-Stick WHITE GLOSS LABELS **$2.98**

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $2.98

Walter Drake 3059 Drake Building Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
_____ S717 1000 Labels @ $1.49 $ _____
_____ P2031 Crystal-Clear Labels@$2.98 $ _____
_____ P6030 White Gloss Labels@2.98 $ _____
Add 30¢ per set for shipping & handling $ _____
SATISFACTION GUARANTEED Total $ _____

FIRST QUALITY FAMOUS BRAND WALLCOVERING!

Wholesale-Direct Prices!

Now you can save on **First Quality Brand Name** wallcoverings and have them shipped prepaid right to your home. ***Most are less than $9.95 per single roll.** Pick your pattern from any book and call **Toll-Free** for our wholesale-direct offer. **Satisfaction guaranteed.** You risk nothing. You save state and local taxes* and we even pay the freight! Shop around for the book and pattern number. Then call us and say, "Charge it."

$9.95 PER ROLL OR LESS*

PRICED-RITE WALLCOVERING

CUT OUT & SAVE THIS AD! THEN CALL

TOLL FREE **1-800-634-6330**

CALL OPERATOR 31

WEEKDAYS 9 to 9 (EST.)
SATURDAYS 9 to 6 (EST)

*Tax Applicable for N.J. residents

P.O. BOX 1031
Rahway, NJ 07065

GIVE US THIS INFO

BRAND NAME _____
BOOK NAME _____
PATTERN NUMBER _____
PAGE NUMBER _____

VISA MasterCard

BURKE SEAT-LIFT CHAIRS

VALUE! Try-before-you buy! Longest Warranty.



Write or call for FREE information on:

Handsome Styles
Beautiful Fabrics
Custom Fitting
FREE Home Trial
Longest Warranty

Medicare COVERAGE Available

Toll-Free: 1-800-255-4147

BURKE INC. Dept. BHG-986 P.O. Box 1064 Mission, KS 66222



The "diamond" you can afford to lose!

A Kenya "Gem isn't a diamond... but you're the only one who needs to know that. What you and admiring glances will see is the incredibly true, blue-white lustre and brilliance of this gem which, amazingly enough, is priced from just $75 a carat.

A truly striking variety of mens' and womens' styles and settings are available in 14K white or yellow gold... priced to lose...

but you won't want to.

Send for free full color catalog today:
Major credit cards accepted

K KENYA DIVISION. Dept BHG986
Day & Frick, Inc
1760 N. Howard Street
Philadelphia, PA 19122

®Trademark of Day & Frick, Inc., Est. 1866

PERSONALIZED GOLF TEES

2 1/8" Tees, asst'd. colors. 17 letters & spaces. Same name on each set. Allow 4 weeks for delivery. Check with order. **100 Tees · $5.00.**

Send Check To:
ATLAS PEN & PENCIL CORP.
P.O. Box 600, Dept. H96, Hollywood, FL 33022

Two Famous Farmers!



These little farmers are warming hearts in rural homes across the country! Thousands of large (14" x 18"), full-color posters of this picture have been ordered across the U.S. Now you, too, can order one of the posters for just **$3.00** plus $1.25 shpg. WALL PLAQUE gives our full-color poster picture a gleaming, quality finish that'll last a lifetime. Full-color picture of our "Two Famous Farmers" is mounted on 14" x 18" wood base, then sealed with acrylic for lacquered effect. Only **$12.95** plus $2.85 shpg. Send Check or M.O. 20 day money back guarantee

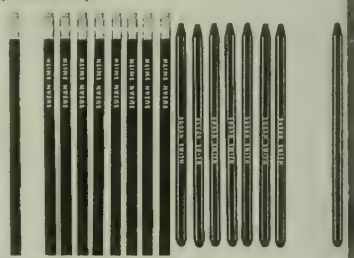
HOLST, INC. Dept. BHF-986, 1118 W. Lake Box 370, Tawas City, MI 48764

Better Homes and Gardens

Shopping editor's choice

Discover the ease and pleasure of shopping by mail. [illegible] from the convenience of your own home with com[illegible] confidence. If not delighted, each company will ha[illegible] refund your money.

By Ann Lively



Personalized Pens or Pencils

The perfect holiday gift that will be used all year [illegible] Set of 12 with same name printed in Gold on each [illegible] Pencils—No. 2 lead, non-toxic. Pens—medium p[illegible] blue ink, stainless steel tip. $2.50 per set. Please all[illegible] weeks for delivery. Send check and list of name[illegible] imprinting to Atlas Gifts, Dept. HE 66, Box 600, H[illegible] wood, FL 33022.



Personalized sewing labels

Your originals deserve these washable woven ra[illegible] taffeta labels. Sew into knits, dresses. Eggshell b[illegible] ground, rich red printing with multi-colored trim. Sp[illegible] "hand made" or "made especially" and one name[illegible] set. We ship in 48 hours. 20/$4.95, 40/$7[illegible] 80/$11.95. Gemini Gifts, 5695 Xenon Way, Dept. [illegible] C, Arvada, CO 80002.

1986 ROYAL COPENHAGEN CHRISTMAS PLA[illegible]



BEST BUY IN 1986 only $38.85 ppd. Money-[illegible] guarantee from 25-year-old Danish Comp[illegible] Personal check accepted—no delay—sh[illegible] immediately on order. **Same price for** Bing and Grondahl Christmas Plate. [illegible] pncelist on all years RC, B&G, Wedgw[illegible] Rorstrand, Porsgrund Ann and other plates

INTERNATIONAL PLATES, 21 Store Strandstra[illegible]
DK 1021 Copenhagen City, Denmark

ATTENTION BEAR LOVERS!



48 page catalogue devoted exclusively to bear and bear related items. For bea[illegible] lovers of all ages. Send $1.00 fo[illegible] subscription t[illegible] our catalogue.

Fran Lewis' **bear-in-mind, inc.**
20 Beharrel St., Dept. BH96,
Concord, MA 01742



SNEAKER NAMEPLATES

Stylish way to tag and identify your sports and jogging shoes. 1½" lifetime solid brass plate with holes to slip onto bottom rung of any shoelace. Handsome, decorative nameplate engraved any way you wish. Neat ID's for joggers and children. Helps identify your child.

WE SHIP IN 24 HOURS $2.50 each Ppd.

Gemini Engraving Co. Dept. 409-A, 5695 Xenon Way Arvada, Colorado 80002

MASTECTOMY?



BREAST FORM only 49.95

plus $3 p/h
size DD - $55

SEND FOR FREE BROCHURE

OSOM BUDDY'S weighted fabric breast form. ESIGNED by a MASTECTOMEE as an alternative silicone . . . Never hot or sticky. Cool & comfort-le soon after surgery. Weight is adjustable. Excellent oice for long-term wear or before reconstructive rgery. Looks and feels NATURAL. Fits regular bra. Specify cup & bra size Money-back guarantee

VISA (208) 343-9696

B & B COMPANY

ept. 396 Box 5731 Boise, ID 83705



REX LILIES

HUNDREDS OF WORLD FAMOUS GARDEN AND GREENHOUSE VARIETIES

Send $1 (deductible) for 72-page catalog to:

REX BULB FARMS, BOX 774 E
PORT TOWNSEND, WASHINGTON, 98368

LEVOLOR

UP TO 60% OFF Comparable Retail

LEVOLOR 1" Monaco Blinds And Other Window Treatments

Plus Custom Window Treatments From:
LOUVER DRAPE
DEL MAR • KIRSCH

FREE DELIVERY
ON MOST WINDOW ITEMS IN USA EXCEPT HAWAII & ALASKA

WALLPAPER NATIONAL BRANDS SUPER SAVINGS

CUSTOM WINDOWS & WALLS
32525 Stephenson Highway
Madison Heights, MI 48071

1-800-772-1947
In Michigan Call (313) 585-3026

32 COLOR PHOTO SPECIALS $2.45



Full color quality copies of your favorite photo—at low, low prices! Send any color slide or photo (up to 8"x10")—no negatives, please! Your original returned unharmed. Order by item number below:

Walter Drake Photo Labs
2059 Drake Bldg., Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____

P6359 32 Wallet Photos @$2.45	$
P6360 16 Wallets, Two 5"x7" @$2.45	$
P6362 16 Wallets, Four 3½"x5" @$2.45	$
P4082 Two 5"x7", One 8"x10" @$2.45	$
P6406 Two 8"x10" @$2.45	$
Add 55¢ per set for shipping & handling	$
SATISFACTION OR YOUR MONEY BACK! Total	$

PET IDENTIFICATION TAGS



FOR PET'S SAKE—Don't worry about your dog or cat getting lost! Stainless steel lifetime I.D. tag ensures a safe return. Engraved with pet's name, your name, address, phone. Handy hook attaches to animal's collar. We ship in 48 hours. $3.00 Ppd.

Gemini Engraving Co. Dept. 409-B 5695 Xenon Way Arvada, CO 80002

Country Curtains®

FREE COLOR CATALOG



Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service. Curtains in cotton muslin or carefree permanent press, some with ruffles, others with fringe or lace trim. Also tab curtains, insulated curtains, charming balloon and lace curtains, wooden curtain rods . . . wonderful items for your home. Free color catalog. Please call **413-243-1300** or write us. **Satisfaction guaranteed.**

☐ PLEASE SEND FREE CATALOG
Name _____
Address _____
City _____
State _____ Zip _____

COUNTRY CURTAINS®
At The Red Lion Inn
Dept 3886, Stockbridge, Mass. 01262

HOME PLANNERS, INC.

1250 HOME DESIGNS

An exciting portfolio of America's popular home designs specially edited by category. Order either the delightfully illustrated plan book of your favorite house category, or the Complete Collection. Your satisfaction guaranteed.

1



360 TWO STORY HOMES — Tudors, Salt Boxes, Gambrels, Mansards, Georgians, Farmhouse adaptations. Also Contemporaries. For all budgets. 288 pages $6.95

2



150 1½ STORY HOMES — Cape Cod, Williamsburg, Tudor, Contemporary versions. Low budget & country-estate sections. Expandable family plans. 128 pages $3.95

3



210 ONE STORY HOMES OVER 2000 Sq. Ft. — All popular styles: Spanish, Western, Tudor, French, etc. For modest to country-estate budgets. 192 pages $4.95

4



315 ONE STORY HOMES UNDER 2000 Sq. Ft. — For medium & restricted budgets. Delightful traditional, contemporary exteriors, plans. 192 pages $4.95

5



215 MULTI-LEVEL HOMES — Features split levels, bi-levels for flat & hillside sites. Exciting new dimensions in living. For varying budgets. 192 pages. $4.95

6



223 VACATION HOMES — A-frames, chalets, hexagons, lodges for summer and winter fun. From 480 to 3238 sq. ft. sleeping 2 to 22. 176 pages. 120 in full color $4.95

7 ALL SIX CATEGORIES — only $19.95. Get each of the six outstanding plan books. Over 1250 designs. 4050 illustrations. 1168 pages. A $30.70 value, save $10.75. Blueprints available for each design at low cost. Start your home planning program now.

Mail Today HOME PLANNERS, INC.
Dept. Bk - 23761 Research Drive
Farmington Hills, Michigan 48024

Please ship to me by return mail (circle choice).

1 360 Two Story Homes @ $6.95
2 150 1½ Story Homes @ $3.95
3 210 One Story Homes Over 2000 Sq. Ft. @ $4.95
4 315 One Story Homes Under 2000 Sq. Ft. @ $4.95
5 215 Multi-Level Homes @ $4.95
6 223 Vacation Homes @ $4.95
7 Complete Collection @ $19.95 (Saving $10.75)

Please Print
Name _____
Address _____
City _____
State _____ Zip _____

Mich. residents kindly add 4% sales tax
Check enclosed for.. $ _____

BHM69

CHRISTMAS SHOPPING BY MAIL IS A LUXURY YOU CAN AFFORD



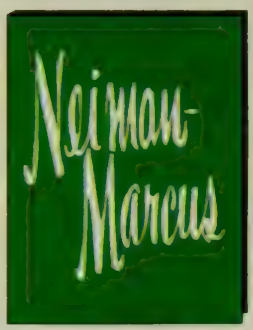
THE WOODEN SPOON CATALOGUE
The BEST selection of cooking tools and gourmet gadgets. You'll find everything from the unique and unusual to everyday essentials. Guaranteed. Toll free ordering, speedy shipping. A 1-year subscription to our 48-page catalogue, $2. The Wooden Spoon, Inc., Dept. 25, Route 6 Box 852, Mahopac, NY 10541.



Indulge in a subscription to I. Magnin Reflections, starting with our collector's item gifts edition. We fill it with only our very best. I. Magnin selections from the finest American and European designer collections. Beautiful gifts for your home and everyone special in your life. One year subscription, U.S. only $5. I. Magnin, Dept. B6, P.O. Box 7651, San Francisco, CA 94120.



Find out why Gump's has been described as "the greatest store of its kind in the world." Send for Gump's Gift Book and shop at home from the most distinctive assortment of gifts available—oriental pieces, china, crystal, lamps, fashion and jewelry. A one-year, four-issue subscription is $3. (Outside U.S.$15). 1-800-334-8677. Gump's Mail Order, M150, 250 Post St., San Francisco, CA 94108.



NEIMAN-MARCUS
Bring the world's most original gifts home...with the 1986 N-M Christmas Book. Peruse over 100 colorful pages. Then charge whatever strikes your fancy to your N-M account. Call our 24-hour toll-free number. Send $5, applicable towards your first N-M credit card purchase from the Christmas Book, to Neiman-Marcus, P.O. Box 2968, Dept. 5176, Dallas, TX 75221-9950.



ATTENTION BEAR LOVERS!
Our 48-page catalog is devoted exclusively to bears and bear-related items. For bear lovers of all ages. Send $1.00 for subscription to our catalog. Bear-in-mind, Inc., Dept. BHB9, 20 Beharrell St., Concord, MA 01742.



HOLST, INC. PRESENTS A CATALOG OF UNIQUE GIFTS
Shop in the comfort of your home for gifts and household items sure to please everyone on your list. A special section is devoted to authentic windmills, weathervanes and Country Store Posters. $1 (refundable with order). Holst, Inc., Dept. BX-986, 1118 W. Lake, Box 370, Tawas City, MI 48764.



THE ARMCHAIR-SHOPPER'S FAVORITE
Full-color catalog presents hundreds of gifts and gadgets for special friends and every member of your family. Toys, stationery, personalized products of all kinds, housewares and decorating accessories—many under $5. Excellent value, reliable service. FREE CATALOG. Miles Kimball Co., 139 Bond St., Oshkosh, WI 54906.



FASHION CATALOG FOR WOMEN 5'4" AND UNDER
Also shoes. PETITE SIZES 2-18...Stylish choices from Koret, Personal, London Fog, Donnkenny, Vera, many more. Shoes in hard-to-fit sizes. Send $1 for latest catalog and receive a $2 BONUS CHECK good on first order. Unique Petite, Dept. BLY2, 3740 E. 34th St., Tucson, AZ 85713-5305.

Let these fine catalogs bring joy and convenience to your world.
You'll find something special for everyone on your list,
with reliable service and affordable prices you'll sing about.
Shop now and enjoy the more relaxed pleasures of the holiday season.



BLOOMINGDALE'S BY MAIL
Send $4 to receive the 1986 Bloomingdale's By Mail Christmas Catalogue, gift certificate, and other exciting catalogues. Mail to: Bloomingdale's By Mail Ltd., Dept. 487, P.O. Box 4160, Huntington Station, NY 11746.



FREE 88-PAGE CATALOG FROM CURRENT, INC.
Features 850 products including stationery, greeting cards, gift wrap and gift items. You'll also receive a FREE sample Christmas card and envelope. All are quality products at low prices since 1950. Free shipping. Money-back guarantee. Current, Inc., Express Processing Center, Dept. R787, Colorado Springs, CO 80941-0001.



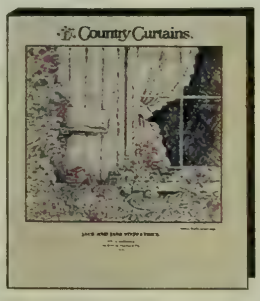
UNIQUE DECORATING VALUES
The largest, most exciting selection of reasonably priced decorative accessories for your home. Choose from hundreds of framed prints, mirrors, wall plaques and groupings. 48-page color catalog offers something for every decorating style. Send $1 and receive $2 off first order. Wild Wood Gallery, Dept. BJ, 4001 S. Salina St., Box 300, Syracuse, NY 13205-0300.



FOR PEOPLE WHO LOVE THEIR PETS...
Pedigrees...The Pet Catalog offers unique, hard-to-find items that let your pet look and feel special. Personalized collars, clothing, grooming supplies, and much more. PLUS, glassware, sculptures, novelties, and more. For FREE 40-page color catalog write: Pedigrees, Box 110 BHCC, Spencerport, NY 14559.



FOR LOVERS OF SHIPS AND THE SEA
You could shop for months and never find the nautical treasures in Preston's new 112-page catalog. Feel the sea breeze as you sail through pages of ship models, wheels and clocks, home furnishings, lamps, barometers, etc. Send 25¢ for next two issues to Preston's 120-Z Main St., Greenport, NY 11944.



COUNTRY CURTAINS CATALOG
Curtains in cotton muslin and carefree permanent press and other fabrics. Perfect with antiques! Also tab curtains, bedspreads, dust ruffles, canopy covers, tablecloths, pillows, insulated and lined curtains, etc. FREE 56-page color catalog. Country Curtains, Dept. 4366, Stockbridge, MA 01262.



SET YOUR TABLE WITH US
A year-round source of gifts for friends and family from Kaiser Crow. Collection includes classic and unique tablesettings, the finest holloware, crystal, china, silver and stainless flatware, designer jewelry, vanity and accessory items. Send $2 (refundable w/purchase) for color catalog. Kaiser Crow, Inc., 747 Sheridan Blvd., 2D, Dept. BHGS, Denver, CO 80214.



SPIEGEL
Spiegel makes giving an art with the beautiful 1986 Christmas Catalog. Bright ideas for everyone on your list plus all you need for holiday dressing, decorating, and entertaining. Complete with toys, jewelry and furs. Send $3 (applicable to your first purchase) to Spiegel, Catalog 655, P.O. Box 6340, Chicago, IL 60680, or call 1-800-345-4500, and charge it.



THE CATALOG FOR PEOPLE WHO LOVE THEIR PETS

Unique, hard-to-find items that make life with your pet easier. Feeders, collars, pet fashions, grooming supplies and more. PLUS gifts and clothing featuring your favorite breed.

☐ **Send your FREE color catalog**

Name _____

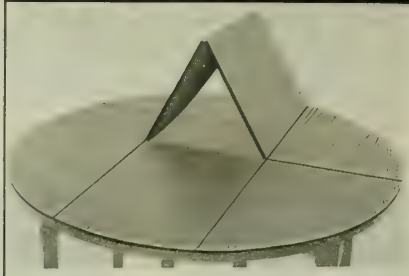
Address _____

pedigrees The Pet Catalog

Box 110, BH-93, Spencerport, N.Y. 14559

FACTORY DIRECT TABLE PADS

GUARD YOUR TABLE AND SAVE!



Order with confidence from America's oldest and largest custom table pad manufacturer. No advance deposit or messy C.O.D. You pay nothing until you receive your table pads and are completely satisfied.

Phone 1-800/328-7237 — Ext. 210

108 Briarcliff, Thomasville, North Carolina, 27360

612/646-6778 — Ext. 210

© SENTRY 1986

Sentry TABLE PAD CO. SINCE 1911

ELECTRIC COUNTRY CHARM *RANGE*



...CAST IRON reproduction from original patterns. Combined with the Early American charm of this antique is the convenience of automatic oven and burner controls and easy-care porcelain top. Coffee mill houses clock, oven timer and minute minder. Fits modern range space. Prices start at $1195.00 plus freight charges.

Send $1.00 for your *"Country Charm"* Appliance Folder and Gift Catalog

Quality backed by over 45 years of Skilled Craftsmanship.

BUILT-IN MICROWAVES AND WALL OVENS

Made and Sold Only by

THE HOUSE OF WEBSTER

Old Fashioned Gifts

BOX BH-986, ROGERS, ARK. 72757

WORLD'S LARGEST INVENTORY!

DISCONTINUED *China* & **CRYSTAL**



ALL major brands of bone china, earthenware & crystal. Make your treasured settings complete. Write or call for a list of pieces available from our huge stock of discontinued patterns.

USE VISA, M'CARD.

• BUY or SELL (919) 275-7224

REPLACEMENTS, LTD.

1510-G HOLBROOK ST., GREENSBORO, N. C. 27403-2785

IRON-ON NAME LABELS



Keep clothes out of the LOST & FOUN

YOUR NAME in bold, blue letters printed on st dy PRE-CUT cloth labels 2" × 3/8". Will adhere any fabric, won't fade, rub or wash off. No need sew. Irons on quickly and easily for permane I.D. Ideal for school, camp, uniforms, nurs homes, church, gym, play groups.

All orders mailed FIRST CLASS for immediate delivery.

Satisfaction Guaranteed or your Money Back

For 50 one-line labels, send $3.95

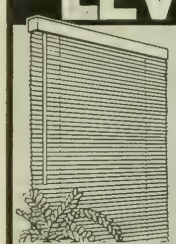
For 100 one-line labels, send $4.95

UNIVERSAL LABEL CENTER

P.O. Box 5, Dept. BH-96, Boston, MA 02101

LOWEST PRICES GUARANTEED!

LEVOLOR®



70%

OFF RETAIL

1" MINI-BLINDS

CUSTOM MADE:

- Real Wood Blinds
- Vertical Blinds
- 1" Mini-Blinds

CALL TOLL FREE *For Information & Prices:* **1-800-351-1150** in Michigan (313) 358-1494

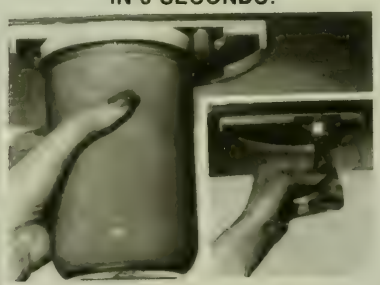
AMERICAN BLIND FACTORY

3000 Town Center #750 Southfield, MI 48075

UN-SKRU

Amazing New Jar Opener

OPEN ANY SCREW LID IN 3 SECONDS!



New UN-SKRU Jar and Bottle Opener mounts permanently to underside of cabinet or shelf. Opens every size screw top—from tiny tube to gallon jar—with scarcely any effort. Even opens press-and-turn "childproof" pill bottles

"Best Opener You Will Ever Use!"

No cook should be without this indispensable kitchen helper. Also handy in trailer, boat, workshop. Wonderful for folks with arthritis. Unique gift. You must be **pleased** or your money back. Only $7.50 + $1 p&h, two for **$14.50** + $1.45 p&h.

Send Check or M.O., 20-day money back guarantee.

HOLST, Inc. Dept. BHU-986, 1118 W. Lake Box 370, Tawas City, MI 48764

STOP SWEAT FOR 6 WEEKS



HANDS **UNDERARMS** **FEET**

DRIONIC® — the heavy sweater's answer costly and embarrassing underarm, hand or sweat. Short treatment with electronic Drio keeps these areas dry for 6 week perio Recommended by dermatologists everywh Send for free information.

Clinical studies available to physicians.

GENERAL MEDICAL CO., Dept. BH-230

1935 Armacost Ave., W. Los Angeles, CA 90025



GIANT CAST IRON PIGGY BANK

only **$10.98**

plus $3.25 shipping

An inspiration for savers—*and* collectors! A most unusual door stop or hearth decoration too, as this hog is made from 100-year-old antique foundry molds. Not your everyday, run-of-the-mill piggy bank—he weighs a hefty 4 pounds and is nearly a foot long. With his voracious appetite this amazingly realistic porker can hold hundreds of dollars. MC, VISA. SPECIAL: Two for **$21** plus $4.95 shpg.

ESSEX HOUSE

Dept. G9-6, Rahway, NJ 07065

AFFORDABLE LUXUR



A Four Seasons® Greenhouse Additi

(Each Center Independently Owned & Operated)

Imagine opening up your home to the look and feel of the gre doors with a Four Seasons® Greenhouse addition. Exclusiv Seasons® features, including Heat Mirror™ glass (R 4) and insu Super Shades™ (R 7), make your Four Seasons® addition as insu as your house walls (R 11) but more exciting!

FOR DEALER NEAREST YOU AND FREE COLOR CATALOG CALL TOLL FREE

DIAL 1-800-FOUR SEASONS

5005 Veterans Memorial Hwy Holbrook NY 11741

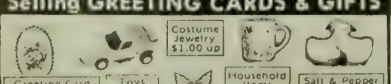
FOUR SEASO GREENHOUS

© 4/86 Four Seasons Marke

MAKE EXTRA MONEY

For Yourself or Organization

Selling GREETING CARDS & GIFTS



No experience needed. Churches, clubs, individuals, shut-ins make profits to 100% showing catalog of sell-on-sight items. Cards worth 75¢ or more sell for less than 30¢ each when bought by the box. Write today for salable samples on approval for 30 day trial. FREE Color Catalog of over 800 items. FREE Name Imprinted Christmas Card Album, Sales Plan. FREE Gift Offer.

HEDENKAMP & Co., Inc 455 N Broad St. Dept 818 Elizabeth, N J 07208

Name .....

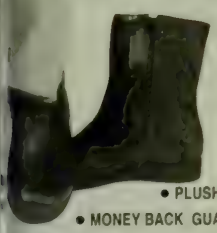
Address .....

City, State, Zip Code .....

GENUINE LEATHER!...

only $19.99

INCREDIBLE VALUE... REG. $29.99



- THICK CUSHION CREPE TRACTION SOLE & 1" HEEL
- GRIP SLIPPERY SURFACES
- 6" SIDE ZIPPER WITH INSIDE ZIPPER GUARD
- PLUSH ACRYLIC LINING
- MONEY BACK GUARANTEE

REAL LEATHER Women's pant boot. Imported. *COLORS: TAUPE-56, BLACK-40, BROWN-60.* FULL SIZES 5-11M, 6-11W

Add $2.25 p&h one item $3.50 for two, $4.25 for three

Az. res. add 7% tax

CHARGE ORDERS CALL (602) 747-5000

We accept VISA, MasterCard, Am. Ex., Diners Club

Send $1 for CATALOG or ORDER NOW & receive CATALOG and $2 BONUS CHECK good on *next* order

Dept. CYR1A, 3740 E. 34th St., Tucson, AZ 85713-5305

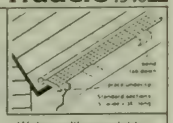
Old Pueblo Traders since 1946

HOMEOWNERS!

...el SUPER Gutter Guard ...otects gutters from leaves, twigs ...ow, and ice. Made of SMOOTH ...IRE MESH with RIGID STEEL ...OGING attached clamps for easy ...stallation

...YEARS SATISFACTORY USE

...eele Plastics Co. • 4341 St. Rt. 5 ...shland, Ky. 41101 (606) 329-1433 (Dealers wanted)



Wider widths available

95¢ per ft. UPS PPD. Visa MasterCard accepted

Dried Herb Wreath Kit

We Provide The Makins • You Do The Work

Includes 9 assorted aromatic and decorative herbs, a 10" straw wreath ring, ribbon, wreath pins and instructions. *(postage & handling included • allow 6 weeks for delivery.)*

All For $16.95

Check or Money Order To: *Novelty Herb Company*

P.O. Box 88

Novelty, Ohio 44072-0088

Lowest Prices! LEVOLOR BLINDS

60% OFF SUGGESTED RETAIL, NOT INFLATED PRICE LISTS

LEVOLOR RIVIERA NEVER-SHINY WARRANTY

This original national discounter guarantees to beat any legitimate price on these products, down to our cost. Get your best price, then call us. Don't be fooled by our imitators. There is only one number 1. Shop and compare, use suggested retail and discount percentage for comparison only. We discount everyday.

NOBODY BEATS OUR LEVOLOR PRICES

LEVOLOR MONACO 1" MINI BLIND 60% OFF
LEVOLOR CUSTOM VERTICAL BLINDS 55% OFF

we also carry...

LEVOLOR RIVIERA 1" MINI BLINDS
LEVOLOR WOOD BLINDS, MICRO BLINDS AND "Z" PLEATED SHADES

DEL MAR VERTICALS, DEL MAR SOFTLIGHT PLEATED SHADES * KIRSCH VEROSOL AND LOUVER DRAPE VERTICALS.

CALL TOLL FREE (800) 547-8982

FREE Free color swatches and info. Free UPS shipping (48 states)

WELLS INTERIORS, INC. (9 Calif. locations)

7171 Amador Plaza, Dublin, CA 94568

BASEMENT TOILET

FLUSHES UP To Sewer or Septic Tank

No Digging Up Floors

Install It Yourself - Anywhere

Write McPherson, Inc., Dept. 28

Box 15133 Tampa, Florida 33684



Ride up and down stairs safely.

When climbing stairs is a problem, Cheney has the lift you need. The deluxe Cheney Wecolator for straight, curved and spiral staircases or the economical Cheney Liberty™ Lifts for straight stairways. With either Cheney lift, you'll have peace of mind knowing that you can still go safely from floor to floor in the home you've come to love.

- **Wide comfortable seats and footrests**
- **Fold out of the way for normal stair use**
- **Individualized options, decorator colors**
- **Unmatched limited warranties**

For information contact your local Cheney representative or call Darlene Lewis toll free 1-800-782-1222.

The CHENEY Company

Dept. BG, P.O. Box 188, New Berlin, WI 53151

414-782-1100

DURHAM'S Rock Hard WATER PUTTY WILL NOT SHRINK! STICKS AND STAYS PUT

MAKES LASTING REPAIRS

Durham's fills cracks and holes in plaster, wood and tile. Won't shrink or fall out. Economical, easy to use. Available at lumber, paint and hardware stores. If your store cannot supply, send $6.00 for 4-lb. can, shipped postpaid in U.S. Money-back guarantee. Donald Durham Co., Box 804-L (103 SW 3rd St.), Des Moines, Iowa 50304

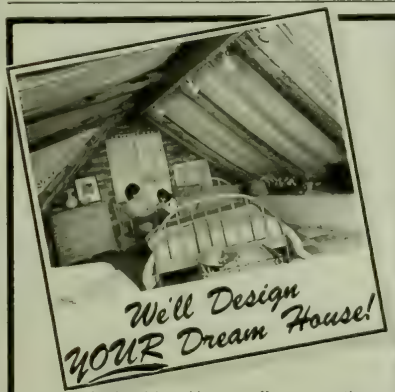
"QUALITY CAN BE FOUND RIGHT HERE...AT HOME"

Made In America Mail Order Catalogue

MADE IN AMERICA features over 100 U.S.A. made products for your Home, Office, Children and YOU that are unique in design. You just won't find them in retail stores! Satisfaction Guaranteed or Your Money Back. Send $2.00 for a 24-page color catalogue and $2 Gift Certificate applicable towards any purchase to:

MADE IN AMERICA, Dept. BH001

P.O. Box 621, Lebanon, Ohio 45036



We'll Design YOUR Dream House!

New England Log Homes offers more than 40 models, countless options, and complete custom design engineering. There's no limit to what we can do to personalize your dream house.

You save money through NELHI's ease of construction system, remarkable energy efficiency and minimal maintenance. And all NELHI logs are precision cut-to-fit before delivery.

Visit any of our model homes nation-wide. Call toll free or write today for the name and address of your local NELHI dealer.

Outside Connecticut
TOLL FREE 1-800-243-3551
DEALER OPPORTUNITIES AVAILABLE

Send for our free color brochure or our $6.00 Planning Kit

NEW ENGLAND LOG HOMES

General Sales Office
2301 State Street
P.O. Box 5427-KH
Hamden, Connecticut 06518
(203) 562-9981

NELHI AUTHENTIC LOG HOMES

Manufacturing plants in Great Barrington, MA, Lawrenceville, VA, Houston, MO and Marysville, CA

Founded in 1969 © 1986 by NELHI



COLONIAL MAID CURTAINS

Since 1947

FREE COLOR CATALOG - Exciting 56 pages of quality, no-iron curtains, bedspreads and deep drop dust ruffles. Colonial and country reproductions you cannot find elsewhere. Send for yours today.

Name _____

Address _____

City _____ State ____ Zip _____

COLONIAL MAID CURTAINS
Dept. CAS-AU, Mamaroneck, N.Y. 10543



ADDRESS LABELS IN FREE DISPENSER

Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$ 4.95	$ 5.95	$ 6.95
3 Orders (Mixed copy OK)	$11.95	$14.95	$17.95

Specify: Plain ( ) Initial ( ) Zodiac ( )

Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)

Send to: LABELS UNLIMITED, Dept. 602
P.O. Box 346, Sonoma, CA 95476
Dealer Inquiries Welcome

Discount Wallcovering THE PHONE WAY 30%-50%

Buy Direct-All Brands - First Quality
Free Delivery
No Sales Tax (outside PA)

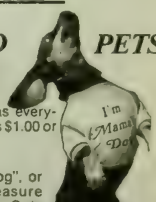
VISA MasterCard

SHOP IN YOUR NEIGHBORHOOD
Write Down Pattern Number/Book; Then Call

SILVER WALLPAPER, INC.
3001-11 Kensington Ave., Phila., PA 19134

Toll Free 1-800-426-6600

THE CATALOG FOR PAMPERED PETS



Fashion wear, accessories, foul weather gear, toys. Hundreds of hard-to-find items for pup and kitty — even for "the pet who has everything"! 48-page full color catalog is $1.00 or FREE with T-Shirt purchase!

DOGGIE T-SHIRT OFFER!

"I'm Mama's Dog", Daddy's Dog", or "Granny's Dog". Measure pet from collar to tail. Only $6.98 (2 for $12.98) Ppd.

DU-SAY'S

DEPT. 501, BOX 1036, PICAYUNE, MS. 39466

GREAT COLOR WALLETS and ENLARGEMENTS

EXPRESS PHOTO SERVICE

ONLY $2.50



FULL COLOR • BORDERLESS
Five choices only $2.50 each

- ★ 40 Wallets
- ★ 32 Wallets & One 5"x 7"
- ★ 8 Wallets & Four 5"x 7"s
- ★ 2 Custom 8" x 10"s
- ★ 20 Jumbo Wallets

Vibrant Permaprint™ copies on KODAK paper. Send any instant print or photo up to 8x10 (returned). Add 75¢ each set for handling and postage. For Rush Express Photo Service add $2.00 per order. Enclose check or M.O. with return address, send to:

RELIANCE COLOR LABS, INC.
STUDIO E814-9, P.O. BOX 159, STAMFORD, CT 06904

THE MAN NEXT DOOR

Chris sometimes worries about our kids' eyesight. She says that Judy couldn't find a thing to wear in a closetful of clothes, and Burt, Jr., seldom can find anything to eat in a refrigerator full of food.

Lee Bayless confesses that his teenagers use his new compact disc player most of the time. "The sound quality is amazing," he reports. "But," he adds, "I'm not sure I want to hear their music all that clearly."

Editor Earl Reeves maintains that words form the rock-solid foundation of civilization—except when we have to eat them.

Congressman Nick Hanfli recently noted that "one reason America is a great land is that you are presumed to be innocent—at least until you go to work for the government."

"Among the advantages of being a team player," confides Bill Norman, "is that you always have someone else to blame if things go wrong."

Bill Minchin at the office claims that watching football on TV is great exercise. "Every time there's a commercial, I make a 10-yard dash for the refrigerator," he says wryly.

Dot Dresch wanted Dick to trim the trees in the backyard last weekend, but Dick insisted that if he's going to break a leg, he's going to wait until winter and do it enjoying himself on the ski runs.



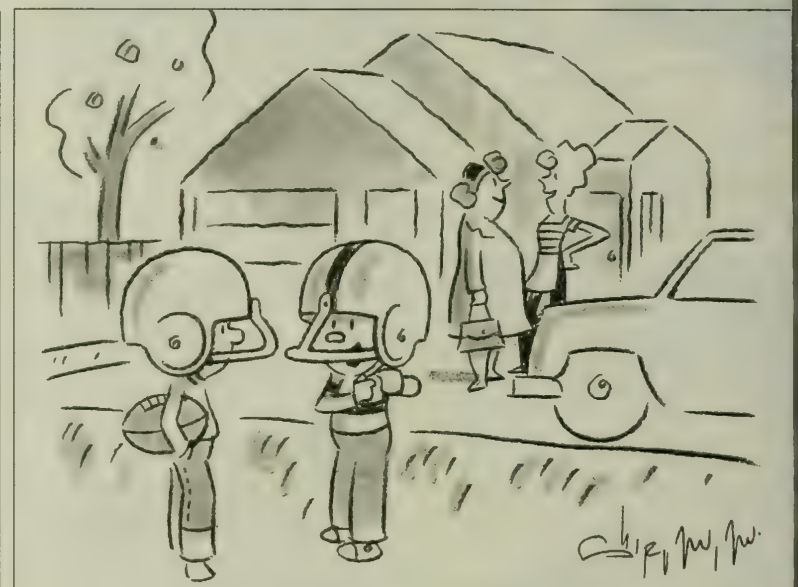
The secret of being a good loan officer, confides our banker friend Helen Newsome, is the ability to say "no" in a manner that implies the client should apply again next month.

"Never mind the sunrise and sunset times," says Liz Randall, mother of five. "The days of September are automatically longer when the kids are back in school."

"If you think no one ever notices how you look," says Ken Floyd, "just try cutting your own hair."

Grandma Hillis will tell you she's more than satisfied with her old dishwasher, thank you. Of course, she means Grandpa Hillis.

Burt, Jr., found that the money he made cutting grass and raking leaves this year just covered the cost of a snowblower he figured he needed to keep his neighborhood customers loyal through the winter.



"I like these helmets. They make you hard to kiss."

A couple of weeks ago, Chris and I found ourselves prowling around our town's new oriental grocery store. While Chris marveled at the exotic teas and delicacies up in the front of the store, I wandered to the back. There, between the gingerroot and the five spice powder, I came across something I'd never seen before: an electric rice cooker.

I must admit, I'm something of a gadget collector, and I was immediately taken with this simple little pot. The cooker guaranteed perfect rice without effort, and that was enough to sell me.

The question was, how would I sell it to Chris? "Oh no, not another candidate for the appliance graveyard!" she said with mock horror. "Let's see," she continued, "first there was the waffle iron, then the crepe pan, the salad spinner, and the automatic apple peeler. Are you sure you want another death by neglect on your hands?"

Well, we bought it. And much to everyone's surprise, the cooker lived up to its billing. Nice fluffy rice every time. It shows that we gadget collectors are right once in a while.

Burton Hillis

October 1986

Idea Magazine for American Families

3 9042 02019395 6

Better Homes and Gardens.

SONAL STYLE
cial Decorating Section

THIS ISSUE
RAFTS
EALTH
MODELING

ECORATING CONTEST
INNERS!
dea-Filled Pages For You

ICROWAVE
OOKING
w Recipes,
w Techniques!

ODAY'S
ARENTS:
OW WELL
E THEY DOING?
00 Readers Tell Us
ink!

ION'S
ITTLE
arent Should Know

BLOOMS
TER!
Flowering Bulbs

A MASTER SUITE RETREAT

October 1986
• $1.50

Rooms You Love To Come Home To

BURLINGAME
SEP 15 1986
LIBRARY

11-LBREN 94424'02
JUN87 ED 94424'02
BURLINGAME PUBLIC LIBRY
480 PRIMROSE RD
BURLINGAME CA 94010
140055

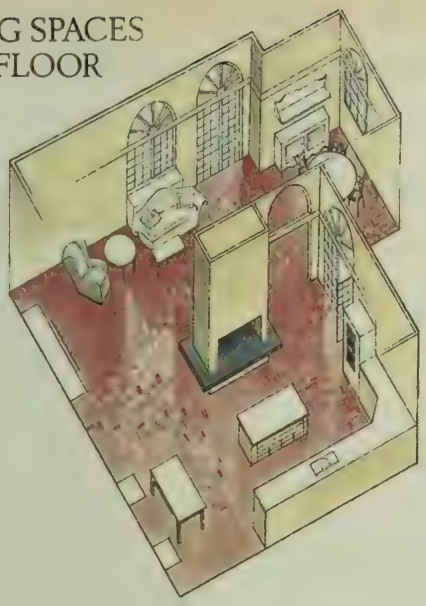
THE KITCHEN SUITE

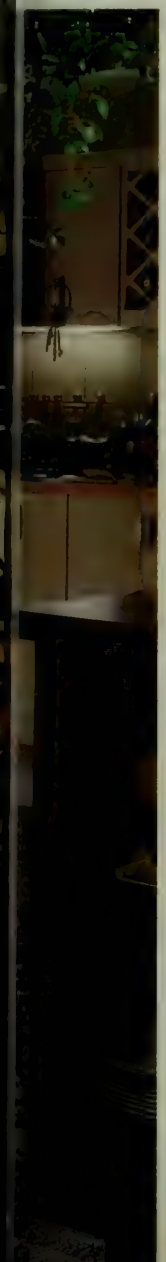
AN ARMSTRONG ADVENTURE IN SPACE



THINK OF IT AS THREE LIVING SPACES UNITED BY AN ARMSTRONG FLOOR

In the style of a traditional country cottage, this multipurpose suite is clustered around a centrally located fireplace. But what really brings the suite together is the Armstrong Solarian® floor that flows easily from one area to the next. You'll find it in the kitchen area, where the cooking island has counters that flip up for casual dining, and a bookcase and nearby desk function as a study area. It also graces the living area, which features a fireside grouping of seats, perfect for entertaining guests or watching TV. And it warms the formal dining area, where a wall of French doors provides a great view of the out-of-doors.





THE DESIGNER SOLARIAN FLOOR

It's Armstrong Hampton Brick Designer Solarian that sets the tone for the entire suite. Complemented by ceiling beams and country furnishings, its rich texture and terra-cotta color create a setting that's comfortable and inviting. So, Armstrong Hampton Brick gives the entire suite the warm feeling of natural brick with the easy care of an Armstrong floor.





To see this Suite from another angle, turn the page.



To see more: For a free color Kitchen Suite booklet with many photos, floor plans, and product information, call the toll-free Armstrong Consumer Line, 1 800 233-3823, and ask for Dept. 6AFBH. Or send coupon to:
Armstrong, Dept. 6AFBH, P.O. Box 3001, Lancaster, PA 17604

Armstrong
so nice to come home to™

Name _____

Street _____

City _____

Zip _____ Tel. ( ) _____

Better Homes and Gardens®

Editorial Director DORIS M. EBY
Editor DAVID JORDAN
Managing Editor KATE GREER Art Director ROBERT C. FURSTENAU

Food and Nutrition Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors LYNN HOPPE BARBARA ATKINS TERRI PAUSER WOLF
Special Interest Publications JANET FIGG

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor BARBARA A. LEWIS
Associate Editors GREGORY D. COOK GAYLE GOODSON BUTLER
Special Interest Publications WILLIAM L. NOLAN KAY SANDERS DAVID W. TOHT

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Associate Editor RHODA E. JAFFIN
Special Interest Publications HEATHER J. SCHRADLE ANNE ELIZABETH POWELL

Garden, Projects, and New Products Editor DOUGLAS A. JIMERSON
New Products and 100s of Ideas Editor STEVEN COULTER
Projects Editor C. MICHAEL STOWERS *Associate Editors* JANE AUSTIN McKEON NANCY HALL

Money Management, Automotive, and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor PAUL KRANTZ *General Features Editor* KATHRYN STECHERT
Associate Editors GEORGE S. BUSH CAROLYN A. McNURLEN MARK A. INGEBRETSEN

Crafts, Needlework, and Table Settings
Senior Crafts Editor JIM WILLIAMS
Associate Editor JILANN SEVERSON
Special Interest Publications LAURA HOLTORF COLLINS

Editorial Marketing Services Director MARGARET McMAHON
Editorial Management Trainee DAVID S. JOHNSON

Copy Chief ELIZABETH HAHN BROOKS *Makeup Editor* LINDA R. THOMAS
Associate Makeup Editors KATHRYN DAVIDSON JUDY HUNSICKER

Managing Art Director GERALD PREATOR
Associate Art Directors BRADFORD W. S. HONG ALISANN DIXON JERRY J. RANK
Graphic Designers KELLY BARTON NANCY N. KLUENDER KEVIN S. LUDGATE

Executive Director Editorial Services DUANE L. GREGG
Director, Editorial Planning DAVID R. HAUPERT
Director, Editorial Research C. RAY DEATON *Research Assistant* SCOTT R. TOLAN
Administrative Editor ROSE ANDERSON *Art Business Office Manager* DIANE BOYLE
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN

MAGAZINE GROUP PRESIDENT **JAMES A. AUTRY**
Magazine Group Vice President DORIS M. EBY, Editorial Director

Vice President–Publisher, Better Homes and Gardens J. WESLEY SILK
Publishing Services Director TERRY UNSWORTH *Advertising Sales Director* LENNOX E. H. STUART
Associate Publisher/Development DEL RUSHER

Magazine Group Vice President Adolph Auerbacher, Publishing Director, Special Publications and Development

Special Interest Publications *Editor* WILLIAM J. YATES
Managing Editor LAMONT OLSON *Art Director* DON NICKELL

Better Homes and Gardens® COUNTRY HOME® *Editor* JEAN LEMMON

Better Homes and Gardens® WOOD *Editor* LARRY CLAYTON

Meredith Publishing Services *Editor* DOUGLAS A. HOLTHAUS
Managing Editor PATRICIA POLLOCK *Design Director* DEETRA LEECH

Books *Editor* GERALD KNOX *Managing Editor* DAVID A. KIRCHNER *Art Director* ERNEST SHELTON
Food Editor SHARYL HEIKEN *Furnishings Editor* SHARON NOVOTNE *Crafts Editor* JOAN CRAVENS

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Executive Vice President JACK D. REHM, Corporate Services
Group Presidents: JAMES A. AUTRY, Magazines
FRED STINES, Books
W. C. McREYNOLDS, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents: DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
NEIL KUEHNL, Product Development HERB SCHULTE, Corporate Planning
WILLIAM H. STRAW, Finance GERALD D. THORNTON, Administrative Services
Secretary BETTY CAMPBELL MADDEN Treasurer MICHAEL A. SELL
Corporate Controller LARRY D. HARTSOOK

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $14.00 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription Prices:** One year $14.00 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. October, 1986. Vol. 64, No. 10.
© Copyright Meredith Corporation 1986. All rights reserved. Printed in U.S.A.

Have a problem with your subscription?

We want to solve it to your complete satisfaction, and we want to do it fast. Please write to: Robert Austin, Better Homes and Gardens®, P.O. Box 4536, Des Moines, Iowa 50336.

You can help us by attaching your magazine label here, or copy your name and address as it appears on your label. Send this along with your correspondence.

Name
Address Apt. #
City State Zip

Moving?

Simply attach the mailing label from this magazine and write in your new address below. (Please allow 4-8 weeks.)

Your New Address Goes Here

Name

Address Apt. #

City

State Zip

Subscription Rate:

12 issues $14.00. Add $12 a year for Canadian or foreign postage.

☐ Renewal ☐ New Order

For Fast Service...

...it is better to write us concerning your problem and include the magazine label. Also, address changes are handled more efficiently by mail. However, should you need to reach us quickly the following toll-free number is available:

800-247-2504

Better Homes and Gardens®

P.O. Box 4536 • Des Moines, Iowa 50336



With an Armstrong ceiling, it's easy to put beauty above everything else.



1. Nail up the tracks



2. Position the tiles



3. Snap in place

And with our No-Fault Installation Guarantee, if you make a mistake, we'll make it right.

Finish off your next remodeling job with an Armstrong tile ceiling. It's the perfect way to top off a beautiful room.

If you've never installed ceiling tile before, you'll be surprised at how easy it is—especially when you use Armstrong Easy Up® Installation Kits.

And when you purchase from a retailer participating in our No-Fault Installation Guarantee, should you make a mistake and damage any of the materials, they can be replaced at no charge. Ask for details at the store before you buy.

Call us toll-free for a free "Guide to Armstrong Ceilings" and the name of a nearby retailer who sells our line.

1 800 233-3823, ask for Dept. 6ARBH.

Rebate Offer

Get up to a $50 rebate when you purchase a complete Armstrong ceiling system from October 12 to November 15, 1986. Choose from 15 qualifying ceiling patterns.

Call the toll-free number above for a rebate coupon with full details of the offer or visit a participating retailer.

Armstrong

so nice to come home to™

#486 Wood Grain Plank


One more thing to be thankful for—
Thomasville Dining Rooms are now on sale.



From September 18 to October 27, exceptional quality Thomasville® Dining Room furniture is yours at exceptionally low prices.

For the name of your nearest participating Thomasville Gallery™ or Authorized Retailer, call today, toll-free: 1 800 225-0265. In North Carolina, call 1 800 672-4224. Ask for Dept. 6ATBH.

Thomasville®
so nice to come home to™

WE ALL SLEEP IN THE SAME BED

AND WE SLEEP BETTER BECAUSE OF IT

We all sleep in a Somma. We understand the importance and benefits of getting a healthy, restful, better night's sleep. On a Somma Mattress you don't feel any hard spots or lumps. And there are no annoying metal springs pushing up against your body forcing you to toss and turn all night long.

Somma has removed the springs from the mattress and replaced them with individual water filled cylinders. These cylinders lie beneath a plush sleeping surface making the Somma soft on top for exceptional comfort and firm underneath for excellent support. In addition, each person can adjust their side of the Somma for the exact degree of support they each want and need. And . . . movement on one side of the bed does not affect the other side at all.

By combining the best design qualities of the traditional mattress with the unequalled comfort of waterbeds, Somma has created the perfect mattress, adjustable for every individual's sleeping habits. You sleep better, deeper and you wake up feeling absolutely great.

Visit your local mattress retailer today and LIE DOWN ON A SOMMA. Share a better night's sleep with us. Sleep in our bed. Sleep in a Somma.



Every night we'd wake up 8 or 9 times. Now, we sleep through the night on our Somma.



Waking up without feeling sore all over is the perfect start to each day.

We're a very active family and getting a better night's sleep is important to us. That's why we all sleep on Somma mattresses.

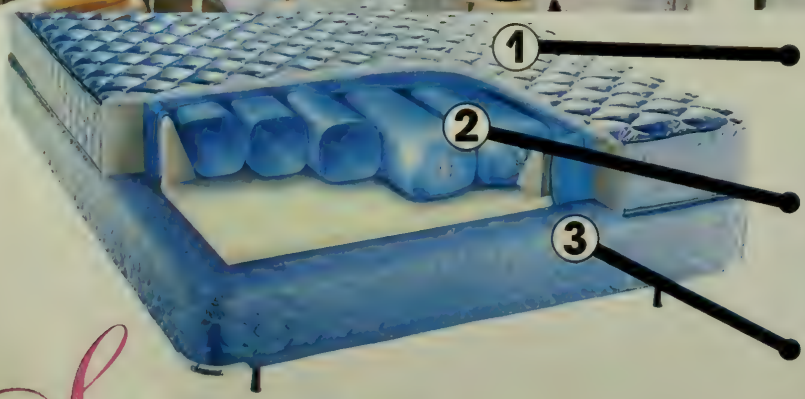


It looks like a traditional mattress. I can use my regular sheets. And I always sleep better. That's Somma.



Our Somma allows us to adjust each side of the mattress for the exact firmness and support we each want.





1. SUPERB COMFORT

For maximum comfort the soft top of a Somma conforms to your body shape. Annoying hard spots, pressure points and side to side movement are completely eliminated.

2. PERFECT SUPPORT

Each person can adjust the firmness on their side of the mattress for the exact support they want and need by simply varying the amount of water in the individual cylinders.

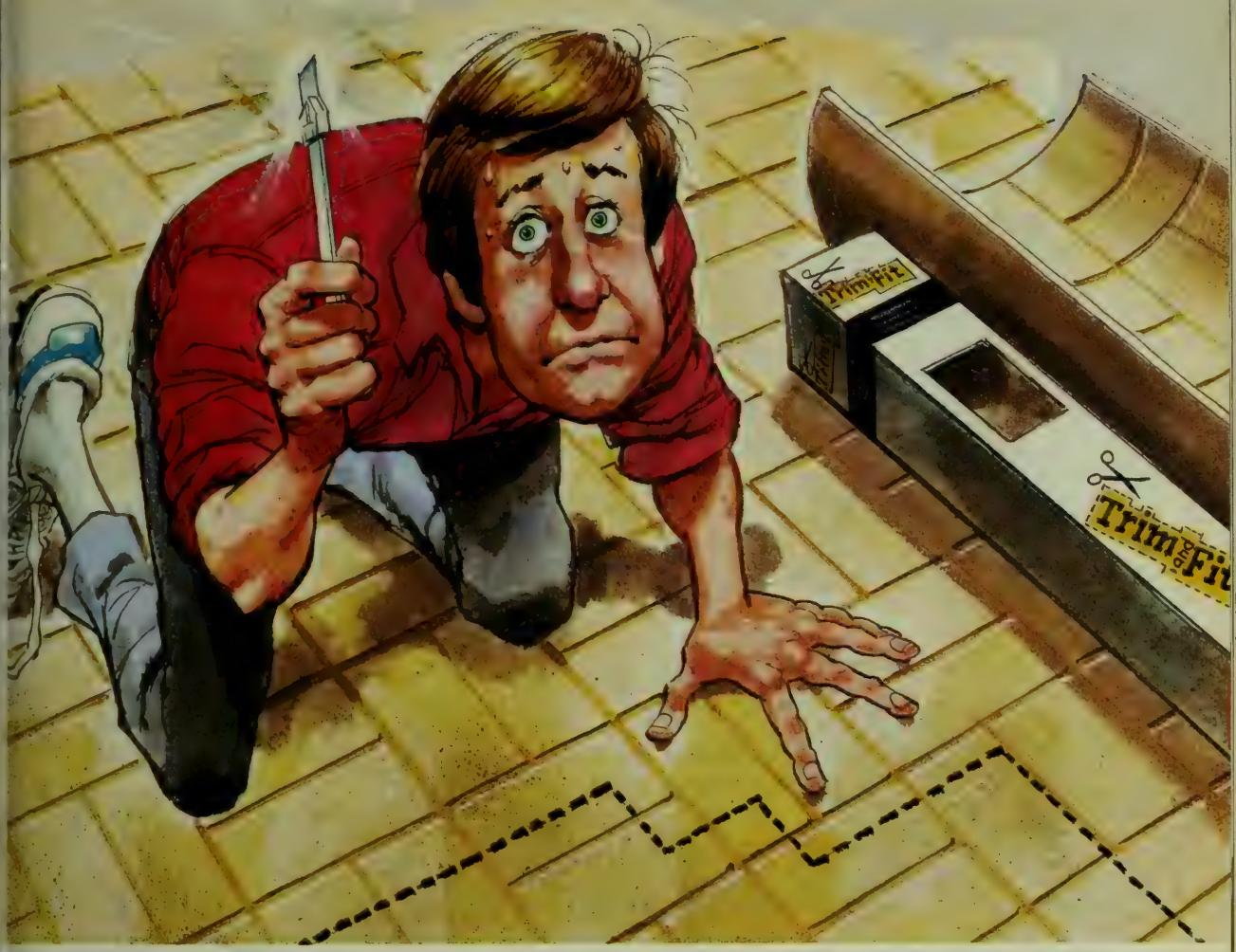
3. PRACTICAL BENEFITS

The Somma is lightweight. It uses standard bedding and a standard center support bedframe. And many tickings are treated with DuPont TEFLON® soil and stain mattress protector.

Somma® MATTRESS

SLEEP BETTER IN OUR BED . . . SLEEP ON A SOMMA

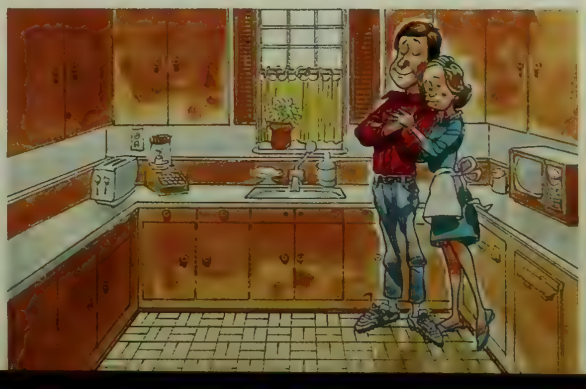
© 1986 Somma Mattress Company. U.S. Patent 4 221 013. U.S. Patent 4 569 706. Other U.S. and foreign patents pending.



Go on, cut. You'll be brilliant. Armstrong guarantees it.

Install your new Armstrong sheet vinyl floor with a Trim and Fit ™ kit, and if you goof while cutting or fitting, your Armstrong retailer will replace both the flooring and the kit.

Free. That's the Fail-Safe ™ Guarantee. Just see your local home center or building supply retailer for details.



FREE. For a free Floor Project Planning Pack, call the Armstrong Consumer Line at 1 800 233-3823 and ask for Dept. 6AGBH. Or, send this coupon: Armstrong, Dept. 6AGBH, P.O. Box 3001, Lancaster, PA 17604

Name _____
(please print)

Street _____

City _____

State _____ Zip _____

Armstrong

so nice to come home to™



COVER PHOTOGRAPH: MARIS/SEMEL

HOME DECORATING CONTEST WINNERS!

15 idea-filled pages for you

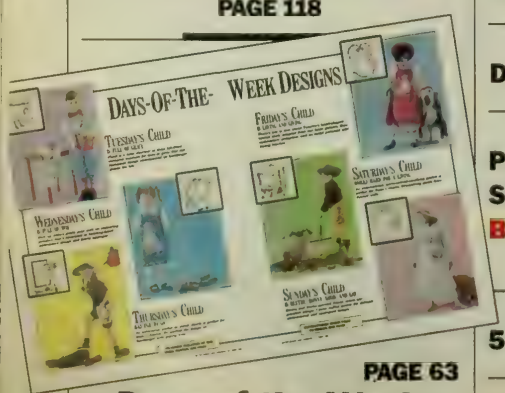
PAGE 103



BEAUTIFUL BLOOMS!

Forcing bulbs for winter color

PAGE 118



PAGE 63

Days-of-the-Week Designs

CONTENTS

OCTOBER 1986; Vol. 64, No. 10

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®

FEATURES

Family Network™ *Letters from our readers* 12
Editor's Letter 18
What's Happening *New trends and developments* 22
The Man Next Door® *Writes about family, friends, and neighbors* .. 202

GARDENING

Gardener's Log
Prepare your garden and yard for winter 26
FORCED TO BE BEAUTIFUL!
Flowering bulbs for indoor blooms 118

EDUCATION

EDUCATION'S DIRTY LITTLE SECRET
What every parent should know 34

PARENTING

TODAY'S PARENTS: HOW WELL ARE THEY DOING?
The answers from our January reader survey 36

BUILDING

Fantasyland Castle
Step-by-step instructions to a dollhouse castle! 50
Stowaway Ironing Board 59
Update Your Windows with a Kit 71
Tips, Tools, and Techniques 98
MASTER SUITE, BASEMENT RETREAT 122
Quick Cover-Up for Basement Walls 184

CRAFTS

Days-of-the-Week Designs *To appliqué and embroider* 63

DECORATING

Protecting Precious Collectibles 69
Sheet Savvy *Make-it-with-sheets conversion chart* 72
BH&G® HOME DECORATING CONTEST WINNERS!
15 idea-filled pages for you 103

PETS

5 Unusual Dogs that Make Great Family Pets 76

CARS

Choosing Options that Improve a Car's Performance 80

continued on page 10



80 Proof Brandy. E&J Distillers, Modesto, California. © 1986



The instant itch reliever

...and a lot more

Instantly on contact with the itch. That's how fast LANACANE® Creme Medication starts working to relieve an itch.

That's because LANACANE contains the special type of anesthetic widely used by doctors all over the world for fast and lasting relief from pain and itching. Doctors know that's the only way to really attack itching instantly.

LANACANE Creme simply shuts off the itch. On contact. Quickly and effectively.

What's more, LANACANE is not a hydrocortisone like Cortaid® and Cortizone-5, medications known to work slowly and indirectly. Hydrocortisones don't work on some of your most common itches, because they contain no pain killers at all.

LANACANE works directly on every kind of itch. From insect bites to dry skin, to personal itching. It safely relieves the pain of your irritated, inflamed skin tissue. No matter how sensitive the area. And LANACANE Creme's special antibacterial action helps speed your body's natural healing process.

LANACANE even contains Aloe to soothe and moisturize the skin.

Yet, for all that relief, ounce for ounce, LANACANE costs far less than leading hydrocortisones.

No wonder LANACANE is the world's leader in fast itch relief.

LANACANE

CONTENTS

continued

HEALTH

Handicap No Obstacle to Fitness 84
Health Update 89
Aches and Pains
When to worry; when not to worry 92

FOOD

Diet and Health
Produce preservatives: A health threat? 86
MICROWAVE COOKING
New recipes, new techniques from three cooking pros 124







Win Money for Your Recipes 135
How to Use Nutrition Information 136
Best-of-Season: Apple Cider Pie!
The new all-American dessert 158
Three Whole Grain Recipes *From one basic mix* 160
Cooking with Flair
Shortcuts, tips, and tricks for perfect results 162
Prize Tested Recipes® 165
Hearty cheese entrées
Delectable drop cookies

TRAVEL

Travel Tips *Good deals, great fun, and new ideas to get you going* 169
Hawaii! *Action adventures that make good vacations great* 186

SURVEY

VCR Questionnaire
Be among the first 3,000 readers to answer and win a **Better Homes and Gardens®** *book* 173

HOME ELECTRONICS

Just Out for Home and Family *New electronic products* 176

SHOPPING

Magazine Customer Service Information 2
Buying Guide 182
Names and addresses of retailers and manufacturers of products shown on our editorial pages
How to Order 183
Special offers, project plans, and kits featured in **Better Homes and Gardens®** *magazine*
Shopping Editor's Choice 194



Taste the ten vegetable vegetable soup.

Sweet carrots. Crunchy cabbage. Tender peas. Luscious
eks. And six other mouthwatering garden vegetables.
ll blended in a fragrant broth that blossoms with fresh-
ooked flavor when you simmer it. That's what sets Knorr®
egetable Soup apart from other vegetable soups.

Look for Knorr Vegetable Soup along with our 19
ther distinctive Knorr Soups, like Tomato with Basil. All
the gourmet or soup section of your supermarket.

Knorr. *A feast of fresh-cooked flavor.*

20 MFR COUPON | NO EXPIRATION DATE 20

Save 20¢

When you buy one box Knorr Soup Mix, any flavor

DEALER: This coupon will be redeemed for face value plus 8¢ handling if used in accordance with the offer stated hereon. Any other use constitutes fraud. Limit one coupon per item. Coupon not transferable. Void where prohibited, taxed or otherwise restricted. Proof of purchase of sufficient merchandise to cover coupons submitted must be shown on request. Cash redemption value 1/20¢. Customer must pay any sales tax. Good only in U.S.A. Send to: Best Foods, Dept. #5917, El Paso, Texas 79966



Knorr®

48001 117281

71124



LETTERS

FAMILY NETWORK

Readers' solutions to family and community problems

Keeping in touch

In our family, we use round robin letters to help strengthen individual and extended-family relationships. This tradition began some time ago when our families became scattered coast to coast.

Here's an example of how our system works: My older brother writes to all of us, but only mails the letter to one person. That family member adds his or her own letter and mails it to the next person on the list. When you get your old letter back, you replace it with a new one and send it on.

Like the other relatives, I look forward to receiving the letters every month. Now my wife's family has their round robin letters, too.

Whyle S. Wilcox
Silver Spring, Maryland

Handbag hassle

When my son was a little boy, he seemed to like nothing better than to play with my handbag. Of course, this caused me endless problems until I hit upon the following solution.

I took a handbag that I no longer used and filled it with an old wallet, empty powder compact, and empty lipstick tube. I also included several old keys and similar objects of no value.

This seemed to satisfy my son, so instead of heading straight for the handbag that I used, he'd go for the one I had made up as a toy.

Mrs. Lillian S. Murphy
Rohnert Park, California

A special day for the kids

After Mother's Day and Father's Day, our 5-year-old continued to ask, "When is Kid's Day?" So we decided to celebrate a "Kid's Day."

We picked the Sunday before school started as a good time. We gave each child a small gift with a homemade Kid's Day card, ate out at the restaurant of their choice, and played miniature golf.

Kid's Day is celebrated differently each year—trips to the zoo, movies, or whatever the children decide on. Now that we've celebrated this special day for five years, we consider it to be a family tradition.

Penny Pounder
Angleton, Texas

I remember you when you . . .

I saw a cute idea at a wedding I attended recently. On the large bulletin

continued

Sesame Street® Fashions.
Now playing only at JCPenney.

It's a star performance. Featuring Big Bird, Bert, Ernie and the whole Sesame Street® gang in a collection of infant, toddler and pre-school apparel available only at JCPenney. Stop by and catch our act.
Outfits shown from $8.99 to $15.00.



You're looking smarter than ever.
JCPenney

Available at most large stores. Prices may be higher in Alaska, Hawaii and Puerto Rico. © 1986, JCPenney Co., Inc.
Sesame Street® and the Sesame Street sign are trademarks and service marks of Children's Television Workshop. Sesame Street Muppet Characters © 1986 Muppets

"Virginia Slims 120's takes length one step further."

VIRGINIA SLIMS 120's



The LONGEST Slims of all.



© Philip Morris Inc. 1986

14 mg "tar," 1.0 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

continued

board in the church basement, the families of the bride and groom had set up a photo display. There were baby pictures of the bride and groom, first-day-of-school pictures, graduation pictures, and more. There were also some fun pictures of the couple after they met.

All of the guests enjoyed the photos, and the display was a good conversation starter.

Mrs. H. L.
Sioux Falls, South Dakota

Christmas Eve gathering

Although we have a large family by today's standards—eight in our immediate family and about 30 close relatives—we include even more people in our annual Christmas Eve gathering.

This tradition began 20 years ago as a supper for our parents and a few friends. The day's festivities have escalated to include all nearby relatives, close friends, and neighbors.

We always invite new friends and neighbors whose relatives live out of town. We have enjoyed some lasting friendships as a result of these Christmas Eve get-togethers.

This idea of sharing a holiday can be done any time during the year. We have had 4th of July gatherings that included those who have had no one in town with whom to share the day.

Mary Ann Edenfield
Savannah, Georgia

Saving beautiful homes

We have some beautiful older homes in our small community, but they are very large and costly to heat and maintain. Many of them are being bought by absentee landlords and are turned into apartment houses. The majority of the landlords do not take pains to keep the properties looking their best.

Our group, The Association for Pride in Fort Edward, is looking for ways to preserve these homes. I would appreciate any thoughts or suggestions Family Network might have to try to help us make our organization a success and to encourage community involvement.

Deborah A. Durkee
Fort Edward, N.Y.

Infant caution

I consider myself to be a well-informed, cautious mother, but I became aware the other night of a danger that no one had ever warned me about.

Above my newborn son's crib were two framed pictures. A few weeks ago my husband and I woke up to the sound of our son's screams. One of the pictures had fallen into his crib. Thank heaven he was barely grazed.

I've heard of two deaths from similar accidents, so I wanted to alert others.

Nancy Rappaport
Nashua, New Hampshire

WRITE TO US

Family Network welcomes letters from you, our readers, describing how you or your friends and neighbors solved problems involving family or community; or letters asking for help with an unsolved problem. Write to Family Network, BH&G Features, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for length and clarity. All letters become the property of Better Homes and Gardens®. We will pay $50 for each letter we publish. BH&G

THE CUSTOM FIT IS HERE!

It's here. The fit that flows, follows, custom fits to your individual shape from ankle to waist. In 16 beautiful places. In all our beautiful styles. No other panty hose fits like No nonsense.

NO NONSENSE® PANTY HOSE. WITH 16 POINT CONTOURING.™



Look for our Fall sales on special No nonsense displays in participating stores.

© 1986 No Nonsense Fashions, Inc. Made with DuPont Nylon




A Mannington Never-Wax® floor is beautiful.
And designed to stay that way.
There's no denying that a Mannington Never-Wax floor is beautiful to look at when it's new. And even with time and traffic, it keeps that beautiful new look almost effortlessly. Unlike conventional no-wax floors which require regular treatment
Floor pictured: Mannington Boca "Ranchero" #32011
© *Mannington Mills, Inc. 1986, P.O. Box 30, Salem NJ 08079


NO-WAX vs NEVER-WAX
These floors need the shine put on.
Mannington has the shine built in.
with strippers and polishes to hold their shine, Mannington Never-Wax is designed with a unique built-in finish that holds its own shine.
So while it is indeed beautiful to look at, the real beauty of a Mannington Never-Wax floor is that it stays that way.
mannington®
NEVER-WAX® FLOORS
SAVE 20%
on Boca,® Aristocon,® and Lustrecon® Collections, Sept. 8 to Oct. 17

DURKEE
BLACK PEPPER
MAKES SALADS
WORLD CLASS



Only 5% of the world's spices meet Durkee's quality standards.

Durkee World Class Spices™
For cooks who care.

EDITOR'S LETTER

Our Homes, Ourselves

Dear Reader,

Our decorating contest is over and the big winners appear in this issue, with another installment next month as well. More than 6,000 of you entered the contest, and although the judging about wore us out, we're very grateful that you did it. You've given us a chance to look into your lives and provided insights that all the numbers and statistics in the world could never give.

The work and loving care that goes into these homes warms my heart. I truly appreciate what it takes to commit the time, energy, and money to even a fairly simple project. My wife and I recently decided to have the inside of our house painted—every room. No big deal, just a change from shabby white to newly painted white. Well, we made it a big deal by agonizing over whether we should do it ourselves or hire it done. We finally opted to hire a painting crew. Unfortunately, it didn't end there. What with taking down the pictures, moving the books out of the bookcases, and shoving around all the furniture, we might as well have moved to a new house.

"I was pleased that so many of you were willing to reveal yourselves to us through your homes."

Another thing I well understand about a redecorating project is that you make a real statement about who you are. I was pleased that so many of you were willing to reveal yourselves to us through your homes. It makes all of us here feel like trusted friends.

Your wonderful letters added a lot to that friendly feeling. Jane and John Bopp, the Grand Prize winners, who won with the room they fixed up for their 9-month-old son adopted from Korea, almost missed the contest. Jane wrote that she sent her entry on the last day it had to be postmarked, writing her letter while bumping along the road to the post office.



The Klopfs check the layouts . . .

Lorraine Musser, winner of a $2,000 prize for her bedroom, almost missed the contest, too. She's gone back to school to study interior design, just finishing up her first year. She writes, "I wasn't going to enter, but my children said 'Mom, if you're going to go for it, go for it.' So, having done the room with such joy and fun, I wanted to see if anyone liked it but me. And to win! I can't tell you how excited I was."

Just as we were about to send this issue to the printer, we got another nice surprise. One of the winning families came to visit. Donna and Tom Klopf and their four kids, Ross, Travis, Sonja, and Jordan, driving back to Boulder, Colorado, from their vacation in the East, stopped over in Des Moines.

We showed them the layout for their story as it appears in this issue, and a peek at how our magazine is made. They're a lovely family, and their lovely living room proves my point: your home says a lot about who you are.

David Jordan

David Jordan, Editor

P.S.

Please do a favor for me and answer our VCR questionnaire on page 173.



THE DURKEE 12-MINUTE* CASSEROLE

Durkee French Fried Onions make it special. Nothing else adds that crunch... that savory onion flavor!



Corn Bread Taco Bake

***(Ready To Bake In Just 12 Easy Minutes)**

- 1½ pounds ground beef
- 1 package (1⅛ oz.) Durkee Taco Seasoning
- ½ cup water
- 1 can (12 oz.) whole kernel corn, drained
- ½ cup chopped green pepper
- 1 can (8 oz.) tomato sauce
- 1 package (8½ oz.) corn muffin mix
- 1 can (2.8 oz.) Durkee French Fried Onions
- ⅓ cup (1 oz.) shredded Cheddar cheese

In skillet, brown meat; drain. Stir in taco seasoning, water, corn, green pepper and tomato sauce. Pour into 2-quart casserole. In a separate bowl, prepare corn muffin mix according to package directions except add *½ can* Durkee French Fried Onions. Spoon corn muffin mixture around outer edge of casserole. Bake, uncovered, at 400° for 20 minutes. Top corn bread with cheese and remaining onions; bake 2 to 3 minutes longer.

Preparation time: 12 minutes MAKES 6 servings.

MICROWAVE DIRECTIONS: Crumble beef in 2-quart casserole. Cook on HIGH 4-5 minutes; stir halfway through cooking time. Drain well. Complete casserole as directed above. Cook, uncovered, on MEDIUM 9 minutes; turn halfway through cooking time. Top with cheese and remaining onions. Cook on HIGH 1 minute; let stand, covered, 10 minutes before serving.

THIS FALL, GET A PUMPKIN YOU'LL STILL HAVE NEXT FALL



GLASS PUMPKIN JAR WITH 12 SUGAR COOKIES
SUGGESTED RETAIL PRICE

$4.99.

(Comparable retail value, $9.68.)

Reap the harvest of the season at Dunkin' Donuts. Get this attractive glass pumpkin jar from Anchor Hocking with a dozen of our delicious sugar cookies. All for less than the usual cost of the jar alone. The jar comes in its own decorative box and makes a useful gift to be enjoyed for many seasons to come.



Dunkin' Donuts continues the celebration of Fall with our special chocolate-dipped Halloween cookies-on-a-stick. And to make these cookies even more special, we're including a reflective trick-or-treat bag, free with the purchase of any Halloween cookie.

Offers available 9/14—10/31 or while supplies last, at participating shops. Offers not available in Canada.

DUNKIN' DONUTS

It's worth the trip.

Lenox.

First Waltz

Lenox tribute to American fashion created under the guidance of our country's leading costume experts.

Individually crafted of fine handpainted porcelain. Available only by reservation.

1895, the heart of what was known as "Gibson Era" or "Gay Nineties." At a society an elegant young lady awaits the man whom she has promised the first waltz. is dressed in the height of fashion: pearl ker, ribbed silk gigot sleeves and ostrich- her fan. Her silk brocade skirt is designed ow gracefully with the whirling motion of waltz—the popular dance of the day.

irst Waltz has been created by Lenox er the guidance of distinguished fashion norities—Vera Maxwell, renowned fashion igner; Carrie Robbins, award-winning adway costume designer; Robert Riley, nion Institute of Technology and Matthew nan, Costume Society of America. This ly figurine represents one of the most ortant eras in American fashion and is *orically accurate down to the finest detail.*

A Handcrafted Work of Art

ceived and designed by the artists of ox and created exclusively under their ction by master craftsmen in Japan, each rine is individually crafted of the finest que porcelain—capturing *extraordinary ail* from the delicate lace-and-ruffle bodice e gently scalloped petticoat.

killed artisans paint each piece *by hand,* ting a delicately colored work of art of mparable beauty. And each figurine is ellished on its base in *pure 24 karat gold* the title and the world-famous Lenox emark...the symbol of unsurpassed lity and craftsmanship. And, of course, r satisfaction is *completely guaranteed.*

Available Only Direct from Lenox

t Waltz is available only by reservation ct from Lenox and will not be sold through the most prestigious dealers or galleries. original issue price is $95, payable in venient monthly installments of $19 with *finance charge.* Each figurine is accom- ied by a Certificate of Authenticity and ature on the history of American fashion.

Since each figurine is individually hand- fted, please allow 6 to 8 weeks for shipment. servations are accepted in strict sequence of eipt and should be mailed by November 30, 6. To order, mail the Reservation Applica- n, or call **TOLL FREE 1-800-228-5000** now.



Shown smaller than actual height of 8¼".

© Lenox, Inc. 1986

RESERVATION APPLICATION

Please enter my reservation for *First Waltz* by Lenox. I need send no money now and prefer to pay as follows:

☐ DIRECT. I will be billed for a deposit of $19 in advance of shipment. After shipment, I will be billed for the balance in 4 monthly installments of $19* each.

☐ BY CREDIT CARD. After shipment, please charge the full amount of $95* to my credit card indicated below:

☐ MasterCard ☐ VISA ☐ American Express

*Plus $3.25 per figurine for shipping and handling. State sales tax will be billed if applicable.

Acct No._____ Exp._____

Signature_____

All orders are subject to acceptance. Please allow 6-8 weeks for shipment.

Name_____ (please print)

Address_____

City_____

State_____ Zip_____

Your Application should be postmarked by November 30, 1986.

Mail to:

Lenox Collections

One Prince Street CN01338
Trenton, New Jersey 08638-0338

13684

WHAT'S HAPPENING

WHAT'S IN, WHAT'S HOT, WHAT'S NEW, WHAT'S NOT: THE TRENDS TO WATCH

By Kathryn Stechert

IN PURSUIT OF BEAUTY

A fresh look at a long-ago time

With the opening of a new exhibit at the Metropolitan Museum of Art in New York, many people will have their first glimpse of the impact of the Aesthetic Movement. Although not widely known today, the movement had a profound effect on America at the turn of the century, and its influence continues. During the movement's reign, beauty and good design were, for the first time, deliberately applied to such common household items as wallpaper, furniture, and ceramics. The movement sparked the beginning of the interior design profession and set the stage for magazines like *BH&G*. The exhibit, sponsored by the Meredith Corporation (the *BH&G* parent), runs from October 23, 1986 to January 11, 1987. For the exhibit book, *In Pursuit of Beauty: Americans and the Aesthetic Movement*, send either $49.95 (hardcover) or $38.95 (paperback), plus sales tax for N.Y. and N.J. residents, to: Metropolitan Museum, Box BHG, Middle Village, New York, NY 11381.



DAVID ALLISON

Among the 175 works on exhibit: A wooden library table elaborately carved and inlaid with mother-of-pearl and brass.



One panel of a six-panel leaded-glass window on display in New York.

NEW COLORS FOR CARS

Although car makers will continue to turn out autos in the staple colors—particularly red, blue, and white—the long-range trend is toward rich neutrals. Exteriors of, for example, beige, taupe, or cinnamon, will be set off by more colorful interiors. There's no sign that two-tone styling is coming back, although the popularity of a contrasting "cladding" along the bottom of the door, melding into the bumpers, continues. Currently, cladding tends to be darker than the body of the car, but watch for a shift toward lighter cladding, which lends a more high-tech look.

DECORATING



CELANESE

Shimmer Shines in Home Fashion

More good taste than glitz

Elegant, sparkling fabrics that shimmer, reflect, and flow are moving into the home furnishings mainstream thanks to new synthetics. These state-of-the-art fibers, particularly new polyesters, let manufacturers create mid-priced fabrics with high-style textures: pearlized, metallic, mirrored, and tinseled.

With their tasteful and glamorous appeal, these imaginative, high-luster finishes are expected to turn up throughout the house in both contemporary and traditional settings.

AMERICAN SNAP • SHOT

Extra, luxurious touches in the bathroom keep gaining popularity. Here's what the National Association of Home Builders turned up in a survey of homeowners:

- 46 percent have two-bowl sinks in master baths
- 38 percent have a massage shower head
- 4 percent have a whirlpool bath (and another 30 percent wish they had one)
- 1 percent have a sauna (and 7 percent more say they would like to have one)

continued



"Nothing's tastier 'cause nothing's flakier."

Loretta Lynn

CHOCOLATE ANGEL PIE

Pie Crust (Preparation time: 25 minutes)

- 1⅓ cups sifted all-purpose flour
- ½ teaspoon salt
- ½ cup Crisco
- 3 tablespoons water

Preheat oven to 425°F. Combine flour and salt in mixing bowl. Cut in Crisco with pastry blender or 2 knives until mixture is uniform (mixture should be fairly coarse). Sprinkle with water, 1 tablespoon at a time; toss lightly with fork. When all water has been added, work dough into firm ball. Press into flat circle with smooth edges. Roll out on lightly floured surface into a circle about ⅛ inch thick and about 1½ inches larger than inverted 9-inch pie plate. Gently ease dough into pie plate, taking care not to stretch dough. Trim ½ inch beyond edge of plate. Fold under to make double thickness around rim. Flute edge of pastry as desired. Prick bottom and sides of shell with fork. Bake at 425°F for 10 to 15 minutes or until lightly browned. Cool.

Filling (Preparation time: 10 minutes)

- 1 package (4-serving size) instant chocolate pudding mix
- 2 tablespoons cocoa
- 1 cup milk
- 1 container (8 ounces) frozen non-dairy whipped topping, thawed

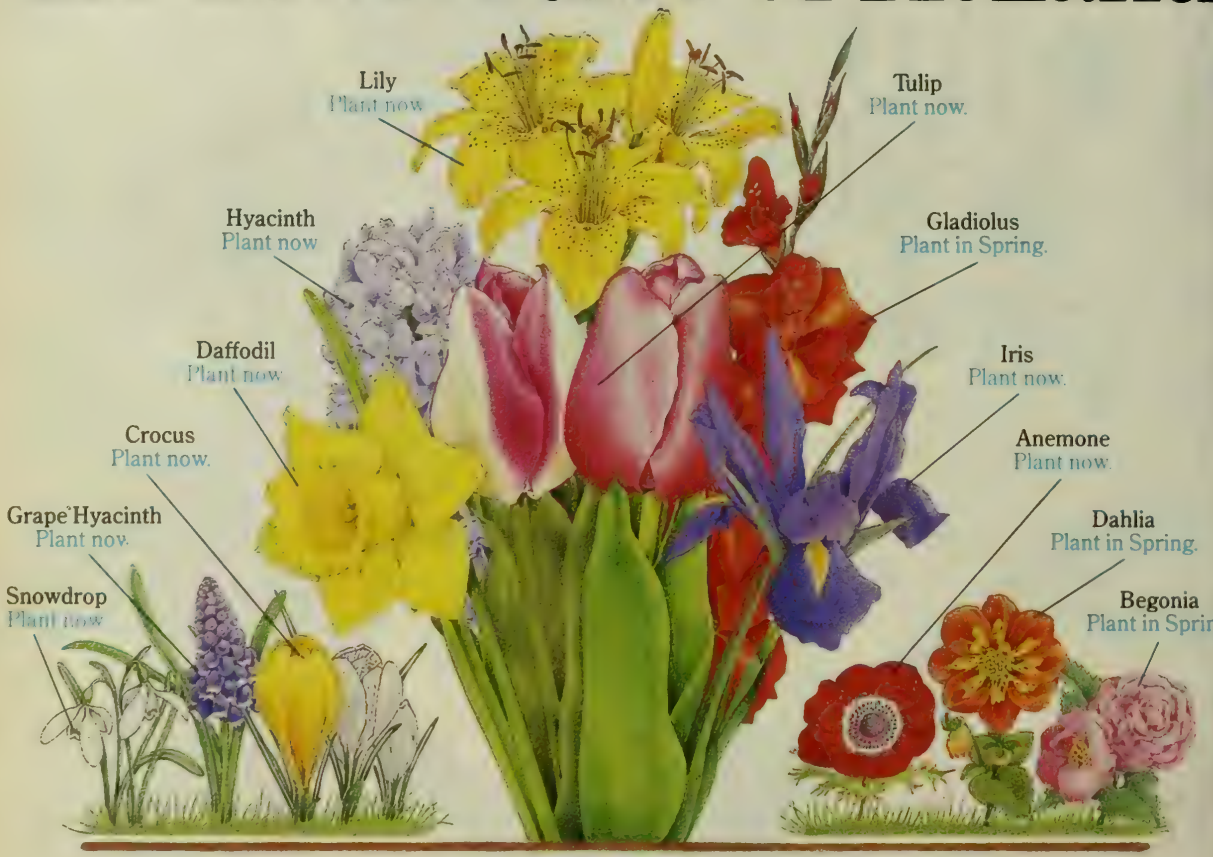
Combine pudding mix and cocoa in medium bowl. Blend well. Add milk. Beat with rotary beater or at lowest speed of electric mixer one minute. Fold in thawed topping. Spoon into baked and cooled crust. Freeze at least 4 hours. Garnish with additional whipped topping and/or chocolate shavings if desired. Store leftover pie in freezer or refrigerator.

One 9-Inch Pie



Crisco'll do you proud everytime

You don't have to travel 4,000 miles to get the flowerbulbs of Holland.



- Every springtime, people from all over the world travel to Holland to see some of the most magnificent flowers there are.
- But now you only have to travel as far as your own backyard. Because flowerbulbs from Holland are available in the U.S.
- And the time to plant them is now.
- So come to your garden center, landscape firm, nursery, supermarket or order by mail.
- You'll be able to choose from flowerbulb varieties you probably never knew existed.
- In colors, until now, you've probably only imagined.
- You'll also get a brochure on everything you'll want to know about planting flowerbulbs.
- But to know how truly beautiful they are, you'll just have to wait till sprin



Plant now for an early spring.

You have to be under 7 to have an appetite for Green Eggs and Ham.



Youngsters across America love to listen to and learn from Dr. Seuss. The adventure begins when you read these playful stories aloud. And before you know it, your child will say, "I can read it all by myself." From that moment on he is on his way to mastering important educational skills and discovering just how much fun reading can be.

Start a library now for your future scholars. And get a free gift while you save lots of dollars. Dr. Seuss & His Friends, The Beginning Readers' Program, is a delightful collection of sturdy, beautifully illustrated, fun-to-read books, written or recommended by Dr. Seuss. Now, for a fraction of what you'd pay at the bookstore, you can get Dr. Seuss's ABC, Green Eggs and Ham, The Cat in the Hat and Bears on Wheels. Four books in all at a savings of more than $19.

And just for joining this very special book club, your child will also get an enchanting Cat in the Hat bookrack worth $3.50, absolutely free. It measures 11½" × 6¼" × 6½" and holds up to 15 books.





Send no money but don't delay. Mail the order form today! If when you receive your books, you're not completely satisfied, simply send them back. And keep the bookrack as our gift. You owe nothing. But if you do decide to keep the books and join the Club, we'll send you two new, equally attractive books every four weeks. And you're never obliged to accept a book unless you really want to. So start a library your child will treasure, every book a stepping stone to a more confident future.

Get 4 books for just $1.95* and the Cat In The Hat bookrack free.

*plus shipping and handling





©Illus. Dr. Seuss 1957, 1960

The Beginning Readers' Program, Dept. BBN
A Division of Grolier Enterprises Inc.
P.O. Box 1797, Danbury, Connecticut 06816

I am enclosing no money. Please accept my child's enrollment and send the 4 books, DR. SEUSS'S ABC, GREEN EGGS AND HAM, THE CAT IN THE HAT, and BEARS ON WHEELS, plus the Cat in the Hat Bookrack (a $3.50 value) as a free gift. The comparable retail value of the books alone is $23.80, but you will bill me for only $1.95, plus shipping and handling. I may examine the books free for 10 days, and if not completely delighted, return them at your expense and owe nothing. The free bookrack is mine to keep. If I choose to keep the 4 introductory books, my child will then receive 2 new BEGINNER BOOKS every 4 weeks on 10-day approval, at the special member's price of only $3.99 each plus shipping and handling. Sales tax is extra where applicable. I may cancel at any time simply by following the instructions on the invoice accompanying my shipment, and return any book in the program at your expense.

Child's Full Name _____ Birthdate: ___/___/___
(please print) mo. day yr.

Address _____ Apt. _____

City/State _____ Zip _____

Parent's Signature _____ Tel# Area Code (___) _____

Offer may be slightly different in Canada. Shipment and service from Canada. 05246/05247

Dr. Seuss & His Friends

Some yard signs look like they could last for years.



Without our Home Marketing System, they may have to.

Selling a home today can be a complicated process. That's why, at Better Homes and Gardens® Real Estate Service, we developed a system for selling your home faster, easier, and at the best possible price.

The *Better Homes and Gardens* Home Marketing System* brings together all the elements that can make your home stand out from others on the market.

Find out how simple it would be to sell your home. Call your local Better Homes and Gardens member or call toll free **800-247-5050, ext. 101.** In Iowa, **800-532-1430, ext. 101.**

*Availability of services may vary. Each firm independently owned and operated.

Better Homes and Gardens® H·O·M·E MARKETING SYSTEM

SOLD

Better Homes and Gardens®

The better way to sell your home.™

© Copyright Meredith Corporation 1986.

From the Stouffer Collection of Side Dishes.

FETTUCINI PRIMAVERA



Fettucini noodles *al dente,* crunchy spring vegetables in a smooth, tangy cheese sauce.

An excitingly different accompaniment for everything from ground sirloin to grilled meats, from seafood to scaloppini. Or, try it as an unusual appetizer.

Fettucini Primavera.

Just one from Stouffer's® carefully edited collection of 15 very special Side Dishes.



Serving suggestion:
CAJUN SHRIMP

IS YOUR CHILD A VICTIM OF EDUCATION'S "DIRTY LITTLE SECRET?"

Too many schools "cure" their teacher shortages by using unqualified instructors. Here's how to tell if your child is a victim of this practice—and what you can do about it.

An estimated 200,000 American teachers are not qualified in their assigned subject areas, according to a recent study. Millions of schoolchildren are affected. A nationwide teacher shortage is forcing many schools to assign teachers to subjects they aren't trained to handle.

CONSIDER THESE EXAMPLES:

- **Washington State:** 51 percent of history classes in one urban district are being taught by teachers without college majors in that field.
- **North Carolina:** 60 percent of reading teachers were not certified or endorsed for their positions, says a state-sponsored report.
- **Nationwide:** Among high school students, four in 10 are being taught science and math classes by an unqualified teacher, according to the National Center for Education Statistics.

Albert Shanker, president of the American Federation of Teachers, has called out-of-field teaching "education's dirty little secret."

SOME KIDS FACE A GREATER RISK

Certain situations increase the chances that unqualified teachers will be assigned to the classroom, according to the National Committee for Citizens in Education. These situations include: (1) areas growing so rapidly that not all teaching slots can be filled; (2) small rural schools where a few teachers must handle many courses; and (3) school districts that don't pay salaries high enough to attract good people.

WHAT YOU CAN DO

Your child's comments may be your first clue that one of his or her teachers isn't qualified to teach a particular subject. At this point, you should arrange to observe the class in action. Ask yourself:

- Does the teacher seem ill at ease or easily flustered?
- Were you able to follow his or her line of reasoning on each point?
- Was the teacher able to answer most student questions without referring to the textbook?
- Were the previous night's homework problems discussed fully and clearly?
- Was the teacher able to explain each concept in several ways?

If you are dissatisfied with the teacher's performance, talk to the principal. Explain your specific observations, and ask about the teacher's qualifications and experience. (Privacy laws prevent parents from reviewing a teacher's personnel file, but information about credentials is open to the public.) If the principal refuses to take some action, request that your child be reassigned to another class.

BATTLING THE SYSTEM

For those activists out there, attacking out-of-field teaching is a perfect PTA or PTO project. Through your organization you can:

1. Support state legislation promoting high standards for certification.

2. Lobby for laws requiring the reporting of use of uncertified teachers.

3. Insist that unionized school systems not bargain away the right to lay off teachers on the basis of need rather than on a strict seniority basis.

FOR MORE INFORMATION

- "Making Do in the Classroom: A Report on the Misassignment of Teachers," $5.95, available from the Council on Basic Education, 725 Fifteenth Street, Washington, DC 20005.
- "What Can Parents Do About Poor Teaching?" $1 each, $1 handling fee per order, available from the National Committee for Citizens in Education, 10840 Little Patuxent Parkway, Suite 301, Columbia, MD 21044. This organization also answers questions about poor teaching practices via a toll free hot line: 800-NET-WORK (in Maryland and Alaska, 301-997-9300).

—Jean Latz Griffin

A SOUND SOLUTION TO THE TEACHER SHORTAGE

Some states are finding new ways to make up for critical teacher shortages. One promising idea is to recruit and train professionals to teach in their area of expertise.

Tops among such programs is Harvard's four-year-old Midcareer Math and Science Program. Former engineers and scientists spend one year taking graduate-level education courses and gaining teaching experience in Boston city and suburban schools.

"We are trying to sprinkle into the schools some very bright people who know how math and science are applied in the world of work," said program director Katherine K. Merseth.

Similar programs have been developed in New Jersey, California, Massachusetts, Maryland, Maine, and Vermont.

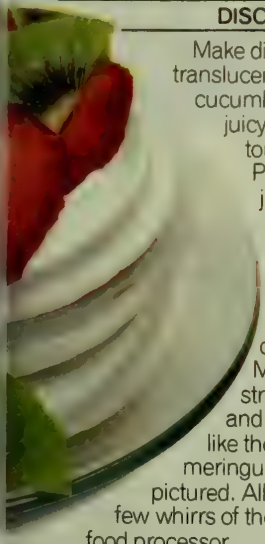
YOUR COOKING STAFF.

HOW TO GET EVEN MORE FROM YOUR CUISINART® FOOD PROCESSOR.



With Cuisinart Optional Attachments, it is astounding the added amount and variety of things your Cuisinart food processor can do.

DISCS.



Make dime-thin, translucent slices of cucumber. Thick, juicy slabs of tomato. Perfectly julienned vegetables, french fries and fine, lacy shreds of chocolate or cheese. Make slices of strawberries and kiwi fruit just like those in the meringue shell pictured. All with just a few whirrs of the Cuisinart food processor.

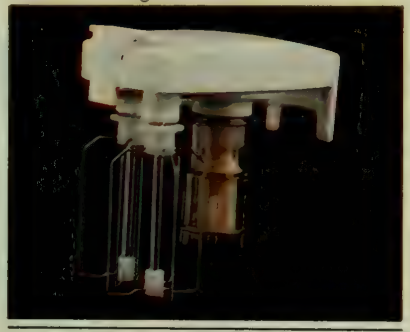
This is what a cook can accomplish with the Whole-In-One, a set of all our optional discs. (The set, available for each of our machines, offers a very considerable savings compared to buying each disc separately.)

WHISK.

No more toiling with a hand mixer or having to buy a separate electric mixer.

The Cuisinart Whisk Attachment does it all and with better results. Mountains of whipped cream without effort. Fluffy mashed potatoes. Perfect beaten egg whites.

In fact, the Cuisinart Whisk Attachment produces egg whites so stiff and fine textured, meringues, like the one shown, require only half the usual amount of sugar!



CITRUS JUICER.

With the Cuisinart Super Citrus Juicer Attachment, the Cuisinart food processor makes electric juicers and hand juicers obsolete.

And unlike other juicer attachments, which operate directly off the food processor motor at unproductively high rpm's, Cuisinart's Super Citrus Juicer Attachment employs a unique speed reducer. It rotates at the best speed for fast juicing, greatly reducing spatter and eliminating the danger of bruising fingers. Plus it holds over 1¼ quarts of juice and the powerful DLC-7 motor can make more than 3 gallons of juice without overheating.



The exclusive Cuisinart Power Strainer Attachment with our Super Citrus Juicer makes purées, baby food, sauces, and dips smoother than ever before possible with a food processor. It also strains meats for pâtés and terrines.

FOR MORE INFORMATION.

To learn more about all of the optional attachments, the Cuisinart Cooking Club, as well as for recipes for the foods pictured, write: Cuisinarts, Inc. (42), P.O. Box 2150, Greenwich, CT 06836-2150.

Cuisinart®
Optional Attachments

For a store near you, call toll-free (800) 243-8540.



TODAY'S PARENTS

How Well Are They Doing?

OPINIONS FROM MORE THAN 30,000 BETTER HOMES AND GARDENS® READERS

By Kate Greer, Managing Editor






Are today's mothers and fathers approaching parenting responsibilities with the fervor of athletes in pursuit of a gold medal? Or are they delegating those responsibilities to a retinue of baby-sitters, day-care workers, and school personnel? Are we in an awesome age of "gourmet" kids, or are today's youngsters destined to grow up angry, alienated, insecure, deprived of attention, and bereft of enduring family affection? Or, is it business as usual? How does this generation of parents stack up against previous ones?

Last January we published a questionnaire to find out what our readers think about how good a job parents are doing these days.

A PROFILE OF RESPONDENTS

Married	89%
Have been previously married	18%
Median age	37 years
Attended/graduated college	75%
Median household income	$36,579
Homeowners	86%
Women employed outside home	
full time	34%
part time	24%
Men employed outside home	
full time	74%
part time	6%
Have children	
6 years and under	49%
7 to 12 years	37%
13 to 18 years	32%
Children from a previous marriage or relationship in household	14%

HAS THE PROCESS OF REARING CHILDREN BEEN PRETTY MUCH AS YOU IMAGINED IT WOULD BE?

Yes	48%
No, more difficult	47%
No, easier	4%

IF YOU HAD IT TO DO OVER AGAIN WOULD YOU HAVE HAD:

Same number of children	55%
More children	28%
Children later	16%
Children earlier	15%
Fewer children	7%
No children at all	5%

WHO ANSWERED?

More than 30,000 readers, 99% of whom are parents themselves, completed our questionnaire, and nearly 4,000 of them took the time to attach touchingly frank letters. In this report we give you a representative sampling of their comments. You will find, as we did, that the letters add resonance to the survey results and convey the joys and sorrows, challenges and satisfactions of parenthood in a way that the numbers alone could never do.

You also will find that while respondents, for the most part, embrace and treasure family life, their observations of other parents are less reassuring.

THE FOCUS

Keep in mind that all respondents are *Better Homes and Gardens* readers who could be expected to have a stronger-than-average interest in parenting. Thus the results of our questionnaire are not a cross-sampling of national opinion but the views of mothers and fathers who care about family life.

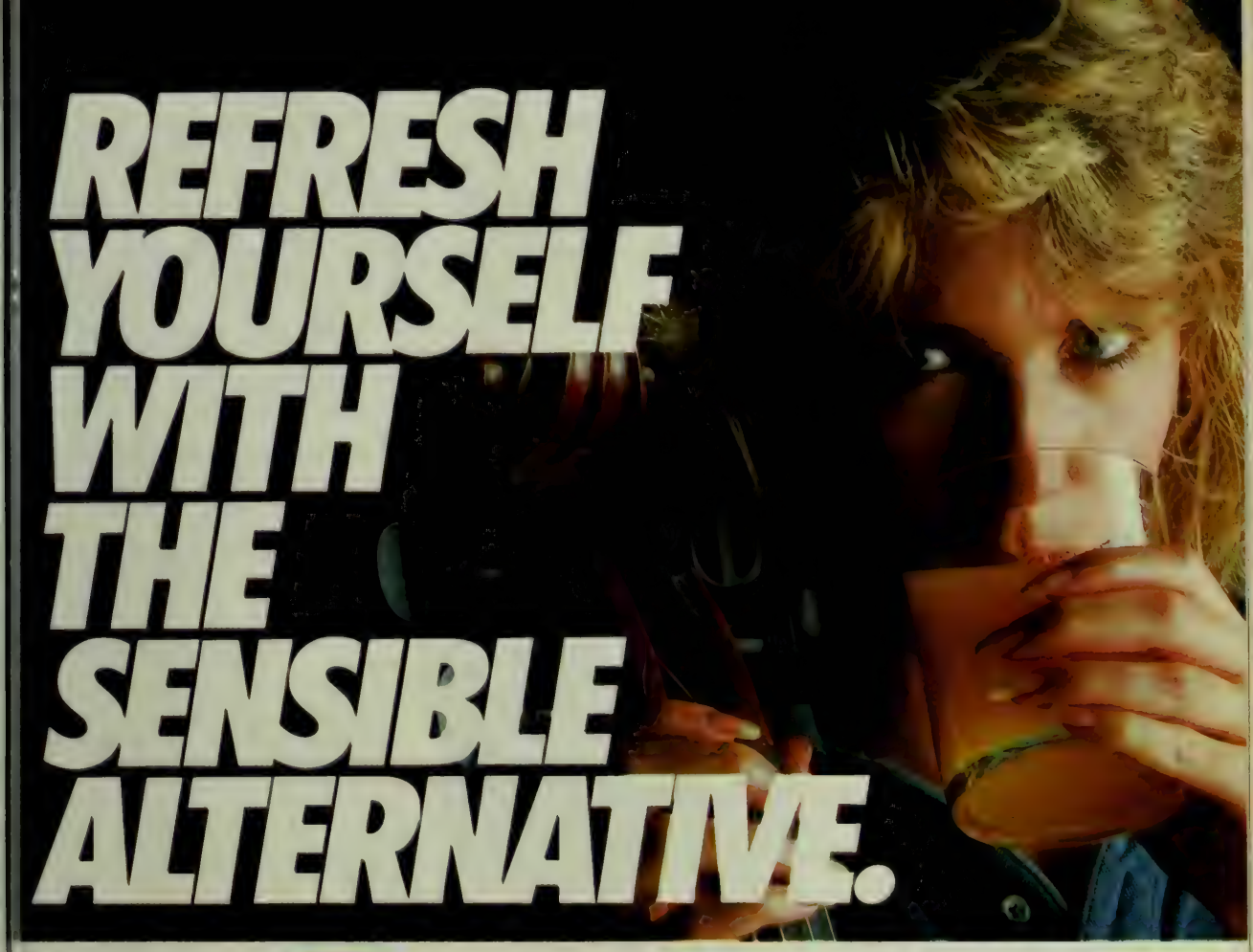
Throughout this report, due to multiple answers in some cases, and to the omission of "don't know" and "doesn't apply" responses in others, answers don't always add up to 100%.

TOUGH GOING, BUT WORTH IT

A hefty majority—75%—say that it is much harder to be a parent today. However, even more, 90%, think that having children is worth the sacrifice,

continued

REFRESH YOURSELF WITH THE SENSIBLE ALTERNATIVE.





For a light, refreshing taste
that isn't light on nutrition.
In four delicious flavors.
50% juice, 100% great taste.
DEL MONTE® Pineapple Blends.
It's the sensible alternative.

WE GROW REFRESHMENT

Del Monte QUALITY

©1986 Del Monte Corporation

continued

and 61% agree that communication in today's families is easier and more open. A reader from Maryland reasons: "Parents today have many more problems than did our parents because everyone is now expected to do everything. It is my transitional generation that is feeling the squeeze of trying to imitate our parents' traditional child-rearing methods, *and* trying to find a fulfilling career."

Others fret: "We work so hard at 'parenting' that we forget to enjoy our kids. We get downright neurotic if our children don't exceed the normal boundaries for every skill imaginable. I love my child, but I don't like the competition with other parents to 'produce' a child who excels as a reflection of my fitness as a parent."

In contrast, some Baby Boomers exude confidence as this comment from Texas illustrates: "Today's parents are the best educated, most affluent, and most socially aware people ever. As a group, we are doing a grand job of raising our children."

THE BIG BEEF

A significant 74% of respondents *disagree* with the statement: "Today's parents are doing a clearly superior job of parenting." Some 55% maintain that children today grow up without developing a sense of responsibility and 50% say that parents today shirk their parental responsibilites. "Parents are farming out almost all their responsibilities," complains one reader. "They end up being largely suppliers of food, clothing, and transportation."

Letter writers by the score focus on materialistic parents in general and on working mothers in particular: "So many mothers are working not to support their families but to make $800 house payments, buy BMWs and Audis, go on expensive vacations. All this while their children are home alone or spending 12 hours a day in day care."

Others blame society at large: "Unfortunately, this society has become *very* materialistic," says one such parent. "In the past, little boys were raised to believe that their self-worth was determined by their net worth. Now instead of correcting that problem, American society has decided to do the same to little girls."

HOME SWEET HOME, '80s STYLE

"Loving" is how 70% of our readers characterize life at home when everyone's around; 65% affirm it's fun, 51% that it's chaotic, 43%, congenial. Only 19% find it peaceful, while 17% say it's tense; mercifully, only 4% say hostile, and 3%, dull.

A mother from San Antonio writes: "We laughingly call our home 'The Zoo.' With a 9½-year-old, a 2½-year-old, and a 2-year-old (one's adopted), things can get out of hand. But if we could do it all again, we'd just get started sooner and do more of the same. Our kids are great."



WHICH OF THE FOLLOWING CAUSE THE MOST DIFFICULTIES IN YOUR FAMILY?

Finances	48%
Juggling work and home responsibilities	43%
Disciplining children	33%
Having your own social life	32%
Dealing with children's emotional problems	23%
Relationships with in-laws	16%
Scheduling appointments (doctor, school, etc.)	13%
Child care	6%

"If there is anything more difficult than 'making ends meet' in today's economy," a wife and mother from Illinois agonizes, "I have yet to endure it."

STEPFAMILIES' DIFFICULTIES

Characteristically, stepfamilies' answers reveal that what troubles them is not always what others might think troubles them.

While some letters from stepfamilies were reassuring, the majority point out that stepparenting can exact a mighty toll: "When the child's pain and confusion comes out as aggression, antagonism, stealing, lying, or other antisocial behavior, it's very difficult to deal with when it's not your child," writes one stepmom. Another letter writer from California tells us: "Parenting is difficult at best; stepfathering is beyond words." Still others maintain that if stepparents work together and keep their sense of purpose and their sense of humor, things do work out.

IN STEPFAMILIES, WHICH OF THE FOLLOWING DO YOU THINK CAUSE THE MOST SERIOUS DIFFICULITIES?

	Step-Families	Other Families
Discipline	61%	48%
Resentment	44%	49%
Jealousy	38%	41%
Favoritism	38%	35%
Conflicts with absent parents	32%	32%
Finances	25%	20%
Kids don't get along	11%	16%
Scheduling, logistics	15%	10%

SINGLE PARENTS' DILEMMAS

Only 11% of responding parents are single at present, but their letters verify that the challenges they face are varied and perplexing.

Some of their letters would break your heart, but others attest that they are coping and that there is a bright side: "It's a strain, raising kids by yourself. There's no one else to take over," writes a young single parent from upstate New York. "But, there's a closeness the two-parent home doesn't usually have."

WHICH STATEMENTS ABOUT SINGLE-PARENT HOUSEHOLDS DO YOU AGREE WITH MOST?

	Single Families	Married Families
Children are at a disadvantage	52%	79%
Makes no significant difference in end	36%	18%
Children are at an advantage	9%	1%

continued

Presenting the first of life's little challenges.

You're looking at some Tuppertoys® in Tupperware®.
They're the kind of toys kids love.
The kind they play with for hours on end. Month after month. Year after year.



Noah's Ark™ Toy.



Little Lighthouse™ Toy.



Shape-O® Toy.

They test and develop coordination. Introduce new concepts like shapes, colors, letters and numbers in innovative ways.

They give children something to think about while they're having fun.



Zoo-It-Yourself® Toy.

They're so rugged that we back them with an amazing lifetime guarantee.

But perhaps the best thing about Tuppertoys is they're carefully designed to challenge a child to grow.

Because at Tupperware, we think the best way to prepare children for life's little challenges is to give them an early start.

For more information call us. We're in the White Pages.



©1986 Dart Industries Inc.

continued

"Anyone who thinks a child from a single-parent household is at an advantage has never been involved in raising or living as one," proclaims one single parent. Yet, another maintains: "My daughter has turned out to be an exceptional child. Many teachers feel this happens because the single parent has more time for the child."

IN COMMON FOR ALL PARENTS



No matter which type of family is involved, the majority of all parents find it rough going sometimes: 72% say that they either sometimes or frequently feel overwhelmed by their responsibilites; 23% say seldom; 5%, never.

DO YOU THINK YOUR HOUSEHOLD OPERATES MORE AS:

A unit in work and play	53%
A collection of individuals with different interests	45%

On the bright side: "We spend a lot of time together doing activities we all enjoy, and these help develop a sense of family unity," reflects a Maine reader.

When it comes to what they think about other families, however, letter writers are inclined to take a dimmer view: "So many families are really not families: they are just a group of related people who live together. A family means people *care* about each other."

DO PARENTS KNOW THE SCORE?

Do you feel you *really* know what's going on in your children's lives? "Always" triumph 20%, but 66% settle for "usually." Children share their personal problems primarily with the mother in 53% of reader households, with both parents equally in 36%, and primarily with the father in only 2%. One reader concedes: "Most of the time they share problems, but not the big ones that affect their lives."

In this age of burgeoning numbers of stepfamilies, instilling comfort and trust so that a child will confide problems is a profound challenge. A parent from California explains: "Our older kids, who are mine from a previous marriage, quite naturally share their personal problems primarily with me. But as they have gotten to know my husband better, they have started opening up more with him and I would guess that very soon they will be sharing with both of us equally."

CONFLICTS WITH KIDS

Only 14% of respondents say that their offsprings' behavior is such that it causes no serious conflicts. The rest cite: arguments with siblings, 39%; attitude or behavior toward family members, 33%; irresponsibility, 32% (in stepfamilies, it's 47%); failure to help with housework, 31%; disobedience, 30%; lack of respect for authority, 24%; poor performance in school, 15%; and grooming or personal appearance, 9%. Trailing are: spending habits; time spent on phone; choice of friends; coming home too late; use of drugs and/or alcohol; foul language; smoking.

WHICH PARENT IN YOUR HOUSEHOLD IS THE "DISCIPLINARIAN"?

Both parents equally	45%
Primarily the mother	37%
Primarily the father	10%

DO YOU AND YOUR SPOUSE AGREE ON HOW TO DISCIPLINE YOUR CHILDREN?

Usually	68%
Sometimes	18%
Seldom	5%

In stepfamilies, fewer parents (54%) "usually" agree on how to discipline, and more (26%) "sometimes" agree.

The subject of discipline unleashed a torrent of comments, the majority of them stating that other parents aren't doing a good job of it. One theory is that parents are afraid that their kids will love them less if they discipline them. A reader from Wisconsin asks: "When will parents realize that to discipline is to love?"

Another popular theory expressed by a respondent from Chicago: "Too many parents let their children get away with anything because they don't want to 'stifle' the child's growth. Contrary to popular belief, early discipline will enhance creativity, not inhibit it."

DO YOU HAVE TO NAG YOUR CHILDREN TO GET THEM TO DO THE THINGS THEY'RE SUPPOSED TO DO?

Sometimes	56%
Frequently	29%
Rarely	11%
Never	2%

TO SPANK OR NOT TO SPANK

Today's parents are not quite as apt to spank as were their parents: 44% rarely spank their children; 40% sometimes do; 12% never do; and only 4% frequently do. In contrast, 48% of respondents' parents spanked them sometimes; 30%, rarely; 16%, frequently; and 6%, never.

Compared to other parents they know today, 51% of respondents consider themselves more strict, and 41% think they are about as strict as other parents; 7% say less strict.

ABUSE: A THORNY PROBLEM

The vast majority of respondents believe that their children have never been physically, emotionally, or sexually abused. But the shocker is that 5% do believe that their children have been abused physically; 15%, emotionally; and 4%, sexually. Even worse, 13% of parents themselves say they were abused physically; 31%, emotionally; 15%, sexually.

DO YOU FEEL THAT YOUR CHILDREN ARE ADEQUATELY EDUCATED ABOUT THE DANGERS OF ABDUCTION AND SEXUAL ABUSE?

Yes	76%
No	19%

TEENS AND CONTRACEPTION

If your teenager asked for contraceptive devices, how would you react? A solid majority of parents, 79%, would initiate serious discussion about sexual activity, venereal disease, birth control, and morality; 21% would be relieved that steps were being taken to prevent pregnancy; 8% are not sure how they would react; 6% would hit the roof.

A parent from Illinois reacts: "Children are exposed to a great deal more pressure regarding sexual activity at an earlier age. Parents need to guide and communicate more than ever."

continued


KRAFT
DINNERS
Macaroni &
Cheese Dinner
Know why Kraft has "grater" appeal?
It's the cheesiest!
KRAFT

Spencer's
BABY AND CHILDREN'S WEAR



I have the prettiest Mommy in the whole wide world. And the smartest. We read books. And listen to music. And dance, too. I can't wait till I can dress like her. Even though I'm a real heartbreaker in my Spencer's sleepwear.

Photograph by Steen Svensson

Sleepwear meets Federal Government flame retardant standa

CRAFTED WITH PRIDE IN USA

A LIMITED WARRANTY TO CONSUMERS
Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

TREVIRA
polyester for FR fabr

tinued

WHICH OF THE FOLLOWING DO YOU THINK ARE MOST IMPORTANT FOR YOUR CHILDREN TO PURSUE?

appy marriage	56%
piritual well-being	55%
'ell-rounded education	52%
)bs they enjoy	52%
'ide range of interests	29%
uccess in a career	25%
nancial success	12%
volvement in religious organizations	10%
hildren of their own	8%
volvement in their community	6%

ELIGION STILL STRONG

Despite the rather low priority parts set for "involvement in religious ganizations," 55% consider "spiritual ll-being" a high priority, and 52% r their children participate in reli- us observances, worship services, or igious training classes at least once a ek. The drift is downward, though: % say they participated at least once veek when they were children.

ORK AND FAMILIES: OLARITY OF VIEW

A mother from Missouri reasons: Whether or not a parent (or both parts) works has little to do with being effective parent." Others, like this rent in North Dakota, see an advange: "The children from families in nich both parents have satisfying ca- ers grow up to be more responsible d independent."

However, countless letter writers re- t the wisdom of both parents being nployed, on the grounds that children ffer. One such from New Freedom, nnsylvania, tells us: "I went to work



r about 18 months. In that time, our ildren defied responsibility and re- ect for their elders. Nothing worked. decided to quit even though our fi- ances were in danger. The change in



our children is well worth the sacrifice because we're a *family* again." A full-time mother from Canada protests: "Money can never replace a parent's love and accessibility. Children need guidance and understanding, not a house key."

DO THE DEMANDS OF YOUR JOB/CAREER SERIOUSLY INTERFERE WITH YOUR RELATIONSHIP WITH YOUR CHILDREN? YOUR SPOUSE'S JOB?

	Your Job	Spouse's Job
Seldom	34%	37%
Sometimes	22%	32%
Frequently	8%	14%
Does not apply	34%	12%

continued



continued

UNCOMFORTABLE BETWIXT AND BETWEEN

Respondents who have not wildly embraced outside employment, yet deem it necessary, are in the most difficult position: From Columbus, Georgia, a working mother complains of "after-work burnout." She writes: "I know evening is an important time for my child. I should go over his school day and homework before it gets late and he gets tired. I tell myself this every day; by the end of my workday, all I can think about is getting home and relaxing before starting the evening chores." A respondent in Indiana describes her family's dilemma: "I am seriously frustrated with raising a family and working full time, but my husband insists we need the money. I feel the more we make, the more we spend, and I never get either job done very well."

A SOLUTION FOR SOME

A surprising number of respondents, 22%, say that either they or their spouse work in the home (as opposed to outside employment) in order to be more available to their children. Another 8% say they intend to do so in the future; 32% say they have considered it, but it's not possible for them. Only 35% have no interest in such an arrangement.



TYKES AND DAY CARE

For children under three years, 59% of parents feel that full-time day care puts children at a disadvantage; however, for the over threes that drops to 34%, and 37% think it would give kids an advantage.

Impassioned letters, like one from Connecticut, oppose the need for full-time day care in the first place: "Mothers should stay home and rear their children. Children need consistency. They need time to just be children!"

Instead of debating the issue of working mothers, some letter writers plead for quality day care: "The question regarding full-time day care for young children really irritates me. We need to stop discussing the rights and wrongs of working mothers and face reality: more and more career women are having children and going right back to work. Let's put our energy into getting affordable, quality child care."

CHILD CARE AT HOME: WHOSE JOB?

Guess whose. In 65% of our two-parent households, the wife does most. In 33% child care is evenly divided between both parents, and in a scant 1% the husband does most.

HOW DO YOU FEEL ABOUT THE AMOUNT OF TIME YOU AND YOUR SPOUSE SPEND WITH YOUR CHILDREN?

	You	Spouse
Right amount of time	60%	45%
Not enough time	26%	43%

HUSBANDS AND WIVES: PARTNERS TO A POINT

Is it sunshine and roses? Well sometimes, yes and sometimes no, our readers tell us. On the sunny side: "With and through our children, our love has grown and matured." Others temper the sunshine with a dose of reality: "There are times when each of us would like to move to Outer Mongolia, but we have learned to take a deep breath and work it out."

AFTER YOU HAD CHILDREN, DID YOU FEEL:

Closer to your spouse	43%
About the same as before	35%
Not as close to your spouse	18%

Respondents often made it clear that while they feel as close or closer to their spouse as they did before children, the nature of their relationship has changed. Some, like this young wife from New York, say: "We are closer after the birth of our children in many ways but lack the opportunity for privacy or romance. Plus, the added financial burdens can be very distancing."

HAPPINESS: IN THE EYE OF THE BEHOLDER

Most of the respondents, 78%, consider themselves happily married; more, 83%, believe that their kids think they're happily married. Sometimes, say 31%, they and their spouse argue or fight within earshot of their children; 44% say seldom; 11% never.

SHOULD PARENTS WHO WOULD OTHERWISE DIVORCE STAY TOGETHER FOR THE SAKE OF THEIR CHILDREN?

No	78%
Yes	18%

HAVE YOUR CHILDREN EVER EXPRESSED FEAR THAT YOU AND YOUR SPOUSE MIGHT DIVORCE?

No	68%
Yes	22%
Am separated/divorced	8%

EMPTY NEST LOOKING NOT BAD AT ALL

Quite a few older couples whose children are nearing leave-the-nest time volunteer that enough's enough. "We look forward," writes one, "to a much more independent lifestyle together, again alone as husband and wife."

HOW WOULD YOU FEEL ABOUT YOUR GROWN CHILDREN RETURNING HOME TO LIVE?

Would welcome for a limited period of time	64%
Would welcome them	17%
Would agree reluctantly	7%
Would refuse	4%

PARENTING THEN AND NOW: GOOD BUT NOT GREAT

Today's parents give their own parents mixed reviews: 28% rate their mother outstanding, 46% good, 24%, fair or poor. Their dads don't do as well: 19% reward them with an outstanding, 40% with good, 33%, fair or poor.

When it comes to themselves, fewer, 17%, claim to be outstanding as a parent, but more, 71%, describe themselves as good, with 10% fair or poor.

Letter writers help us understand the logic behind the assessments. From a young mother in Bothell, Washington: "Part of maturity is learning to understand and accept your parents as individuals who did their best (assuming you were not abused), and to accept yourself and the errors you will undoubtedly make as a parent." And from Niagara Falls, New York, "I often hear myself echoing my mother's words, so I

continued


Ocean spray
NEW OCEAN SPRAY® SAVES MONEY BECAUSE A LITTLE MAKES A LOT.
Ocean spray
LIQUID CONCENTRATED
Cranapple®
Cranberry Apple Drink
MAKES 42 FL. OZ.
OCEAN SPRAY® LIQUID CONCENTRATE SAVES YOU UP TO 35% BECAUSE YOU MAKE IT YOURSELF.
• 6 Fresh Fruit Tastes
• No Artificial Preservatives
• Makes 42 Ounces
LIQUID CONCENTRATED Apple Juice
LIQUID CONCENTRATED Cranapple
LIQUID CONCENTRATED Pink Grapefruit Juice Cocktail
LIQUID CONCENTRATED Cranberry Juice Cocktail
LIQUID CONCENTRATED Cran-Raspberry
LIQUID CONCENTRATED Cran-Grape
Good for you, America!

Fall is a great time for branching out.



Spring isn't the only time to expand your landscaping horizons. The bright, cool days of Autumn give all kinds of living plants – trees, shrubs and bulbs – a great start. And when you add a little greenery to the scenery, the value of your home blossoms as well.

So, plan on planting this Fall. It's a great time of year for branching out.

Nursery Marketing Council

Discover the pleasure of plants.

TODAY'S PARENTS

continued

must assume that a great deal of the baggage of parenthood gets passed along from generation to generation." Encouragingly, those with less-fortunate childhoods indicate that the last thing they want to do is perpetuate their parents' style: "I was from a broken home with an unloving mother. I will do anything within my power to show my children the kind of love I missed out on."

A poignant note from an Oklahoma reader stated: "I know my parents loved me but were not as demonstrative as today's parents are. It has taken my own mother a long time to actually verbalize 'I love you' at the end of a telephone conversation."

COMPARED TO HOW YOUR PARENTS REARED YOU, HAS YOUR TREATMENT OF YOUR CHILDREN BEEN:

More affectionate	65%
About as affectionate	33%
Less affectionate	1%
AND	
About as strict	53%
Less strict	28%
More strict	15%



CHEERS AND JEERS

In a survey of this kind, it is not possible to include everything we would like to. Some respondents took us to task for omissions: "Your questionnaire did not mention learning disabled, handicapped, or other such problems. They are costly and can put a big strain on family relationships."

But many applauded our effort and the opportunity for family discussion: "We enjoyed going through this survey together," writes one. "It helped us evaluate ourselves as parents." Others made it a family affair: "It was fun to hear the kids' responses!"

Perhaps the sweetest and dearest comment of all: "Your survey caused us to reflect over our 23 years of child raising. The questions caused us to 'count our blessings'—there are *so many!*"

Prepared in cooperation with Ray Deaton, Carolyn McNurlen, Paul Krantz, Greg Cook, Nancy Hall, David Johnson, and Scott Tolan.

A full, statistical report of our survey is being distributed to the President and Vice President of the United States, all members of Congress, governors, and leading figures in universities, and church, school, and social organizations. If you would like a copy of the report, send your name and address to Parenting Survey, Better Homes and Gardens *Editorial Research, 1716 Locust, Des Moines, IA 50336. Price is $3 a copy. Please make check payable to* Better Homes and Gardens *magazine.*

Grow a Fence
..for less than $1 a foot!



Easy-care plants give abundant flowers for cutting all summer long!

Dramatic Landscaping at Low Cost!

Simplicity® *(Variety: JACink)*

J&P's exclusive, award-winning hedge rose makes an inexpensive, low-maintenance *and* gorgeous fence!

Grows fast, starts blooming just 6 to 8 weeks after planting.
Versatile — can be grown tall, yet easy to keep trimmed low.
A carefree rose — vigorous, disease-resistant, easy to grow.
Protects your privacy in a friendly way.
Guaranteed to grow and bloom — or your money back!

SEND FOR *FREE* BROCHURE TODAY!

ackson & Perkins Co.
Vorld's Largest Rose Growers and Nurserymen
02 Rose Lane, Medford, Oregon 97501

©1986, Jackson & Perkins Co

Jackson & Perkins Co.®
302 Rose Lane, Medford, Oregon 97501

Yes! Please rush my **FREE** copy of your full-color SIMPLICITY brochure.

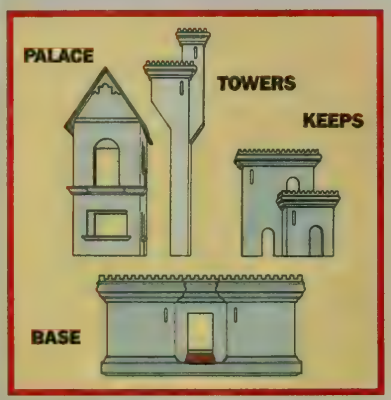
Print Name _____ Apt. _____
Street _____
City _____ State _____ Zip _____

STEP-BY-STEP

FANTASYLAND CASTLE

Mysteriously towering into the heights of fantasy, here's the *Better Homes and Gardens*® answer to the dollhouse craze—a dollhouse castle! Designed for young and old, boys and girls alike, this castle is scaled to accommodate the great array of toys popular with kids these days.

By C. Michael Stowers



Separate castle parts are easy to make of ½-inch plywood. Battlement trim is pine strips and common molding. Make parts; trim and paint in varying shades of soft colors. Then screw parts together. Cost of materials: about $60.

TO GET STARTED: Lay out all the main parts on ½-inch birch veneer plywood. You can do it with one 4×8 sheet, plus a few scrap pieces. Label the parts, then cut and make separate stacks for the base, palace, towers, and keeps. Mark the windows and doors in each stack. If you need help, Project Plan No. 50653 contains full-size patterns for irregular parts.

continued

BUILD THIS CASTLE IN A COUPLE OF WEEKENDS. UNDER $60.



Photographs: George Ceolla. Illustrations: Eugene Thompson. Design by the author

TO ORDER PROJECT PLAN NO. 50653, SEE PAGE 183.



BRUCE AMERICA'S FAVORITE FLOORING SALE

For a limited time only, you can save like never before on many of America's favorite hardwood floors. Now is the time to add beauty. . . value. . . and easy-care to your home.

The new generation of Bruce floors are just as easy to care for as any other floor covering. In fact, they practically take care of themselves.

See your local Bruce retailers incredible selection of care-free Bruce floors. . . and save like never before. But hurry. . . this sale will end soon.

For the name of your nearest participating Bruce retailer call toll free

1-800-722-4647

America's Favorite Hardwood Floors... On Sale

Bruce hardwood floors®

A division of Triangle Pacific Corp

STEP-BY-STEP



CUT OUT WINDOWS AND DOORS. Bore a ½-inch-diameter hole on the inside of your cutting line. Then slip your saber saw blade into the hole and cut along the line. When you get to a corner, or any tight spot, back up an inch and make a round cut to the adjoining line. Pull your blade out and slip it back in the other way to make the final cut into the corner. Round out cutouts with a wood rasp and fill edges with a water-mix wood putty. Then sand all edges smooth.

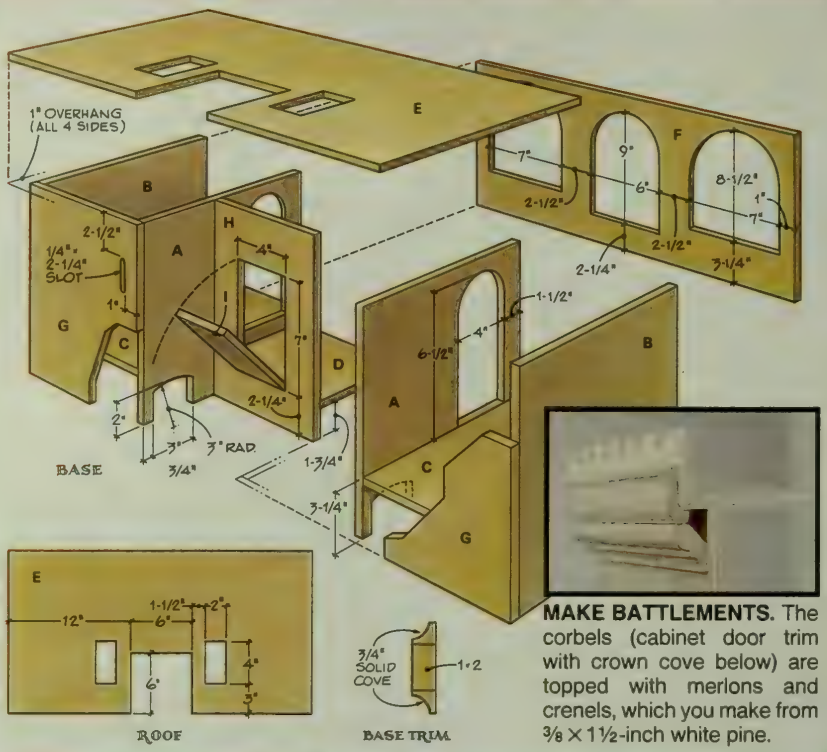


ASSEMBLE THE DIVIDERS, FLOOR, AND FRONT. Use glue and 4d finishing nails for assembly of plywood parts. Mark nailing lines on all the pieces and start nails before you position each piece.



ATTACH SIDE FLOOR PIECES. Nail through the dividers. Then nail on the back and then front pieces. Keep the assembly square.

MAKE THE BASE



MAKE BATTLEMENTS. The corbels (cabinet door trim with crown cove below) are topped with merlons and crenels, which you make from ⅜ × 1½-inch white pine.

MATERIALS LIST—BASE

PART	NUMBER	DESCRIPTION	SIZE	PART	NUMBER	DESCRIPTION	SIZE
A	2	DIVIDER	12½ × 13"	F	1	BACK	12½ × 27"
B	2	SIDE	12½ × 13½"	G	2	SIDE FRONT	10 × 12½"
C	2	SIDE FLOOR	9 × 13"	H	1	CENTER FRONT	8 × 12½"
D	1	FLOOR	7 × 8"	I	1	DRAWBRIDGE (PINE)	3¾ × 6¾"
E	1	ROOF	16 × 30"				



ATTACH BOTTOM TRIM. Bottom trim is made of 1 × 2 with ¾-inch cove molding on top and below. The lower cove piece is flush with the bottom edge. Miter the corners. The 1 × 2 and lower cove piece run across the front opening. Stop the top cove piece at this opening.



ADD THE BATTLEMENTS. See photo in the drawing (*top*). Trim first with ⅜-inch offset cabinet door trim. Then, turn unit upside down to add 1¾-inch crown cove molding. Use finishing nails and glue for all trim work. Stop cove molding in back as soon as you turn the corner.



CUT MERLONS AND CRENELS. Cut and test-fit pine strips as you miter the corners. Mark off ½-inch measurements from the center of each piece. Use a ½-inch dado blade to cut the merlons (teeth) and crenels (spaces). Glue the strips in place.

continued



EVERYTHING FROM ROAST TO TOAST.

OMNI 5: THE MICROWAVE THAT BAKES, BROILS, ROASTS AND TOASTS.

Introducing the microwave that takes the cake.

And the steak. And the tart. And the toast. And almost anything else.

Because GE's OMNI 5™ microwave oven is more than a microwave.

In fact, with dual heating units and five separate cooking settings, it can do everything a toaster-oven can. And things it can't.



Like microbake, a special feature that combines the speed of microwave cooking with the browning, crisping and overall deliciousness of old-fashioned cooking.

And with GE, you get the most appealing service package around.

So instead of buying several different appliances, buy the microwave you can apply several different ways.

The OMNI 5.

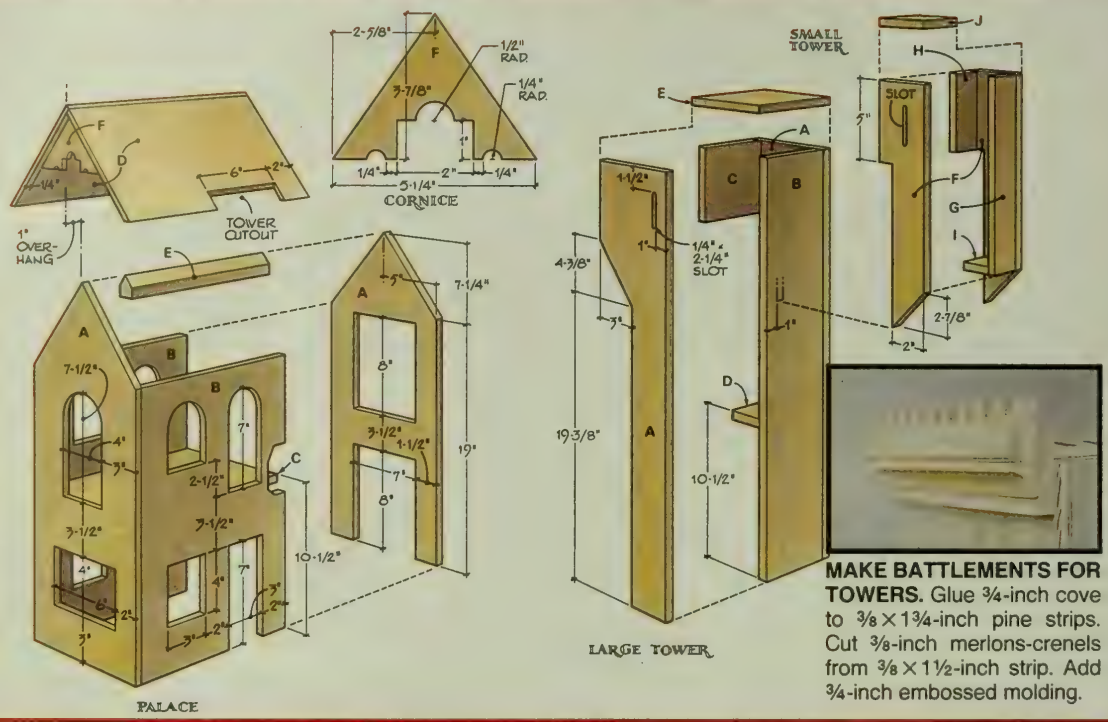
For the name of your nearest GE dealer, or for any information, call The GE Answer Center® service: (800) 626-2000.

We bring good things to life.

A REGISTERED TRADEMARK OF GENERAL ELECTRIC COMPANY

STEP-BY-STEP

MAKE THE PALACE AND TOWERS



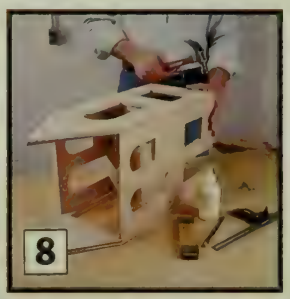
MAKE BATTLEMENTS FOR TOWERS. Glue ¾-inch cove to ⅜ × 1¾-inch pine strips. Cut ⅜-inch merlons-crenels from ⅜ × 1½-inch strip. Add ¾-inch embossed molding.

MATERIALS LIST—PALACE (P) AND TOWERS (T)

PART	NUMBER	DESCRIPTION	SIZE	PART	NUMBER	DESCRIPTION	SIZE
A (P)	2	FRONT AND BACK	10×26½"	C (T)	1	FRONT	5×5"
B (P)	2	SIDE	12×19"	D (T)	1	FLOOR	2½×5"
C (P)	1	FLOOR	9×12"	E (T)	1	TOP	6×6"
D (P)	2	ROOF	⅛×10½×15"	F (T)	2	SIDE	3×15"
E (P)	1	RIDGE BEAM (PINE)	12"	G (T)	1	BACK	2×12⅛"
F (P)	1	CORNICE	(SEE DRAWING)	H (T)	1	FRONT	2×5"
A (T)	2	SIDE	6×28¾"	I (T)	1	FLOOR	1½×2"
B (T)	1	BACK	5×28¾"	J (T)	1	TOP	3×3"



MAKE USE OF CURIOSITY. Put the kids to work sanding or advising on the particulars of the drawbridge. Use Stanley No. CD5314 ornamental hinges and ordinary brass bead chain for the bridge. See Step No. 14 for making the narrow window slots.



MAKE THE PALACE. Join the sides to the upstairs floor. Then join the front and back to this assembly. Add a ridge beam between roof peaks. Cut it from a scrap piece of pine. Cut roof pieces from ⅛-inch hardboard and cut tower notch in the right roof piece.



PLANE THE ROOF. Use brads and glue to attach the notched roof piece first. Then plane the top edge of this piece flush with the ridge beam. Add the other roof piece. Then plane the top edge of this piece flush with the other piece.



ADD WINDOW TRIM. Nail ⅜ × ½-inch pine strips flush with the bottom of the windows in front and on the sides. Extend strips beyond the sides ½ inch. Add ½-inch embossed trim to these strips to form balconies.

continued



LIBBY'S GREAT PUMPKIN COOKIE. GREAT TASTE THAT'S A SMILE WIDE!

This is one big, delicious cookie. It's also one wholesome cookie. Because it's made with America's favorite pumpkin, Libby's.

Sure, kids love the chocolate chip freckles. But you'll be baking real treats, made with plenty of pure, natural pumpkin and oatmeal.

Try out Libby's Great Pumpkin Cookies on your favorite goblins. They'll gobble them up before you can say boo!

"GREAT PUMPKIN COOKIE" RECIPE

- 2 cups flour
- 1 cup quick or old-fashioned oats, uncooked
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup butter or margarine, softened
- 1 cup firmly packed brown sugar
- 1 cup granulated sugar
- 1 egg, slightly beaten
- 1 teaspoon vanilla extract
- 1 cup Libby's Solid Pack Pumpkin
- 1 cup semi-sweet real chocolate morsels
- Assorted icing or peanut butter
- Assorted candies, raisins or nuts

Preheat oven to 350°F. Combine flour, oats, baking soda, cinnamon and salt. Cream butter; gradually add sugars, beating until light and fluffy. Add egg and vanilla; mix well. Alternate additions of dry ingredients and pumpkin, mixing well after each addition. Stir in morsels. For each cookie, drop ¼ cup dough onto lightly greased cookie sheet; spread into pumpkin shape, using a thin metal spatula. Add a bit more dough to form stem. Bake 20 to 25 minutes, until cookies are firm and lightly browned. Remove from cookie sheets; cool on racks. Decorate, using icing or peanut butter to affix assorted candies, raisins or nuts. Yields 19 to 20 cookies.
Variation: Substitute 1 cup raisins for morsels.



Order Libby's "Great Pumpkin Cookbook." Over 140 recipes in colorful hardcover. Only $3.95 and 2 Libby's Pumpkin Labels.

Send check or money order, labels, name, address and zip code to Libby's Great Pumpkin Cookbook, P.O. Box 730-A, Pico Rivera, CA 90665. Offer good while supplies last. Allow 8 weeks for delivery. Offer good only in U.S.A., its territories and APO/FPO addresses. Void where restricted by law.





Butter 'em up with Butter Biscuits

5 tbsp. cold butter or margarine
2 1/2 cups Bisquick® baking mix
2/3 cup milk
Butter or margarine, melted



HEAT *oven to 450°.*

CUT *cold butter into 1/4" cubes. Toss baking mix and butter cubes with fork until coated. Add milk; stir just until milk is absorbed (do not overstir).*

TURN *dough onto cloth-covered board generously dusted with baking mix; roll to coat. Fold and knead dough 5 times; pat lightly to 1/2" thickness. Cut with floured 3" cutter; place on ungreased cookie sheet with sides touching.*

BAKE *until golden brown, about 9 min. Brush with melted butter. 8 biscuits.*

Drop Butter Biscuits: Decrease baking mix to 2 1/4 cups. After stirring, drop dough by spoonfuls onto ungreased cookie sheet. Bake about 10 min. 10 biscuits.

High Altitude: For Butter Biscuits or Drop Butter Biscuits, heat oven to 475°. Stir 1/4 cup Gold Medal® all-purpose flour into baking mix. Bake about 11 min.

® Reg.TM of General Mills, Inc.

© General Mills, Inc. 1986



ATTACH TRIM TO LARGE WINDOW. The bottom edge of this 1¼-inch trim is flush with the bottom of the window strip and runs all the way around the palace to the towers. Add the decorative gable peak, and an embossed strip straight across the palace front just above the arched window.

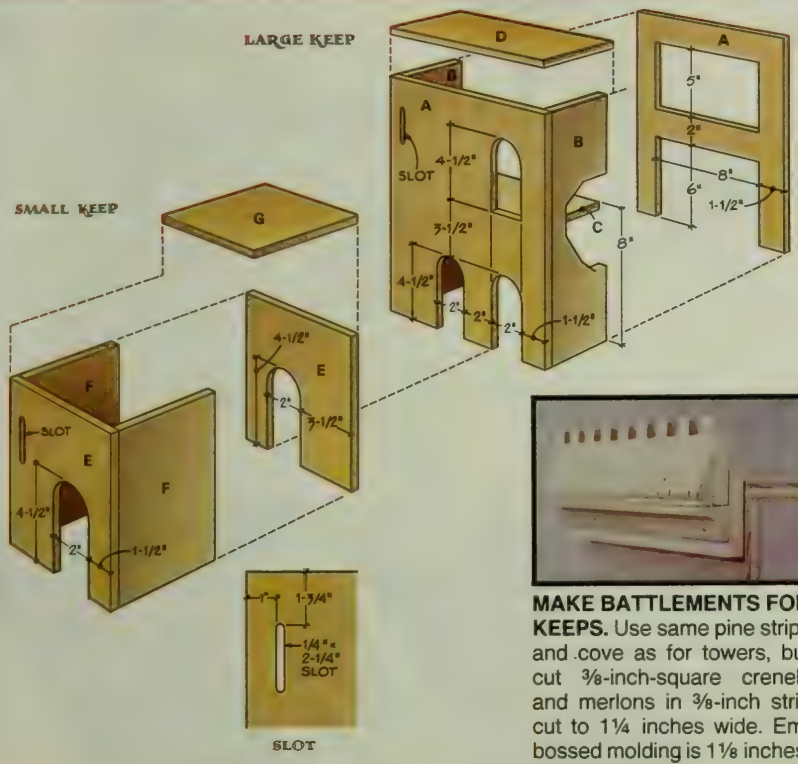


MAKE THE TOWERS. Add small tower battlements. Attach small tower to large. Add large tower battlements. See tower battlements in drawing on *page 54*.



USE EXTRA HELP. As interest in your project keeps growing, put small, but willing, hands to work sanding plywood edges. Test-fit the towers to the palace. Bore holes and temporarily attach towers to palace from inside the palace with 1¼-inch No. 7 screws. Use these screws alone to hold the main castle parts together.

MAKE THE KEEPS



MAKE BATTLEMENTS FOR KEEPS. Use same pine strips and cove as for towers, but cut ⅜-inch-square crenels and merlons in ⅜-inch strip cut to 1¼ inches wide. Embossed molding is 1⅛ inches.

MATERIALS LIST—KEEPS

PART	NUMBER	DESCRIPTION	SIZE	PART	NUMBER	DESCRIPTION	SIZE
A	2	FRONT AND BACK	11x15"	E	2	FRONT AND BACK	7x7½"
B	2	SIDE	5x11"	F	2	SIDE	5x7½"
C	1	FLOOR	5x10"	G	1	ROOF	6x7"
D	1	ROOF	6x11"				



TEST-FIT THE TWO KEEPS PARTS. Study the drawing (*top*) to see how the doors line up. You can screw and glue the keeps parts together or use screws alone. Use an awl to start the holes for the slots. Position slots as shown in the drawing, and cut them before adding trim.



MAKE SLOTS FOR THE WINDOWS. Saw from one hole to the other with a saber saw. Trim holes with a rat-tail rasp. Then begin the battlements work on the tall keep first. See the photo in the drawing (*top*). Start adding the keeps' trim in the same way as the tower's.



SAND-FINISH ALL PARTS. Paint the castle parts separately. Mask off the battlements and paint them in slightly darker shades than the plywood parts. Our castle base is medium gray. A forest green roof tops the light lavender palace. Paint the drawbridge chocolate brown.

©1986 R.J. REYNOLDS TOBACCO CO.

Low isn't... lowest.



6mg 4mg 7mg 5mg 3mg

Now is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

NOW. THE LOWEST OF ALL BRANDS.

Competitive tar levels reflect either the Jan '85 FTC Report or FTC method.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

STOWAWAY IRONING BOARD

Tired of hassling with bulky ironing boards? Our fold-down board fits neatly between the studs in your wall, then pulls down in a jiff when you're ready to iron.

Build the board in four basic steps:

1. **Build the box and its bracket**
2. **Construct the board, its track, and sliding brace**
3. **Install the board in the box**
4. **Mount the door**

Step One: Box and Bracket

Begin by building a 14×76-inch cabinet for the ironing board from ½-inch plywood and 1×4s. To make the bracket, bore holes in two 28½-inch 1x4s as shown in the pivot detail (*right*); then, install these in the box, using 4⅝-inch shelves for spacers. Miter 1×2 facing and add it to the box as shown. Use 1¼-inch No. 5 screws and wood glue throughout the project.

Step Two: Board and Track

The 12×44-inch ironing board is made of ½-inch plywood, tapered to a 3-inch radius about 11 inches from the point. Bore ¼-inch-diameter holes along the sides for ventilation. On one side of the board, attach a ¼-inch peg to the board by several links of chain for the safety catch.

The track for the sliding brace is constructed of 24-inch 1×3s mounted on 2×2s, with a 6¼-inch 1×3 stop at one end. Center the track on the underside of the ironing board; attach it with glue and screws. Position its open end 4⅛ inches from the base of the board.

Next, cut the 2×2 brace to 39½ inches and round the ends. Center and bore ½-inch-diameter holes in each end; glue a 3-inch dowel in one end.

Step Three: Install the Board

Attach the board to the box with a continuous hinge, ¼ inch above the box bracket. Slip the dowel end of the brace into the board track. At the other end of the brace, line up the hole in the brace with the holes at the base of the box bracket; insert a 4½-inch dowel.

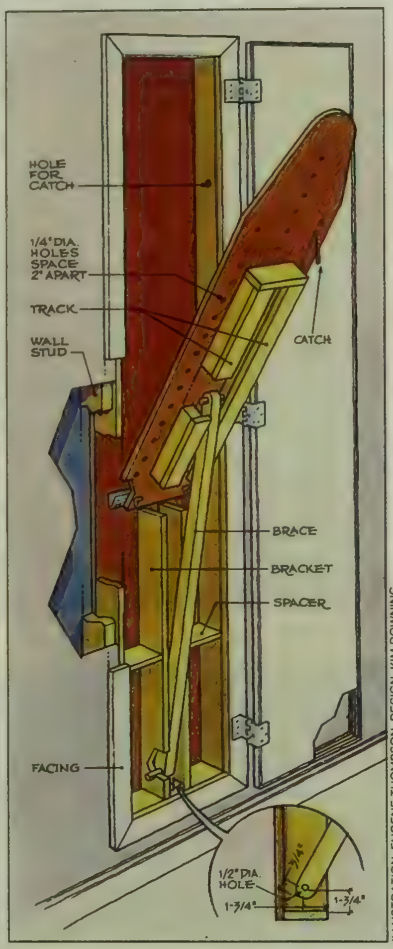


ILLUSTRATION: EUGENE THOMPSON DESIGN, KIM DOWNING

Step Four: Mount the Door

Build the 15×77-inch door of ½-inch plywood. Trim it with mitered ¾-inch corner guard, then plane the corner guard flush with the inside face of the door. Center the door on the 1×2 box frame and mount it with three 3-inch overlay hinges.

Finally, install the completed unit in the wall with 3-inch lag screws through the box sides into the stud. Be sure to check for wires and plumbing pipes before cutting into your wall. BHG

To order Project Plan No. 50633, send a check or money order for $5.95 to ***Better Homes and Gardens*** Reader Service, Box 374, Dept. 2XE, Des Moines, IA 50336.

FREE!



24 colorful pages of window and patio door facts.

Here's *the* window and patio door booklet for new homes, remodeling and window replacing. 24 pages of facts and figures in easy to understand question and answer format.

There are full-color photos for window ideas and sections on energy, window planning and new Andersen® High-Performance insulating glass. The complete Perma-Shield® product line is shown installed in homes.

Send me the "Window & Patio Door Answers From Andersen" booklet.
I plan to ☐ build ☐ remodel ☐ replace.
Mail to: Andersen Corporation, Box 12, Bayport, MN 55003.

Name _____ 002-1086
Address _____
City _____ State _____
Zip _____
Area Code
Phone ( )

Andersen AW Windows · Patio Doors

Come home to quality.
Andersen®

86010 © 1986 Andersen Corp.

It's Time to Shop and Save

A new addition to the

GREAT FALL HARDWARE SALE

HOUSEWARES Festival 1986

AT HOME CENTERS AND HARDWARE STORES EVERYWHERE

You'll find special offers on famous housewares brand names such as Blue Lustre, The Cooper Group, Black & Decker and Oster, featured in the GREAT FALL HARDWARE SALE/SWEEPSTAKES. Shop now, save money, and enter the big Sweepstakes. Win a magical trip to the Hilton at Walt Disney World® Village, and Eastern Airlines makes it so easy to get there. See the list of prizes and rules at your participating retailer, deposit your entry and enjoy big savings on top brand names during October.

Manufacturer's Coupon/Offer Expires 12/31/86

Save a little scratch!

50¢ Off

Blue Lustre® **Flea Killers**



To the Consumer: This coupon good only on purchase of product indicated. You pay any sales tax. Any other use constitutes fraud. LIMIT—ONE COUPON PER PURCHASE.

To the Dealer: Blue Lustre will reimburse you for the face value of this coupon plus 8¢ if submitted in compliance with the Blue Lustre Redemption Policy dated 5/1/86. Free copy available by writing to BLUE LUSTRE HOME CARE PRODUCTS, INC., P.O. Box 50832, Indianapolis, IN 46250. Send properly redeemed coupons to same address. Cash Value 1/100 of 1¢.

Save 50¢

FLEA KILLER FOR CARPETS
16 oz. POWDER
OR
FLEA KILLER FOR UPHOLSTERY
16 oz. AEROSOL

5 11133 51150 4

TOP BRANDS! GREAT VALUE!

Crescent®
8" Chrome Adjustable Wrench AC18V
Bridgeport® Nutdriver Set 379K

Weller®
Marksman® 25 watt Soldering Kit 230K
Marksman® 25 watt Soldering Kit SP23

Wiss® Metalmaster® Offset Snips M6R M7R

Lufkin®
1" x 33' Power Tape XL33
¾" x 25' Power Tape 8325



CooperTools

CRESCENT® LUFKIN® NICHOLSON® PLUMB® TURNER® WELLER® WIRE-WRAP® WISS® XCELITE®

COOPER INDUSTRIES

Shop at Home Center/Hardware Stores



NOW WHEN YOU GIVE
A SPOTLITER™
GET SOMETHING IN RETURN.
A $3 REBATE.*

For those of you who've ever fumbled in the dark for a flashlight, only to find the batteries dead, Black & Decker has the perfect gift.

The Spotliter™ Utility Light. A powerful light that's always charged and easy to find. Because it stores neatly on the wall in its own recharging unit.



And Spotliter™ carries Black & Decker's full two-year warranty. So if anything goes wrong, you won't be left in the dark.

The Spotliter™ Utility Light from Black & Decker. One gift that will be a constant bright spot in anyone's life. No matter what the occasion.

BLACK&DECKER™
IDEAS AT WORK.™

*Offer good 9/29/86-12/31/86.





• New Oster Food Processor Accessory (5800-06)— fits all Osterizer blenders and Kitchen Centers.

GET SOMETHING EXTRA WHEN YOU GIVE THESE OSTER GIFTS.

- Oster Kitchen Center (980-36)— 5 functions: blend, mix, grind, slice, knead. Bonus Citrus Juicer Accessory included ($15 value).
- Osterizer blender (890-23, 890-28)— includes a free "Mini-Blend" container ($2.50 value).

Available now at your local hardware store.

Oster
Division of Sunbeam Corporation
An Allegheny International Company

© Oster 1986 ®Oster, Kitchen Center, Osterizer

RIGHT AT HOME

Get Sears Custom Treatment and Free Sheers or Lining*

WHEN YOU BUY ANY CUSTOM FLOOR-LENGTH DRAPERIES.



DIAL 1-800-4-CUSTOM†

Breeze into Sears for free sheer or lining fabric when you buy any custom floor-length draperies.

Save 30-50% on a wide variety of other decorative custom fabrics.

And save 50% on our Classique* one-inch horizontal blinds. All on sale September 28 to November 1.

To get the custom treatment, call 1-800-4-CUSTOM for a free in-home visit and Idea Book from one of our local decorators.

You can celebrate Sears New Century with beautiful values like these—every day.

There's more for your life at SEARS

Celebrating Our New Century

©Sears, Roebuck and Co., 1986. Available at most Sears retail stores. Prices and dates apply only to the Continental United States, except Alaska. *Fabrication, labor and installation extra. †1-800-428-7844, 9:00 a.m. to 9:00 p.m. Monday through Friday, 9:00 a.m. to 6:00 p.m. Saturday, Central Daylight Time. Operator assistance in English only.

Days-Of-The-Week Designs

To Appliqué and Embroider

By Jim Williams

An old-time children's poem inspires our delightful days-of-the-week designs. Use the appliqué and embroidered figures on towels and linens to brighten any room.

Or, create one-of-a-kind kid's clothing that is sure to please your favorite child.

Stitch the designs on ready-made garments; or sew extra-special clothing using our exclusive patterns or commercial patterns of your choosing.

Buying information, page 182.

INSTRUCTIONS BEGIN ON PAGE 66.

TO ORDER PATTERNS AND TRANSFERS FOR DAYS-OF-THE-WEEK DESIGNS, SEE PAGE 183.

Designs: Days-of-the-week designs, Jim Williams. Clothing, Margaret Sindelar. Stitchery, Linda Beardsley. "Monday's Child" poem—anonymous



Monday's Child Is Fair of Face

A cherry-sprigged apron with appliquéd accents gives Kristin a special smile. Add embroidered cherries to a purchased blouse.





DAYS-OF-THE

TUESDAY'S CHILD
IS FULL OF GRACE

Floyd is a little charmer in these bib-front corduroy knickers for boys or girls. Our old-fashioned design embroidered on hardanger graces the bib.



WEDNESDAY'S CHILD
IS FULL OF WOE

Perk up Abby's pretty pout with an endearing pinafore that's decorated in bleeding-heart embroidery design and fabric appliqué.



THURSDAY'S CHILD
HAS FAR TO GO

An extra-large pocket on comfy shorts is perfect for Molly's travels. We worked the design on hardanger with piping trim.

TO ORDER CHILDREN OF THE WEEK POSTER, SEE PAGE 183.

WEEK DESIGNS



FRIDAY'S CHILD
IS LOVING AND GIVING

There's lots to love about Talathy's heart-shaped bibbed skirt, adapted from our basic pattern. Rosy embroidery, grosgrain, and an eyelet petticoat add loving touches.



SATURDAY'S CHILD
WORKS HARD FOR A LIVING

An embroidered, carry-almost-anything pocket is perfect for Ryan's chores. Drawstring pants have flannel cuffs.



SUNDAY'S CHILD
IS BLYTHE, BONNY, GOOD, AND GAY

Bonny and blythe-spirited Devon wears our pinafore design. Calico ruffles accent the delicate embroidered and appliquéd design.

INSTRUCTIONS BEGIN PAGE 66.

continued

To order iron-on transfers of Days-of-the-Week designs and patterns for our children's clothing, see page 183.

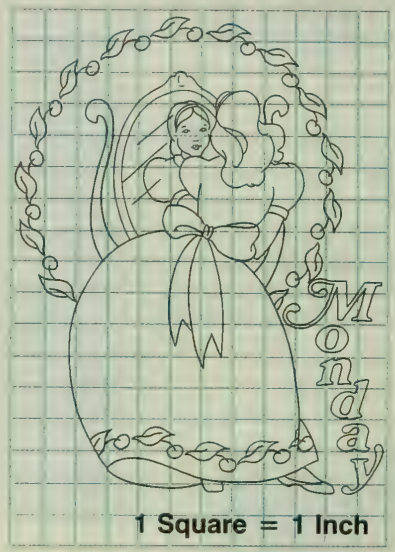
To order a full-color poster of Days-of-the-Week designs, see page 183.

Materials: Hardanger; purchased garment or yardage for purchased pattern; embroidery floss in colors to match photograph or as desired; scraps of tightly woven pindots and small print calicoes; iron-on fusible webbing; scraps of ribbon; buttons and trims as desired; fray guard (available at crafts and fabric shops); water-erasable marking pen.

Instructions: *Note:* It is recommended that the finished garments with Days-of-the-Week designs be commercially dry cleaned, rather than laundered, to prevent fading and fraying of appliqué and embroidery areas.

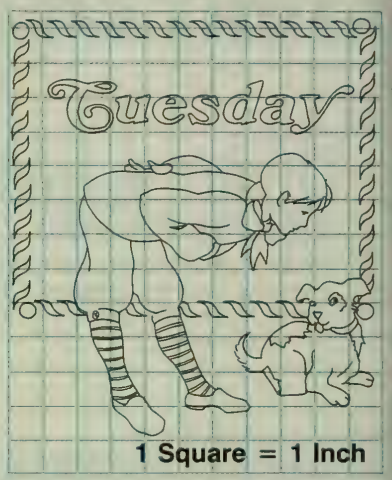
Enlarge designs, *right* and *opposite* and on *page 69*. For a size ***Small*** design, enlarge pattern using a scale of 1 square equals ¾ in.; for a ***Medium*** design, use 1 square equals 1 in.; for a ***Large*** design use 1 square equal 1½ in.

MONDAY'S CHILD
IS FAIR OF FACE

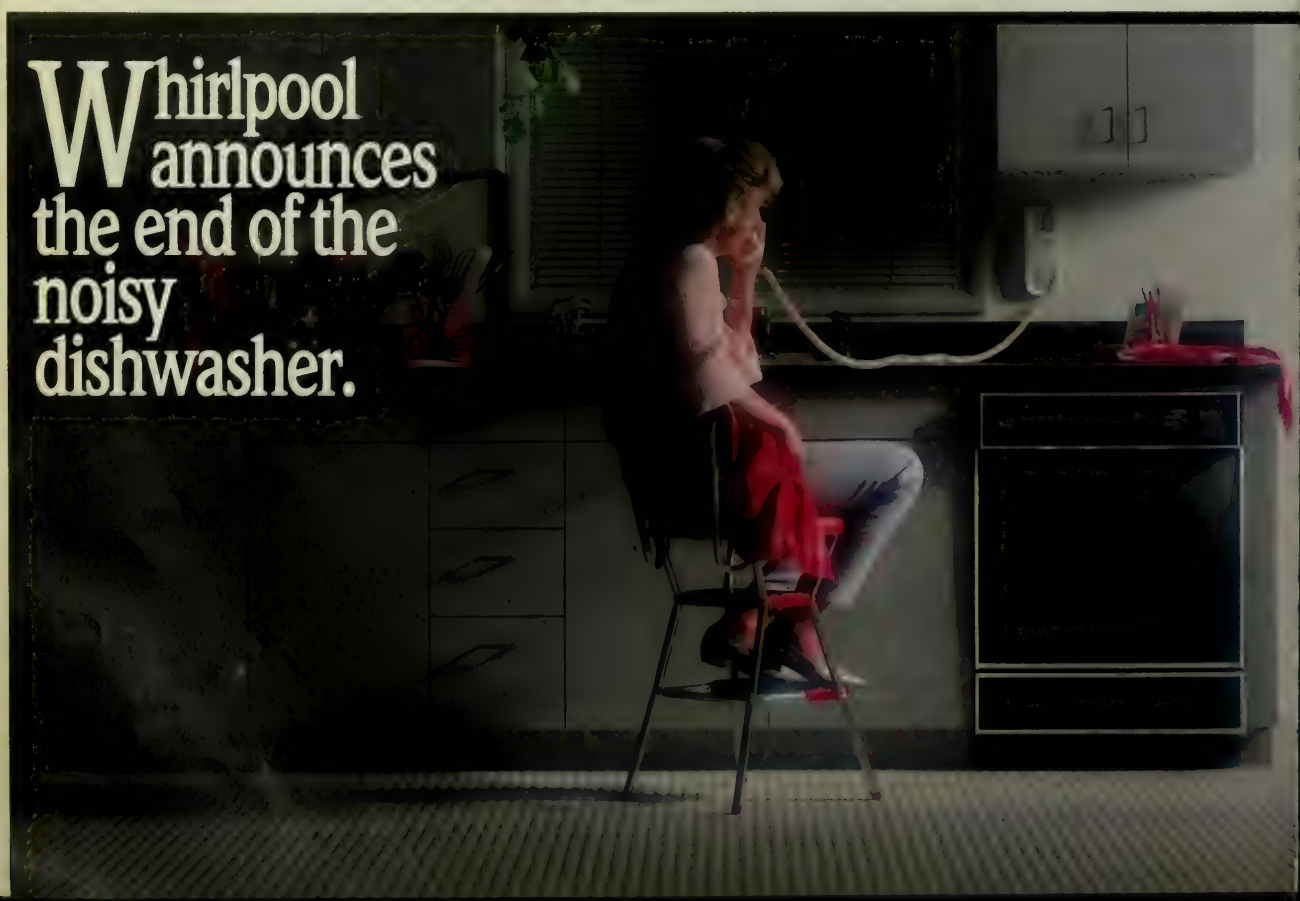


Note: Designs and garments may be interchanged. Make pattern adjustments to accommodate changes.

TUESDAY'S CHILD
IS FULL OF GRACE



Wash all fabrics and floss before cutting or stitching. Trace embroidery design onto fabric. If necessary, stabilize design pieces with iron-on interfacing before stitching.



WEDNESDAY'S CHILD
S FULL OF WOE



Note: Embroider portions of design hat appear on appliqué shapes prior to utting. For appliqué, cut shape and se fusible webbing or fabric glue to old fabric in place on the garment.

THURSDAY'S CHILD
HAS FAR TO GO



To prevent fabrics from fraying, treat edges of each appliqué piece with a commercial fray guard according to manufacturer's directions. Outline-stitch by hand around all edges of the

FRIDAY'S CHILD
IS LOVING AND GIVING



fabric appliqué. Or, if desired, machine-appliqué using a tight, narrow zigzag stitch, sewing over typing paper.

continued

Until now, using a dishwasher was a trade-off: Clean dishes for a noisy kitchen. But this Whirlpool® dishwasher with our exclusive Quiet Wash system keeps the cleaning power and reduces the noise. It's so quiet you can run your dishwasher and still enjoy your conversation.

The secret of our Quiet Wash system. We found ways to reduce the sound coming from inside the tub. Designed a quieter motor. And then wrapped the dishwasher in an extra layer of sound-absorbing insulation. We think you'll be pleased when you hear the results.

Remarkably clean dishes with less hot water. Don't let the quiet fool you. This Power Clean™ Energy Saver dishwasher still has our patented washing system for remarkably clean dishes. And all our Power Clean models use 30% less hot water in the normal cycle than our previous washing system.

Easier loading and unloading. Whirlpool dishwashers are available with upper racks that adjust up and down to fit that unusual-size item. We're also the only ones to give you the ease and convenience of a silverware basket in the door.

A promise of quality we stand behind. Every Whirlpool appliance is backed by our promise of good, honest quality. It's a promise we've kept for 75 years, and we support it with programs like our toll-free, 24-hour Cool-Line® telephone service to help you with problems or questions. Just call 800-253-1301. It's one more way we can make your world a little easier.

Whirlpool
Home Appliances
Making your world a little easier.

135 years ago, we took a good idea and improved upon it.

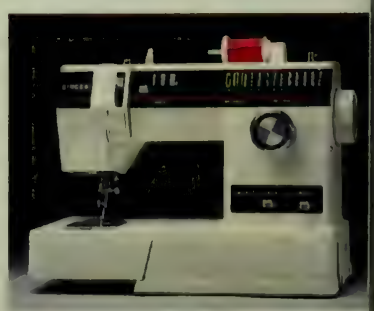


Over a century ago, Singer invented something quite remarkable: the first practical sewing machine. Since that time, we've continued to improve upon it. Introducing the latest innovations year after year. Providing you with the best products available.

Take, for example, our extensive line of Miracle Machines. Built for every sewing skill and budget level. Like the Stylist* Model 6233 with its built-in buttonholer and six-second threading. Or how about our Ultra Unlimited* Model 6268 with unlimited stitch capability, sideways sewing and the ability to monogram and embroider intricate designs automatically.

Singer will always continue its commitment to quality, value and dependable service. Whether it's sewing machines, Ultralocks,* knitting machines, ironing presses or any other sewing-related product, you can count on Singer to bring you the best. Now and for years to come.

So come celebrate our 135th anniversary. See your Singer retailer now for special values on selected Singer* products.



SINGER

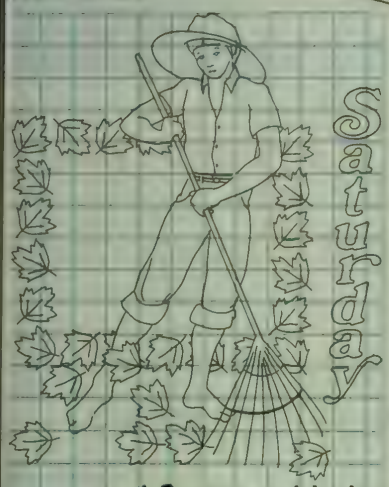
*A Trademark of The Singer Company. © 1986 The Singer Company.

ontinued

Work remaining design in outline, atin, long-and-short, French knots, or esired stitches. Refer to the photo-raphs on *pages 63–65* as a guide for mbroidering. Embellish the designs vith additional bows, buttons, ribbons, nd trims as desired.

After embroidery is complete, cut out ll pieces. Assemble garment according o pattern directions.

SATURDAY'S CHILD WORKS HARD FOR A LIVING



1 Square = 1 Inch

SUNDAY'S CHILD IS BLYTHE, BONNY, GOOD, AND GAY



1 Square = 1 Inch

Protecting Precious Collectibles

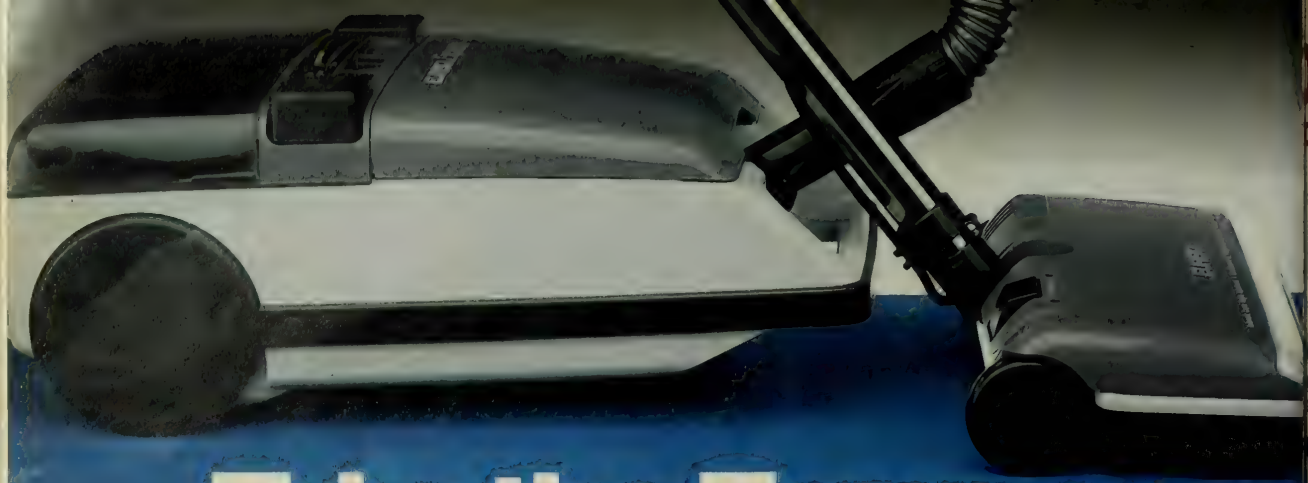
After surviving for decades, old quilts, toys, and other collectibles could be deteriorating right before your eyes. Here are a few suggestions to ensure a long life for your one-of-a-kind possessions.

Excessive light and improper climate are a collectible's worst enemies. Sunlight will bleach wood, fade colors, and disintegrate textile fibers; so keep pieces out of the sun.

Controlling temperature and humidity is also important. With too little humidity, the paint on your cupboard will flake; too much humidity can cause your cast-iron bank to rust. Use humidifiers or dehumidifiers to maintain a year-round temperature of 65 to 70 degrees with 40 to 50 percent humidity.



©1985 Liggett Group Inc.



Take the Express to the future.

The days of struggle with old, clunky, underpowered vacuum cleaners are over. The new Eureka Express Power Team is here.

Packing a 4.3 peak horsepower motor, the Eureka Express will clean every surface of your home with the strength of industrial suction power. That's at least twice the power of many older cleaners. Yet the Eureka Express is light enough to carry in one hand.



A complete set of attachments for above the floor cleaning is contained within the cleaner.



For carpets, there's a special attachment with its own motor-driven beater/brush, to beat carpet fibers like an upright. Press a button, the beater/brush stops turning, and you can use the same attachment to vacuum bare floors.



We know of no more powerful, versatile cleaner anywhere.

For a demonstration, see your Eureka dealer. He sells vacuum cleaners for today. Not yesterday. **EUREKA** *EXPRESS*

© 1986 The Eureka Company, Bloomington, IL 61701 In Canada, Eureka Company, Toronto

utdorables
mfort that's always in style.

Sarasota
Sleek and attractive for dress; comfortable enough for casual wear.

en
py, practical and
ys stylish.

Jaunt
A smart, suede casual for work or play.

Daniel Green
CRAFTED WITH PRIDE IN U.S.A.
Daniel Green Company • Outdorable Division • One Main Street • Dolgeville, New York 13329 • 315-429-3131

REMODELING

UPDATE YOUR WINDOWS WITH A KIT

EASY, AFFORDABLE, EFFICIENT, AND GOOD-LOOKING

With a sash replacement kit, you can install a new energy-efficicent, double-hung window and keep your existing frame and trim. You won't have to tear out back to the studs, so the job goes faster and costs less than the usual window installation.

HERE'S HOW

Our sash replacement kit, from Marvin Windows, Minneapolis, Minnesota, came with clear and complete do-it-yourself instructions.

- Start by prying out the existing molding and removing the old top and bottom sash (the framework that holds the glass in place).
- Remove stops from top and sides of the window frames.
- Nail the mounting brackets provided with the kit and snap on new jamb liners (the side pieces with tracks for the new sash).
- Install new stop at the top and new sash according to instructions.



1. Pry out existing molding.



2. Remove old sash.



3. Snap in replacement liner.



4. Hang new sash.

SCOTT LITTLE

HELPFUL HINTS

When ordering, make sure you provide the retailer or manufacturer with exact measurements. The window shown here retails for $160 and takes about half a day to install. BHG

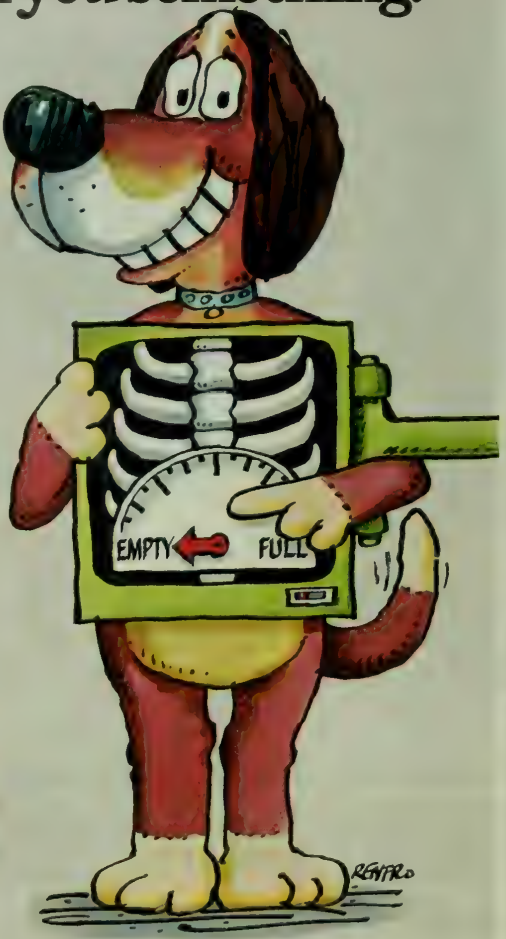
On one meal a day, maybe he's trying to tell you something.

You're looking at one of the first signs of a snack attack, and it can strike anytime in-between meals. He's not really starving. He's just looking for Tast-tee Chunks® snacks for dogs.

Tast-tee Chunks really treat him right. They're made with real cheddar cheese or real beef. And they're real good because they contain 15 essential vitamins, minerals and oils.

So the next time you notice his eyes begin to glaze over just thinking about his last supper that's the time for Tast-tee Chunks.





NEW TAST-TEE CHUNKS®

The snack for dogs who eat one meal a day. **From Gaines**

GAINES FOODS, INC. 1986

DECORATING

SHEET SAVVY

A wealth of pretty patterns, styles, and sizes makes sheets a wonderful medium for the do-it-yourself decorator.

With little sewing or even no sewing at all, and with minimal monetary investment, lacy borders and elegant hems translate into fancy trimmed curtains, draperies, tablecloths, picture frames, lampshades, or almost anything else that fabric and imagination can muster. For all the advantages, decorating with sheets works best when you follow these simple rules.

Measure carefully. Standard sheets and pillowcases vary in size, depending on the hem treatment. Use a tape measure, calculator, pad, and pencil to determine your needs. (See yardage conversion chart.)

Pick the right pattern. Don't trust your memory; take paint chips or fabric samples with you when you shop for sheets to ensure a color match. Remember, large repeating patterns are harder to work with. If you're a beginner, stick with a small overall or random print or a textural solid.

Buy everything at once. Dye lots vary, so don't count on buying as you go. Based on careful measurements, purchase all the materials you'll need to complete your project *before* you begin. Unopened sheets usually can be returned, so it's better to err on the side of too much than not enough.

Prepare before using. Don't assume that the pattern is printed straight on the fabric. Decorative hems may need to be removed and realigned parallel with the print. Also, side seams should be unstitched and pressed open.

Watch out for pitfalls. Most sheets are pretreated with stain repellent, so *don't* wash before using. If you do, your fabric protection will go down the drain.

Make an exception, however, with cafe curtains, dust ruffles, sink skirts, or any other items you intend to launder regularly. Then, wash first to allow for shrinkage.

MAKE-IT-WITH-SHEETS CONVERSION CHART

Before planning or shopping for your home sewing project, refer to this easy yardage chart of sheet sizes.

FLAT SHEET SIZE			APPROX. YARDAGE IN FABRIC		
	Attached Hem (Separate)	Self Hem (Turned Under)	36″	45″	58″
Twin	66″ × 94″	66″ × 104″	5	4	3⅛
Full (Double)	81″ × 94″	81″ × 104″	6	4¼	3⅞
Queen	90″ × 100″	90″ × 110″	7	5⅛	4½
King	108″ × 100″	108″ × 110″	8¾	7	5⅝

Chart, courtesy of Fieldcrest

Teddy Bears

Only $9.50 each!



Shown actual size.

©DM

An adorable collection of fine bone china sculptures

What makes teddy bears so irresistible? Is it their endearing clumsiness? Their good-humored smiles? Or is it that we each remember a comforter, companion, and confidant in the shape of our own childhood teddy?

Ever since President Theodore Roosevelt gave his name to the very first "Teddy" bear, people all over the world have fallen in love with these cuddly little creatures.

Captivating personalities wonderfully captured in fine bone china

These adorable sculptures wonderfully capture the lovable attitudes of their tubby little bodies and the good-natured expressions of their bear faces in twenty-five delightful poses.

Each sculpture is crafted in fine bone china by skilled artisans. Moreover, the detail of each bear's facial expression is painted by hand.

Attractively priced display

You may wish to proudly display your entire collection for family and friends. Therefore, a handsome custom-made display will be made available to you at an attractive price (without obligation to purchase it, of course).

A remarkable value at only $9.50 each

Each teddy bear is priced at just $9.50 — a remarkably affordable price for fine bone china sculptures of this quality. This low price is guaranteed for all twenty-five sculptures, even if the price of fine bone china should rise during the course of the collection. Moreover, the *TEDDY BEARS* collection will not be available in stores — it is available exclusively from the Danbury Mint.

Convenient acquisition plan

You need send no money now. Simply return the Reservation Application. Your first sculpture will be shipped individually. Thereafter, every other month, you will receive a set of two sculptures which can be paid for in two monthly installments. You may charge each installment to your VISA or MasterCard.

If you are not completely satisfied with any sculpture, you may return it within thirty days for a prompt replacement or refund. You may discontinue your subscription at any time.

Act now to avoid disappointment

No one can resist a teddy bear. Consequently, we expect a high demand for these appealing little creatures — especially at such an attractive price! Please send your Reservation Application without delay!

RESERVATION APPLICATION

TEDDY BEARS W-19

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please respond promptly

Please accept my reservation for *TEDDY BEARS*, a collection of twenty-five hand-painted, fine bone china sculptures. The cost of each sculpture is $9.50 (plus $1.75 for shipping and handling).

I need send no money now. My first sculpture will be shipped individually. Thereafter, every other month, I will receive a set of two sculptures which can be paid for in two monthly installments. Any sculpture that I am not satisfied with may be returned within thirty days for a replacement or refund, and this subscription may be canceled by either party at any time.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State/Zip _____

☐ Check here if you want each monthly installment charged to your: ☐ VISA ☐ MasterCard

_____
Credit Card Number Expiration Date

Signature _____

Allow eight to twelve weeks after payment for initial shipment.

5 UNUSUAL DOGS THAT MAKE GREAT FAMILY PETS

The names of these canines probably won't be on the tip of your tongue, but like many lesser known purebreds, they're excellent family pets. Though our unusual dog breeds vary in size and personality, all are easy to care for, great with kids, and not much more expensive than many purebreds already roaming backyards in your neighborhood.

For more details and to locate animals for sale, a contact is listed with each breed. Be specific about the information you desire and enclose a stamped, self-addressed envelope.



BERNESE MOUNTAIN DOG



PHOTOGRAPHS: PERRY STRUSE

Still fairly rare in the U.S., this big, lovable purebred has been making its home on farms in Switzerland for decades. The breed is named after the Swiss city of Bern and thrives on cold weather, though it also does well in warmer climates.

Healthy, hardy, and affectionate, the Bernese mountain dog is a smaller cousin (about 100 pounds on the average) of the St. Bernard. It relishes all the roughhousing kids can dish out, but requires less exercise than you might think. (It's less active than many sporting dogs, such as Labrador retrievers.)

The good-natured mountain dog is as appealing for its intelligence and loyalty as for its beauty. It always holds its head proudly, and just a little grooming keeps its striking tricolor coat (black, white, and rich russet) looking regal.

Information: Mrs. Becky Wolfert, The Bernese Mountain Dog Club of America, 115 Primrose Place, Lima, OH 45805 (419/223-5949)



PEMBROKE WELSH CORGI

If your family fancies big dogs, but you don't think you can accommodate one, this is the breed for you. These stocky but agile little canines (about 20 to 25 pounds on the average) have more spunk per ounce than most dogs of any size. Yet, Pembroke Welsh corgis require minimum space for exercise. And you can always be sure that your corgi pal will be interested in whatever you have to do.

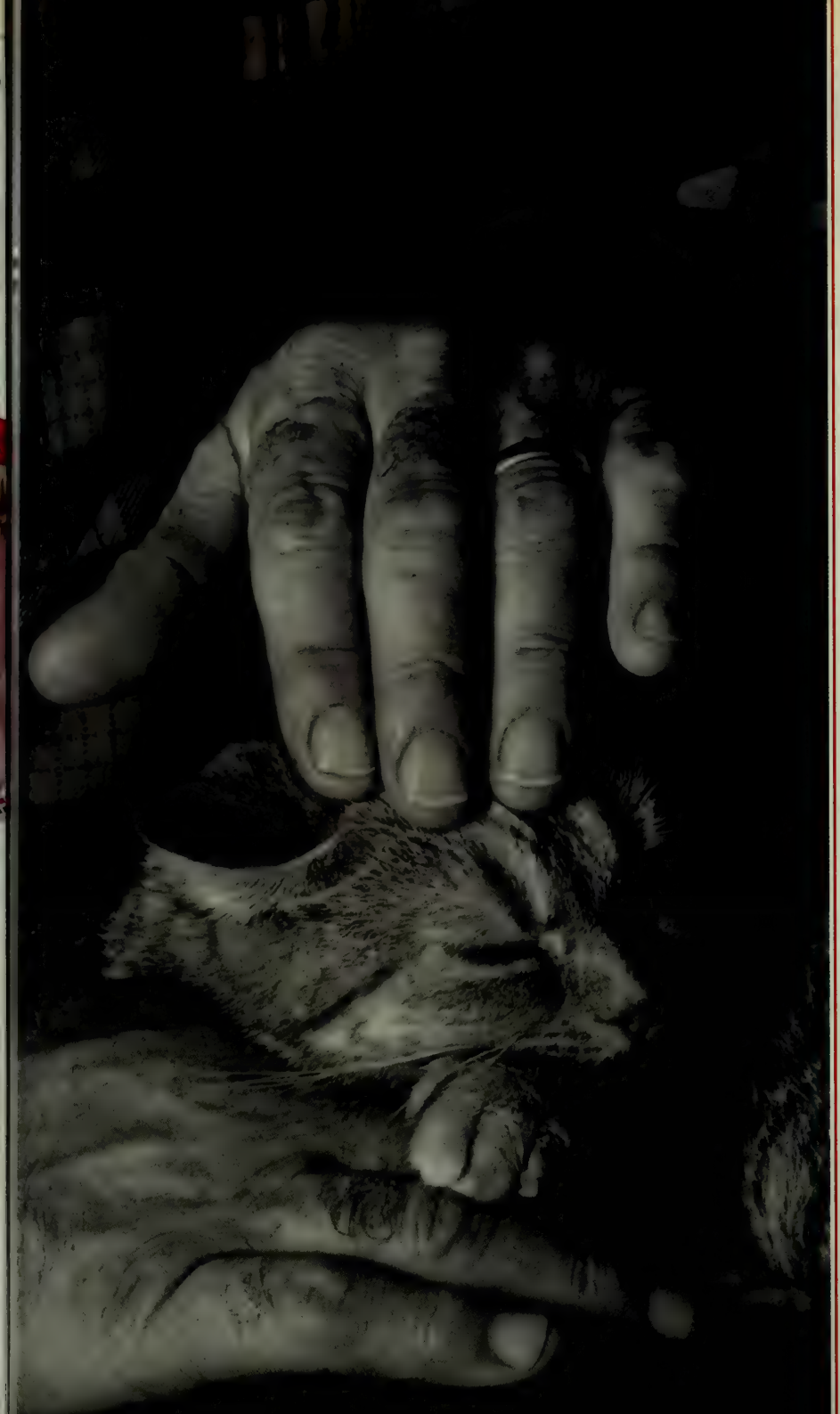


Many Pembroke Welsh corgis (not to be confused with the long-tailed Cardigan Welsh corgi) make their homes in the best of families: Queen Elizabeth has raised the breed for years. They're sensible, faithful, exceptionally trainable, fastidiously clean, and wonderfully tolerant of youngsters. Their coats look tidy with only a bit of brushing. Pembroke Welsh corgis can be red, sable, fawn, and black and tan in color, with or without white markings.

The corgi's alert, perky expression matches its chipper disposition. This is one breed that truly thrives on love and attention. Pembroke Welsh corgis also are remarkably bold and durable, which makes them good guards and defenders. Own one corgi, and no other breed will do.

Information: Mrs. John Vahaly, Secretary, The Pembroke Welsh Corgi Club of America, 1608 Clearview Dr., Louisville, KY 40222 (502/426-6587)

continued



The best way to have a friend is to be a friend, yourself.



Purina® 100® brand cat food. Because friends deserve 100%.

Purina

Helping pets live longer, healthier lives

© Ralston Purina Company, 1986

continued



CAVALIER KING CHARLES SPANIEL

WM. HOPKINS

Maybe you've seen these lap-size canines in 16th- and 17th-century paintings of England's aristocrats. The breed's latest representative of note, called Rex, is a celebrity—as the President's newest pet.

Though diminutive (12 to 18 pounds), this happy-go-lucky spaniel is hardy enough for rigorous activity. Its mellow temperament makes it a good choice for young and old alike. But because of this canine's sporting instinct, keep it in a fenced yard or on a leash.

Information: Sarah White, The Cavalier King Charles Spaniel Club, U.S.A., R.F.D. 1, Box 21X, Strasburg, VA 22657 (703/323-7541)

AUSTRALIAN CATTLE DOG

Sometimes called beautifully ugly, this sturdy, hardworking canine proves the old axiom: "Looks are only skin deep." Eager to please and affectionate with kids, the cattle dog is a joy to behold at work—herding cattle.

But herding isn't the only virtue of



this 35- to 55-pound canine. It's highly intelligent and quick to learn. Beware, or the cattle dog may outsmart you!

Though protective, the cattle dog is quiet—unless there's reason to bark. This devoted one-family canine needs plenty of exercise, but little grooming.

Information: Gail Beers, Asst. Secretary, The Australian Cattle Dog Club of America, R.R. 2, Box 150, Luverne, MN 56156 (507/283-8961)



CLUMBER SPANIEL

This huggable heavyweight of the spaniel kingdom is the kind of canine that loves to curl up with you for a snooze. With a big heart befitting its giant size (up to 80 pounds), it's quick to make friends, eager to please, and sensitive to harsh treatment.

These powerful-looking dogs with muscular bodies and serene expressions are named after the British estate where they were known for their hunting skills. Patient and willing, clumber spaniels make up in stamina for what they lack in speed.

A great capacity for love destines these dogs for popularity with folks desiring less-active companions.

Information: Mrs. Edythe Donovan, Secretary, The Clumber Spaniel Club of America, 108 Boulevard, Pelham, NY 10803 (914/738-3976)

All those in favor of a litter that freshens whenever you step, raise your hand.



With *Fresh Step*® cat litter, cats can actually control odors all by themselves. Because only *Fresh Step*® has a unique freshening system with tiny odor controllers that are released whenever your cat steps or scratches in the litter box. Cats like that. You will too.



Freshens with every step.®

© 1986 The Clorox Company

at a way to wrap a bow around the sunrise. Pella Bow Window. It reaches out to greet ning and invites you to linger, sunrise or

sunny bow says comfort in shimmering y heat or crackling cold, thanks to Pella's rm wood (nature's insulator) and superior protection. You may choose from special energy-saving glass options or add heat-reflective Slimshade® blinds between the panes, where they never need dusting. Or, picture that sunrise through cozy wood windowpane dividers.

You'll be glad to discover, too, that these Pella Casements are the easiest windows to wash from indoors and that optional aluminum exterior cladding needs no painting.

Whether you're building, remodeling or replacing windows or doors, an expert at your Pella Window Store can help you make any space a favorite place with Pella Windows, Doors, Skylights or a Sunroom. Look for us in the Yellow Pages under "Windows". Or send the coupon.

The Pella Window Store®

The sunrise bow window

Pella makes your home a better place to live.



Free idea booklet!

Please send me a free booklet on Pella Window and Door ideas

I plan to

☐ build, ☐ remodel, ☐ replace

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

This coupon answered in 24 hours.

Mail to: Pella Windows and Doors, Dept. C01J6, 100 Main Street, Pella, Iowa 50219. Also available throughout Canada. ©1986 Bol screen Co.

CHOOSING OPTIONS THAT IMPROVE *PERFORMANCE*



HOPKINS ASSOCIATES

By Mike Knepper

Even if you don't plan to match Mario Andretti's maneuvers on twisting roads, it can pay in fun, safety, and resale value to equip your car for peak performance.

No longer just an auto buff's buzzword for neck-snapping acceleration, smoking tires, and screaming horsepower, "high performance" is a sophisticated concept encompassing every aspect of the driving experience. Today's high-performance car combines a frugal, but spirited, engine with responsive, precise steering and great brakes. The ride is comfortable and controlled.

You can add high performance to your car bit by bit with individual options, or order a performance package that will include all the good bits and pieces. Typically, European and Japanese imports offer performance packages. American manufacturers let you choose between specific items and "European" or "sports" packages.

GETTING A BETTER GRIP ON THE ROAD

Probably the best value on the salesperson's order book ($49 on the Chevy Cavalier at our presstime, for example) is a **special suspension package** to reduce swaying and leaning in corners and to help the tires keep a better hold on the road.

Also called a sport suspension, or heavy-duty suspension, this package usually includes recalibrated shock absorbers and springs to eliminate "motorboating" over irregular surfaces, as well as an antiroll bar at one or both ends to keep the car flat in corners. It's all hidden away under the car where you'll never see it, but you'll know the special suspension is there every time you drive. Though you'll lose a cushy, boulevard ride, the car will seem to come alive under your hands.

High-performance radial tires have more grip in hard cornering. If you've decided on an upgraded suspension system, it's only logical to buy better tires to go with it. They may be larger in both diameter and width than standard tires, requiring optional wheels, too.

High-performance radials boast a higher speed rating than ordinary tires, which means they are certified by the Department of Transportation to be safe at higher sustained speeds. Expect to pay up to $200 total for the typical tire upgrade—that much on each tire if you want the very best.

SECURE SEATING

The more the seat in your car is like the couch in your living room, the further it is from what it should be. Soft, cushy, and pillowlike is bad, regardless of how luxurious it may look or make you (temporarily) feel.

A car seat should be firm and supportive in all the right places, including—in addition to the obvious—your lower back, sides, and thighs. An individual bucket seat is more supportive than a bench seat. Better yet is a **sport seat,** with small bolsters on the back and the sides of the lower cushion to keep you snugly in place. More often part of a package, sports seats are sometimes available as an individual option, usually for under $200 a pair. Though more adjustable than regular seats, sports seats can be more difficult to get into and out of.

INSTANT INFORMATION

Unlike "idiot" lights, which come on whenever a problem is well advanced, gauges are constant engine-system monitors that can indicate a slowly deteriorating situation. That gives you time to correct the problem before extensive damage is done. To that end, a special **instrument package** adds

continued

PEPPERIDGE FARM®

Presenting the glorious union of croissant pastry and pizza.

The Pepperidge Farm® pastry chefs are clever matchmakers indeed. Who else could marry croissant pastry with mozzarella cheese and rich tomato sauce to create Croissant Pastry Pizza?

This revolutionary new pizza combines two irresistible tastes. The crust is real croissant pastry, baked golden, light and flaky.

The top is pure pizza, piled high with the toppings you love best. Choose classic Cheese, zesty Pepperoni, tasty Sausage or lavish Deluxe, loaded with pepperoni, sausage, mushrooms and green peppers.

Croissant Pastry Pizza comes frozen fresh in rectangular slices. And thanks to special packaging, even the croissant crust heats to perfection in a microwave or regular oven.



So treat yourself to a slice. And toast the glorious union of croissant pastry and pizza.




VANTAGE
PERFORMANCE COUNTS.
THE THRILL OF REAL CIGARETTE TASTE IN A LOW TAR.
20 CIGARETTES
VANTAGE
9 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC method.
SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

continued

separate gauges for oil pressure, electrical system condition, and water temperature to the basic speedometer, fuel gauge, and warning lights.

A tachometer, which measures engine speed, is almost always part of the deal as well.

Instrument packages usually are not very expensive—on Pontiac's Sunbird, as an example, a complete set of instruments costs $127.

RAPID STEERING RESPONSE

Quick-ratio steering allows the front wheels to respond quickly to movement of the steering wheel. That's not only important to performance-minded drivers; it provides a significant safety factor as well. Although quick-ratio steering is sometimes available as an inexpensive, separate item (as little as $20, for example), it more often comes as part of a sports package.

FIVE-SPEED FOR MPG

Even though a **five-speed manual transmission** has become synonymous with sporty, high-performance driving, its primary purpose is to improve fuel economy at cruising speeds. The fifth gear has an overdrive ratio, which means that the engine runs more slowly to maintain a given road speed. With a fifth gear to handle cruising chores, the ratios of the other four gears can be adjusted to provide quicker acceleration. A five-speed transmission for Chevrolet's Cavalier costs $75.

DUAL-PURPOSE TRACTION

On the performance side, a **limited-slip rear axle** limits wheel spin under hard acceleration and cornering by directing the engine's power to the wheel with the best traction. That same talent will keep you moving when roads are slippery. For example, when one rear wheel is on an icy shoulder and the other is on dry pavement, the limited-slip sends power to the wheel on the pavement, and off you go. Without this $100 option, the wheel on the ice will spin helplessly.

A QUICK POWER SURGE

Do you miss that sensation of putting your right foot to the floor and feeling the car jump at the command? Of course, but even with falling gas prices, fuel shouldn't be wasted. Now comes the closest thing to a free lunch in the car biz: **turbocharging.** It can make an anemic four or six perform like a V-8, or put some spunk in a dawdly diesel without a penalty at the pump.

A turbocharger uses the engine's own exhaust gas to spin a turbine wheel. The turbine forces a compressed fuel and air mixture into the engine to produce more horsepower; 50 percent more is not unusual. Turbocharging does not shorten an engine's life, but some manufacturers recommend more frequent oil changes.

Because it usually comes as the centerpiece of a complete high-performance package that includes wheels, tires, instruments, sometimes special seats, and so forth, a turbocharger can add from $1,500 to $3,000 or more to the price of a car.

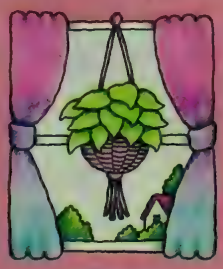
PACKAGED PERFORMANCE

Every manufacturer has a high-performance version of most of its regular models. Some outstanding examples include the following (prices were the latest as we went to press):

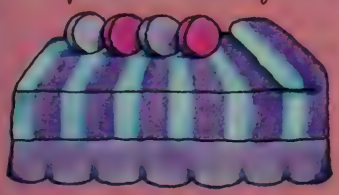
- The $12,188 Z-28 version of the basic Chevrolet Camaro is one of the most popular high-performance cars, and it becomes even sportier with the addition of the $669 IROC-Z package. Not for faint hearts, this.
- Add $3,123 to the $11,020 base price of Ford's Thunderbird, and see the boulevard 'Bird turn into the Turbo Coupe, a high-performance machine in the European Grand Touring tradition.
- One of the best prepackaged performance cars on the market is Pontiac's STE version of the 6000 (the A car). It has more horsepower than the standard model, the handling has been improved considerably, and an antilock braking system (ABS) is available as an option. It costs $17,100.
- On the import side, a good example of high-performance packaging is the Toyota Celica GT-S, which goes for $3,150 over the basic Celica ST's $9,798 list price. Toyota also has the Supra, which dishes out loads of high performance for $17,999.
- Volkswagen's docile $7,190 Golf turns into the screaming GTI for $9,350. For VW fans who want performance with four doors, there's the $10,190 Jetta GLI.

Update it with Rit!

Create colorful curtains and dye a pretty planter.



Dress up a bed with dreamy colors.



Make a fabric lampshade glow with color.



Brush dye a terrific tablecloth.

And wake up a tired bedroom!

Redecorating your bedroom needn't be a nightmare. With Rit® Dye and a little imagination you can easily and inexpensively create a colorful bed ensemble.

Brighten a boring bedspread by stripe-dyeing. Stencil-dye a wooden Shaker box. Brush-dye a natural wicker planter. Instantly your bedroom's a dream come true.

Rit. When you're dyeing for a change.



© 1986 CPC International

Write for "How to" information: Rit Dye, Dept. D10486, P.O. Box 21070, Indianapolis, IN 46221

HANDICAP NO OBSTACLE TO FITNESS

HOW DOES A BLIND PERSON RUN TRACK, CLIMB MOUNTAINS, AND SKI COMPETITIVELY? JUST ASK SHEILA HOLZWORTH.

By Paul Krantz

MT. RAINIER was serving up a grueling struggle for 19-year-old Sheila Holzworth and her 12 climbing companions. Just a week before, 11 climbers had died on this 14,410-foot-high mountain in Washington State. Now, during the descent, history seemed to be aching to repeat itself.

Like a tidal wave, a wall of snow thundered down the mountain toward the climbers' camp. "I couldn't see it, but I could feel it, and I thought I was going to die," Sheila later recalled. When the wave finally died out, she and the others had cheated death by a margin of less than 100 feet.



DIANE ROBERTS

Blind athlete Sheila Holzworth (left) and companions practiced climbing skills in Colorado before tackling Mt. Rainier.

Nothing holds her back

The drama of Sheila's experience becomes all the more compelling when you discover that she has been blind since age 10. She lost her eyesight when external wires fastening her tooth braces flew loose and infected both eyes.

The Mt. Rainier expedition in 1981 included 10 other handicapped people and two experienced guides. "It was our idea to help society realize that disabled people are just a little inconvenienced," Sheila explains.

Family togetherness

Fitness has been a way of life for the entire Holzworth family. "Sports has added a lot to our family life," notes Sheila's mother Martha. "Just being outdoors together is the main thing." Sheila credits her family and her strong religious faith with her success in life and in sports.

Overcoming doubts

Sheila's positive attitude helped her overcome early discouragements. When she went out for high school track, most of the other schools' coaches wouldn't let her run on their track. "Finally," Martha recalls, "one coach said, 'Sheila, if you want to, you can run on my track.' Once they could see that she could stay in her lane and not trip anyone, that opened the door."

No regrets

Martha Holzworth never regrets treating Sheila like every other member of the family: "If we hadn't closed our ears to all the people who said, 'Let little Sheila sit there. We'll take care of her,' what kind of person would she have turned out to be? A lot of parents give in to this pressure instead of letting their children experience life."

Sheila's mom does admit to twinges of anxiety at times, especially when Sheila is careening down giant slalom courses at 40 miles per hour. "I often cheer for her with my eyes closed," Martha admits. "I'm a chicken."

Schools are shaping up

Sheila gets rankled when parents and schools keep handicapped kids out of sports. "But I think it is getting a lot better than it used to be," she notes. "Ten to 15 years ago, they would say, 'You can take study hall instead of physical education.' Now, it is amazing how many disabled—those in wheelchairs, the blind, amputees—are included in physical fitness classes."

FITNESS FOR ALL

Many agencies help disabled people become active and fit. Among them:

- American Council of the Blind, 1010 Vermont Ave., NW, Suite 1100, Dept. BHG, Washington, DC 20005. It has a list of recreation and sports organizations for the blind.
- *Recipes for Fun* ($8.50) is a recreation and development guide for disabled preschoolers. Write: Let's Play to Grow, 1350 New York Ave., NW, Dept. BHG, Washington, DC 20005.
- *Palaestra* is a magazine ($18 a year) addressing the needs of disabled athletes. Write: P.O. Box 508, Macomb, IL 61455.
- National Handicapped Sports and Recreation Association sells exercise videotapes geared to specific disabilities. Write: NHSRA/Invacare, c/o Wyse, 24 Public Square, Cleveland, OH 44113.



Save $2 On The Fashionable Queensize Pantyhose

Send in this coupon with check or money order for $1.75 to receive your pair of Fitting Pretty® queensize pantyhose (a regular $3.75 retail value)! It's a great price on the first queensize pantyhose that's as fashionable as you are!

Name _____

Address _____

City _____ State _____ Zip ____

Check one color:

☐ Barely There ☐ Gentle Brown ☐ Slate ☐ Barely Black

Your Height _____ Your Weight _____

Sorry, for queensize only. Does not fit women who weigh under 140 lbs.

Mail To: Fitting Pretty $2 Offer, P.O. Box 4749: Dept. B, Monticello, Minnesota 55365

Only one pair allowed per name or address. Duplicate requests will be voided. Offer valid with use of this form only (no photocopies allowed). Please allow 6-8 weeks for delivery. Offer good in continental U.S.A. only. Void where prohibited or restricted by law. OFFER EXPIRES: February 28, 1987



DIET AND HEALTH

By Lynn Hoppe

PRODUCE PRESERVATIVES: A HEALTH THREAT?



SCOTT LITTLE

Sulfites, dyes, and waxes: What happens to fruits and vegetables before you get them?

QUESTION: **I eat lots of fresh fruits and vegetables. Now I hear lettuce is sprayed with sulfites, apples are waxed, and oranges are dyed. Are these additives dangerous?**
M. Smoot
Cohasset, Mass.

ANSWER: The answer to your three-part question is yes, no, and maybe. Yes, sulfites are dangerous to the almost 1 million Americans who are sensitive to the additive; no, waxes on apples are not dangerous; and dyes added to citrus peels pose a slight risk only if you eat the peel.

Sulfite regulations

Because of new Food and Drug Administration (FDA) regulations, sulfites are less of a concern for sulfite-sensitive persons. Since August 8, sulfites on fresh-cut fruits and vegetables in supermarkets and in restaurant salad bars are banned. To further help susceptible individuals avoid sulfites, the FDA also set stricter regulations requiring that sulfite notices appear on food labels. These regulations go into effect on January 9, 1987.

Though only certain individuals, mostly asthmatics, are sensitive to sulfites, the reactions can be quite severe, including nausea, acute asthma attacks, hives, diarrhea, shock, loss of consciousness, and even death within minutes of ingesting sulfites. (Since 1982, sulfites are suspected of causing 13 deaths.)

What the ban means

Sulfites retard discoloration in cut produce (as in restaurant and supermarket salad bars), dried fruit and vegetables, fruit drinks, and shellfish; they control fermentation in wine and beer; and they condition bread dough. The strongest reactions are likely to come from sulfites sprayed on fresh fruits and vegetables.

The new regulations provide sensitive persons with vital information without significantly affecting our food supply. Now, they know they can safely eat produce and should avoid certain packaged foods that bear a sulfite notice. Unfortunately, sensitive persons still won't know whether sulfites are used in nonpackaged foods such as the potatoes used in restaurants and in wine and beer. Regulations to include these foods have been proposed.

ORANGE ORANGES

Florida and Texas oranges picked between October and December may be dyed to cover up their natural green, yet ripe, color. (Extra chlorophyll produced during those months may tinge the skin of ripe oranges with green.) Peel the orange and you remove the dye. Studies suggest that the dye may be a mild carcinogen at very high doses, but experts say the risk is almost nil. Even if you sucked or ate the peel (as in a marmalade), it would take mountains of dyed orange peel to have any effect. Although the FDA requires that the use of dyes be disclosed, few supermarkets post notices. Of course, to be safe, avoid eating orange peels.

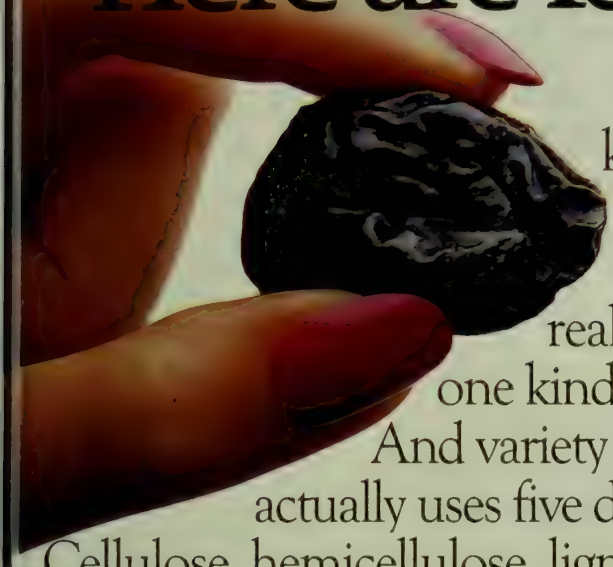
APPLE POLISH

Carnauba wax, from the Brazilian wax palm, gives apples—and other produce such as cucumbers—their sheen. The wax also keeps apples from losing moisture so that they retain water-soluble nutrients. No research is available, but no evidence indicates that the wax, which does not wash off, poses a health risk.

What's on Your Mind?

We want to know about your diet and health concerns, and your favorite good-health recipes and cooking tips. Send your letters to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. We will pay $50 for each idea or question accepted and reserve the right to edit copy. No materials will be acknowledged or returned. If we buy your idea, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept any previously published materials.

There are five types of fiber your body uses. Here are four of them.



By now, you probably know most Americans don't eat enough fiber.

But what you may not have realized is that there's more than one kind.

And variety is important. Because your body actually uses five different types of dietary fiber. Cellulose, hemicellulose, lignin, pectin, and gums.

The first four are all found in the California prune. Which means prunes are a great way to balance your fiber diet.

Prunes are also one of the richest sources of fiber—they have nine grams per serving. Six prunes have more fiber than two bowls of bran flakes.*



One way to serve your family prunes is in a fruit plate. You'll find more helpful serving suggestions in our free brochure. For your copy, write to Prune Ideas, P.O. Box 882168, San Francisco, CA 94188-2168. BH

And prunes are high in potassium. They're a good source of vitamin A. And they have no fat, no cholesterol, and almost no sodium. Not to mention a sweet, delicious, one-of-a-kind taste.

So if you've been trying to get more fiber in your diet, try prunes. Fiber never tasted so good.

*2/3 cup per serving.

Prunes. The high fiber fruit.

©CALIFORNIA PRUNE BOARD 1985

Did you know that saturated fats in your diet can increase the risk of heart disease?

And that may come as a surprise. Because you've undoubtedly heard that a diet high in cholesterol is bad for your heart. But the fact is *both* cholesterol and saturated fat in your diet can raise your serum cholesterol level. And recent medical evidence has conclusively shown elevated serum cholesterol levels can lead to heart disease. That's why choosing the right foods is important. Like new Promise® Spread.

Promise®, made from sunflower oil, is low in saturated fat and has no cholesterol.

And that's why Promise is a valuable part of a total dietary plan to reduce your family's risk of heart disease by lowering serum cholesterol.

Your whole family will love the taste of Promise.

Whether it's melting on hot homemade biscuits, or part of a topping for your favorite casserole, Promise is absolutely delicious. So make new Promise a part of your family's total dietary plan to reduce their risk of heart disease.



Get Heart Smart.™

New in most areas.

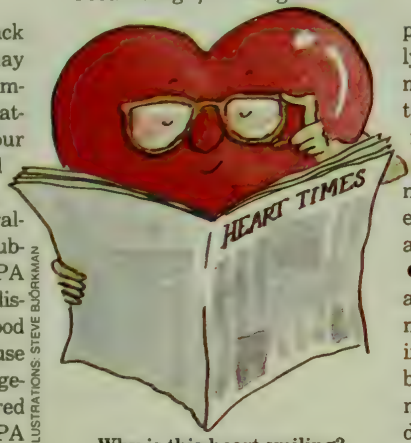
©1986 Lever Brothers Company.

HEALTH UPDATE

By Paul Krantz

HAPPY HEART NEWS

Good tidings for ailing hearts



ILLUSTRATIONS STEVE BJÖRKMAN

Why is this heart smiling?

Heart attack deaths may soon plummet, thanks to treatments like these four being pioneered right now:

● **r-tPA.** A naturally occurring substance called tPA seems adept at dissolving the blood clots that cause heart attacks. A genetically engineered version called r-tPA is currently being tested with dramatic success.

● **Calcium channel blockers.** Survivors of heart attacks often suffer a second attack soon afterward. In a recent study, Diltiazem, a so-called calcium channel blocker, cut in half the number of these dangerous early second attacks.

● **Magnesium therapy.** Another risk to heart attack survivors is arrhythmias. These occur when the heart becomes uncoordinated and can't pump blood properly. Doctors in Denmark have reported that intravenous magnesium can reduce by half the number of patients experiencing these arrhythmias.

● **Angioplasty** is an effective treatment for angina, the intense pain caused by heart arteries narrowed by fatty deposits. During the procedure, doctors insert a tube through the skin and into the narrowed arteries. They then inflate a balloon at the tip of the tube, and use it to open up the arteries. (A newer version of this process using a laser to open up clogged arteries also is showing great promise.) Angioplasty has recently been found effective even in some cases of severe heart disease, at about a third of the cost of heart bypass surgery, another common treatment for severe angina.

WHY NOT TOTE A TOT?

A carried baby is a contented baby



They ain't heavy, they're our babies!

Babies susceptible to colic—uncontrollable crying bouts—may benefit from being carried more. Researchers at Montreal Children's Hospital found that newborns who were carried for at least three hours per day—regardless of whether or not they were crying—fussed and cried about half as much as the average baby. (The newborns were carried either in the mothers' arms or in carriers.) The researchers noted in their report that colic is less common in cultures where tots are routinely carried for long periods during the day.

continued

Advertisement

Health tips From Nurse Joan Kane



What to do if someone has the flu and diarrhea.

Flu usually *means* diarrhea, and you want a medication that works fast, but gently. That's why I recommend what doctors and pharmacists recommend most. KAOPECTATE® It's the diarrhea specialist—the only leading nonprescription medication created just for diarrhea. It's so effective, it relieves diarrhea within 24 hours. And Kaopectate® is available in three convenient formulas:

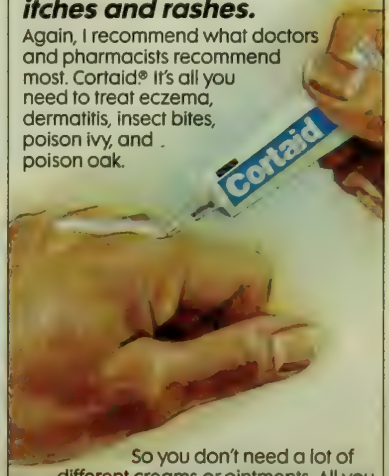




Regular Liquid, Peppermint Flavored Concentrate, and even a Tablet Formula that's easy to take *and* great to have around, even when flu season is over.

What to do if someone has itches and rashes.

Again, I recommend what doctors and pharmacists recommend most. Cortaid® It's all you need to treat eczema, dermatitis, insect bites, poison ivy, and poison oak.

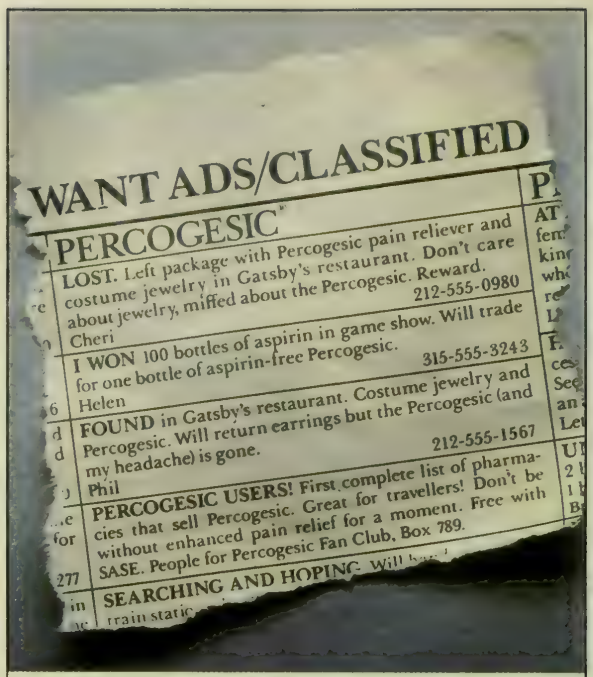


So you don't need a lot of different creams or ointments. All you need is Cortaid. And it is a proven treatment. Over 40 million people have used Cortaid! And so should you to relieve all minor itches and rashes.



Upjohn

© 1986 The Upjohn Company



AREN'T YOU CURIOUS ABOUT A LITTLE KNOWN PAIN RELIEVER THAT CAN INSPIRE THIS MUCH LOYALTY?

The fact is that a virtually undiscovered aspirin-free pain reliever actually inspires more loyalty than Tylenol.

So who wouldn't be curious?

The pain reliever is Percogesic.® And a recent research study found that people who use it are even more loyal, more likely to go out of their way to find it, than people who use Tylenol.

But even though Percogesic isn't well-known, the reason for its loyal followers is crystal clear.

You see, Percogesic begins with the same safe, aspirin-free ingredient as Tylenol.

But Percogesic then goes beyond—adding a second ingredient to enhance the overall relief. This gives Percogesic a unique formula, and a unique kind of relief found nowhere else. In fact, Percogesic has been proven effective in relieving pain swiftly and surely.

So exceptional is Percogesic that it is the pain reliever pharmacists have recommended most for headaches for 10 years. And it has been accepted by the American Dental Association for the relief of dental pain.

Isn't it time you stopped being curious, tried Percogesic, and started feeling better?



Tylenol is a registered trademark of McNeil Consumer Products Company

Use only as directed.

Available from your pharmacist without a prescription.

© 1986 Richardson Vicks Inc

HEALTH UPDATE

continued

TWO CALCIUM BULLETINS

Coffee, iron pills, and calcium don't mix

Coffee drinkers may be robbing their bodies of calcium. Researchers at Washington State University found that the volunteers in their study lost 15 milligrams per day of the bone-building mineral, a loss induced by drinking two cups of coffee. Although 15 milligrams is a small part of the total daily requirement (800–1,200 milligrams), it can be a special problem for older women, who must take 100 milligrams of calcium to replace those 15 milligrams.

On another front: A study at Tufts University found that calcium supplements can block the body's absorption of iron. In short, don't take calcium and iron pills together. You might also want to avoid taking your calcium tablet with high iron foods like red meats and leafy green vegetables.

EYE SURGERY: PROBLEMS EYED

It sounds too good to be true: A simple surgical procedure that can correct nearsightedness. Good-bye glasses, good-bye contacts.

Not everyone is pleased with the results of their operation, however. A new report on radial keratotomy shows that between a quarter and a third of those undergoing the procedure develop vision problems eventually. Most of the problems are considered minor, though annoying. Fluctuating vision, glare, and inability to focus on close objects have been cited. Uncorrectable vision loss also has been reported, though rarely.

A POX ON A POX

Long-awaited vaccine will soon arrive

Overheard at a recent convention of children's doctors: "I've been coming to these meetings for 20 years and every year they announce that a chicken pox vaccine is just around the corner."

That corner has finally arrived. Merck Sharp & Dohme is set to release a chicken pox vaccine within a year or so. Although not on the same plane as polio, chicken pox is a disease that doctors have long dreamed of vanquishing. Each year, chicken pox claims about 60 lives, and forces 12,000 hospitalizations. Complications include infections, pneumonia, and encephalitis, a swelling of the brain. Also, Reye's syndrome, a potentially fatal condition, has been linked to children with chicken pox who have taken aspirin. Chicken pox infections in children also can predispose them to shingles—a condition marked by blisters and localized pain—as adults.

Once approved for use, the vaccine will usually be given at a child's 15-month checkup, along with the measles-mumps-rubella shot.

Important New Vitamin Facts from an Independent Hospital Survey:

OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

Better-balanced, advanced formula Unicap M.® More "appropriate" to help rebalance unbalanced meals the way nutritionists recommend.

Are all vitamin/mineral supplements the same? Not so, say nutritionists who conducted an independent survey within the Department of Food and Nutritional Services at a leading hospital.

According to them, among the 105 multivitamin/mineral supplements studied, only 16 were judged "appropriate" for most vitamin users. And that's the kind whose formulation provides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as advanced formula Unicap M.

It's why the hospital's nutritionists consider Unicap M a better-balanced vitamin, better to help you rebalance unbalanced meals. Unicap M, for most vitamin users, the "appropriate" choice.

Potency guaranteed. Sugar free. Sodium free.



The Better-Balanced Vitamin from **Upjohn**



Unicap.® The official vitamin of the National Hockey League.

Nutrition Insurance Update — No. 1:

THE AMERICAN FOOD SUPPLY IS THE WORLD'S BEST. YET, THE AMERICAN DIET IS OUT OF BALANCE.

HERE'S HOW TO REBALANCE IT.

American grocery stores stock somewhere between 35,000 to 50,000 different foods. Even so, national surveys show that millions of adults are not fulfilling their nutrient requirements through the diet. For instance, from diet alone:

- 42% of men, and 45% of women are receiving less than 70% of the U.S. RDA (Recommended Dietary Allowance) of Vitamin A.
- 30% of men, and 37% of women are receiving less than 70% of the U.S. RDA of Vitamin C.
- 38% of men, and 65% of women are receiving less than 70% of the U.S. RDA of Potassium.

In addition, significant segments of the population are getting less than 70% intake of calcium, iron and magnesium, a level at which nutritionists agree may indicate a serious dietary problem. The causes vary and include skipping meals, low calorie diets and a change in food shopping habits where convenience may be a more important criterion in food selection than nutrition.

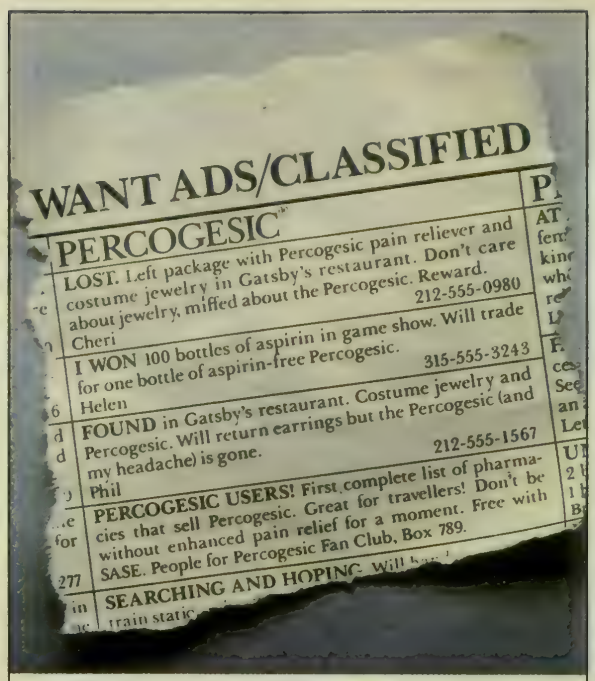
Given the above, it's important that you help maintain a well-balanced diet. A few ways to do so are to:

- Eat foods from the traditional four food groups — fruits and vegetables; grain products; meat, poultry, fish and legumes; and milk and milk products.
- Spend more time on comparative shopping, checking labels of food products about important vitamin and mineral information.
- Try not to skip meals, especially breakfast.

Further, since the goal of nutritionists is to insure optimum nutritional health — and not just the minimum — you might want to consider taking a vitamin/mineral supplement, such as Unicap M. By doing so you give yourself additional insurance for improving and maintaining the nutritional quality of the world's best food supply.

Better-Balanced Nutritional Supplements from Upjohn.

Designed for Health. Produced with Care.



AREN'T YOU CURIOUS ABOUT A LITTLE KNOWN PAIN RELIEVER THAT CAN INSPIRE THIS MUCH LOYALTY?

The fact is that a virtually undiscovered aspirin-free pain reliever actually inspires more loyalty than Tylenol.

So who wouldn't be curious?

The pain reliever is Percogesic.® And a recent research study found that people who use it are even more loyal, more likely to go out of their way to find it, than people who use Tylenol.

But even though Percogesic isn't well-known, the reason for its loyal followers is crystal clear.

You see, Percogesic begins with the same safe, aspirin-free ingredient as Tylenol.

But Percogesic then goes beyond—adding a second ingredient to enhance the overall relief. This gives Percogesic a unique formula, and a unique kind of relief found nowhere else. In fact, Percogesic has been proven effective in relieving pain swiftly and surely.

So exceptional is Percogesic that it is the pain reliever pharmacists have recommended most for headaches for 10 years. And it has been accepted by the American Dental Association for the relief of dental pain.

Isn't it time you stopped being curious, tried Percogesic, and started feeling better?



Use only as directed

Available from your pharmacist without a prescription.

© 1986 Richardson Vicks Inc.

continued

TWO CALCIUM BULLETINS

Coffee, iron pills, and calcium don't mix

Coffee drinkers may be robbing their bodies of calcium. Researchers at Washington State University found that the volunteers in their study lost 15 milligrams per day of the bone-building mineral, a loss induced by drinking two cups of coffee. Although 15 milligrams is a small part of the total daily requirement (800–1,200 milligrams), it can be a special problem for older women, who must take 100 milligrams of calcium to replace those 15 milligrams.

On another front: A study at Tufts University found that calcium supplements can block the body's absorption of iron. In short, don't take calcium and iron pills together. You might also want to avoid taking your calcium tablet with high iron foods like red meats and leafy green vegetables.

EYE SURGERY: PROBLEMS EYED

It sounds too good to be true: A simple surgical procedure that can correct nearsightedness. Good-bye glasses, good-bye contacts.

Not everyone is pleased with the results of their operation, however. A new report on radial keratotomy shows that between a quarter and a third of those undergoing the procedure develop vision problems eventually. Most of the problems are considered minor, though annoying. Fluctuating vision, glare, and inability to focus on close objects have been cited. Uncorrectable vision loss also has been reported, though rarely.

A POX ON A POX

Long-awaited vaccine will soon arrive

Overheard at a recent convention of children's doctors: "I've been coming to these meetings for 20 years and every year they announce that a chicken pox vaccine is just around the corner."

That corner has finally arrived. Merck Sharp & Dohme is set to release a chicken pox vaccine within a year or so. Although not on the same plane as polio, chicken pox is a disease that doctors have long dreamed of vanquishing. Each year, chicken pox claims about 60 lives, and forces 12,000 hospitalizations. Complications include infections, pneumonia, and encephalitis, a swelling of the brain. Also, Reye's syndrome, a potentially fatal condition, has been linked to children with chicken pox who have taken aspirin. Chicken pox infections in children also can predispose them to shingles—a condition marked by blisters and localized pain—as adults.

Once approved for use, the vaccine will usually be given at a child's 15-month checkup, along with the measles-mumps-rubella shot.

Important New Vitamin Facts from an Independent Hospital Survey:

OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

Better-balanced, advanced formula Unicap M. ***More "appropriate" to help rebalance unbalanced meals the way nutritionists recommend.***

Are all vitamin/mineral supplements the same? Not so, say nutritionists who conducted an independent survey within the Department of Food and Nutritional Services at a leading hospital.

According to them, among the 105 multivitamin/mineral supplements studied, only 16 were judged "appropriate" for most vitamin users. And that's the kind whose formulation provides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as advanced formula Unicap M.

It's why the hospital's nutritionists consider Unicap M a better-balanced vitamin, better to help you rebalance unbalanced meals. Unicap M, for most vitamin users, the "appropriate" choice.



Potency guaranteed. Sugar free. Sodium free.

The Better-Balanced Vitamin from **Upjohn**



Unicap.® The official vitamin of the National Hockey League.

Nutrition Insurance Update — No. 1:

THE AMERICAN FOOD SUPPLY IS THE WORLD'S BEST. YET, THE AMERICAN DIET IS OUT OF BALANCE.

HERE'S HOW TO REBALANCE IT.

American grocery stores stock somewhere between 35,000 to 50,000 different foods. Even so, national surveys show that millions of adults are not fulfilling their nutrient requirements through the diet. For instance, from diet alone:

- 42% of men, and 45% of women are receiving less than 70% of the U.S. RDA (Recommended Dietary Allowance) of Vitamin A.
- 30% of men, and 37% of women are receiving less than 70% of the U.S. RDA of Vitamin C.
- 38% of men, and 65% of women are receiving less than 70% of the U.S. RDA of Potassium.

In addition, significant segments of the population are getting less than 70% intake of calcium, iron and magnesium, a level at which nutritionists agree may indicate a serious dietary problem. The causes vary and include skipping meals, low calorie diets and a change in food shopping habits where convenience may be a more important criterion in food selection than nutrition.

Given the above, it's important that you help maintain a well-balanced diet. A few ways to do so are to:

- Eat foods from the traditional four food groups — fruits and vegetables; grain products; meat, poultry, fish and legumes; and milk and milk products.
- Spend more time on comparative shopping, checking labels of food products about important vitamin and mineral information.
- Try not to skip meals, especially breakfast.

Further, since the goal of nutritionists is to insure optimum nutritional health — and not just the minimum — you might want to consider taking a vitamin/mineral supplement, such as Unicap M. By doing so you give yourself additional insurance for improving and maintaining the nutritional quality of the world's best food supply.

Better-Balanced Nutritional Supplements from Upjohn.

Designed for Health. Produced with Care.

ACHES AND PAINS

When to Worry; When Not to Worry

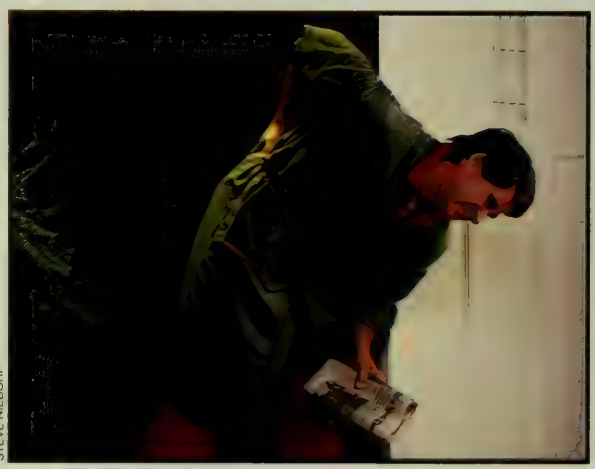
By Lynne Lamberg

You're climbing the stairs, carrying nothing heavier than a blueberry muffin, when something "snaps" in your lower back. Suddenly it hurts to move—straightening up takes away your breath.

You're trying to work but the telephone just won't stop ringing. You can feel the hot breath of the deadline on the back of your neck, and your head feels as if demons are banging on it with hammers.

When you painted the living room this morning—ceiling and all—you felt just fine. By midafternoon, your neck and shoulder had started to stiffen. Now you feel miserable, and your shoulder refuses to budge.

These kinds of aches and pains are a nuisance, but generally not a cause for alarm. In most cases, you can take care of them yourself. Here's what medical specialists say about the most common pains of everyday life and the best ways to treat them.



STEVE NIEDORF

Back pain strikes 80 percent of us.

BACKACHE

"Low back pain is the price we pay for upright posture," explains neurosurgeon James Campbell of the Johns Hopkins Medical Institutions in Baltimore. Gravity and the mechanics of the spine make low back pain commonplace: According to Dr. Campbell, an estimated eight out of 10 people will have at least one significant episode of low back pain during their lifetime.

Triggers: Low back pain most frequently starts after you've lifted a heavy object or taken a fall; but sometimes it's set off by such seemingly minor events as sitting up in bed or reaching to turn on a lamp. Often, these acts are the last in a series of insults to your back.

What to do: "It makes a lot of sense not to aggravate the problem by moving around; bedrest with knees bent seems to speed healing," Dr. Campbell says. Aspirin or acetaminophen, ice packs, or a heating pad also help.

Call the doctor if: You have pain that travels down the leg, particularly down to the foot; you have trouble urinating; you experience numbness or difficulty moving your leg or foot.

To prevent future episodes: Exercise to keep your back flexible and to strengthen abdominal muscles—but be sure to get your doctor's OK; avoid lifting heavy objects; bend your knees when picking things up—don't bend from the waist; and watch your weight, because even five extra pounds place additional stress on the spine. To get out of bed, move to the edge, lower your legs over the side, and sit up sideways.

HEADACHE

Although stress can contribute to a headache, an inherited abnormality in blood vessel regulation has been identified as the key factor for some headache sufferers, according to neurologist Joel Saper, director of the Michigan Headache and Neurological Institute in Ann Arbor, Michigan.

Triggers: More than 300 different causes of headaches have been identified. Prominent among them: foods and beverages, including hot dogs, ice cream, cheeses, chocolate, coffee, and red wine, as well as such food additives as nitrites and monosodium glutamate; missing a meal; menstruation; smoking; changes in the weather; and sleeping late.

For some people, more often men than women, sex is the culprit; their refrain: "Not tonight dear, I'll get a headache." Sexual activity and other strenuous exercise can bring on "exertional" headaches, caused by painful blood vessel dilation.

What to do: For occasional headaches, standard, nonprescription painkillers and rest are the best remedies.

Call the doctor if: Your headaches are becoming more frequent or more intense; you're using painkillers more often but getting less help; you have any other neurological symptoms, such as trouble seeing or thinking, or weakness; your headaches interfere with work and family life; or if your headache is accompanied by a stiff neck, sudden nausea, or vomiting.

To prevent future episodes: If hunger brings on your headaches, eat regular meals; if oversleeping on weekends does it, set the alarm. If stress is a problem, learn relaxation techniques or try biofeedback training. Also, a variety of new medications can help relieve, even prevent, headaches in those who get them weekly or more often.

Warning: Never ignore a severe headache that comes on suddenly—even if it subsides within a few hours. You may be experiencing bleeding of blood vessels in the brain that could lead to a serious hemorrhage.

continued



RST RESPONSE® Ovulation Predictor Test lets you know advance the day you're most able to become pregnant.

FIRST RESPONSE® can be a big help when you want to e your baby.

That's because there is only one day in the month oman can become pregnant—the day she ovulates. ST RESPONSE predicts that day in advance, so you and ır husband will know when to try. This is very important ou're having difficulty conceiving a baby, or don't want spend months trying.

FIRST RESPONSE® Ovulation Predictor Test is a simple, minute urine test that accurately measures the hormone t triggers ovulation. An obvious color change tells you ılation will occur in 12 to 24 hours.

FIRST RESPONSE is far superior to the basal rmometer method that can only indicate ovulation has eady occurred, which may be too late.

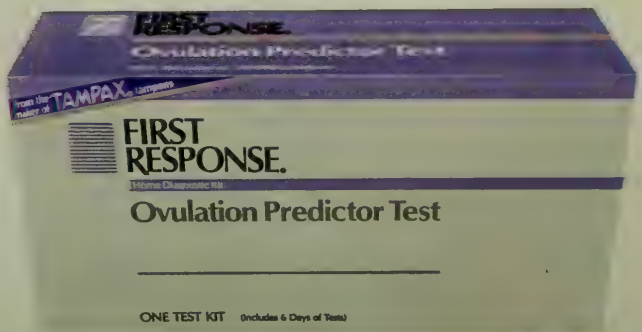
Each kit covers six consecutive days of testing for the nth. If your cycle is irregular and you must test longer, -Test Refill is available.

You can also depend on our medical information staff answers to any questions you may have about the test.

Our toll-free number is listed in every FIRST RESPONSE test kit.

FIRST RESPONSE Ovulation Predictor Test, from the maker of Tampax® tampons. It can make the difference between "hoping for" and "expecting" a baby.

You can always trust your FIRST RESPONSE.



From the maker of TAMPAX® tampons

T RESPONSE, a line of professional quality home diagnostic tests, and TAMPAX are registered trademarks of Tambrands Inc. © Tambrands Inc., 1986

continued

CHEST PAIN

"Chest pain is the classic 'better safe than sorry' situation," says cardiologist Kenneth Shine, president of the American Heart Association. "The highest death rate occurs in the first hour or two after a heart attack, so chest pain should not be ignored," he urges.

Symptoms: The most dangerous chest pains tend to be in the middle of the chest, directly behind the breastbone, not over the heart. They have a pressing, constricting, "there's an elephant standing on my chest" quality, which people often describe by showing a clenched fist. The pain may spread to shoulders, neck, or arms. A person may also feel dizzy, sweaty, nauseous, short of breath, or about to faint, and have a sense of impending doom. "Pain that occurs with activity, like walking upstairs or carrying out the garbage, and goes away with rest, is characteristic of heart problems," notes Dr. Shine.

What to do: If chest pain lasts several minutes, call an ambulance or have someone drive you to a hospital.

ABDOMINAL PAIN

What we often call "gas" can mean anything from heartburn to gastritis, ulcers, or gall bladder problems, according to Dr. Bergein Overholt, director of the gastrointestinal center at St. Mary's Medical Center in Knoxville. If the pain persists, see a doctor, says Dr. Overholt.

Triggers: Menstruation, food, and stress are common causes of abdominal pain.

Inability to digest lactose, a component of milk and milk products, can trigger abdominal distress. If your symptoms disappear when you avoid milk products, see a doctor or pharmacist about a medicine to counteract lactose.

What to do: Hard cramps that disappear after a short episode of diarrhea or vomiting should not be of concern.

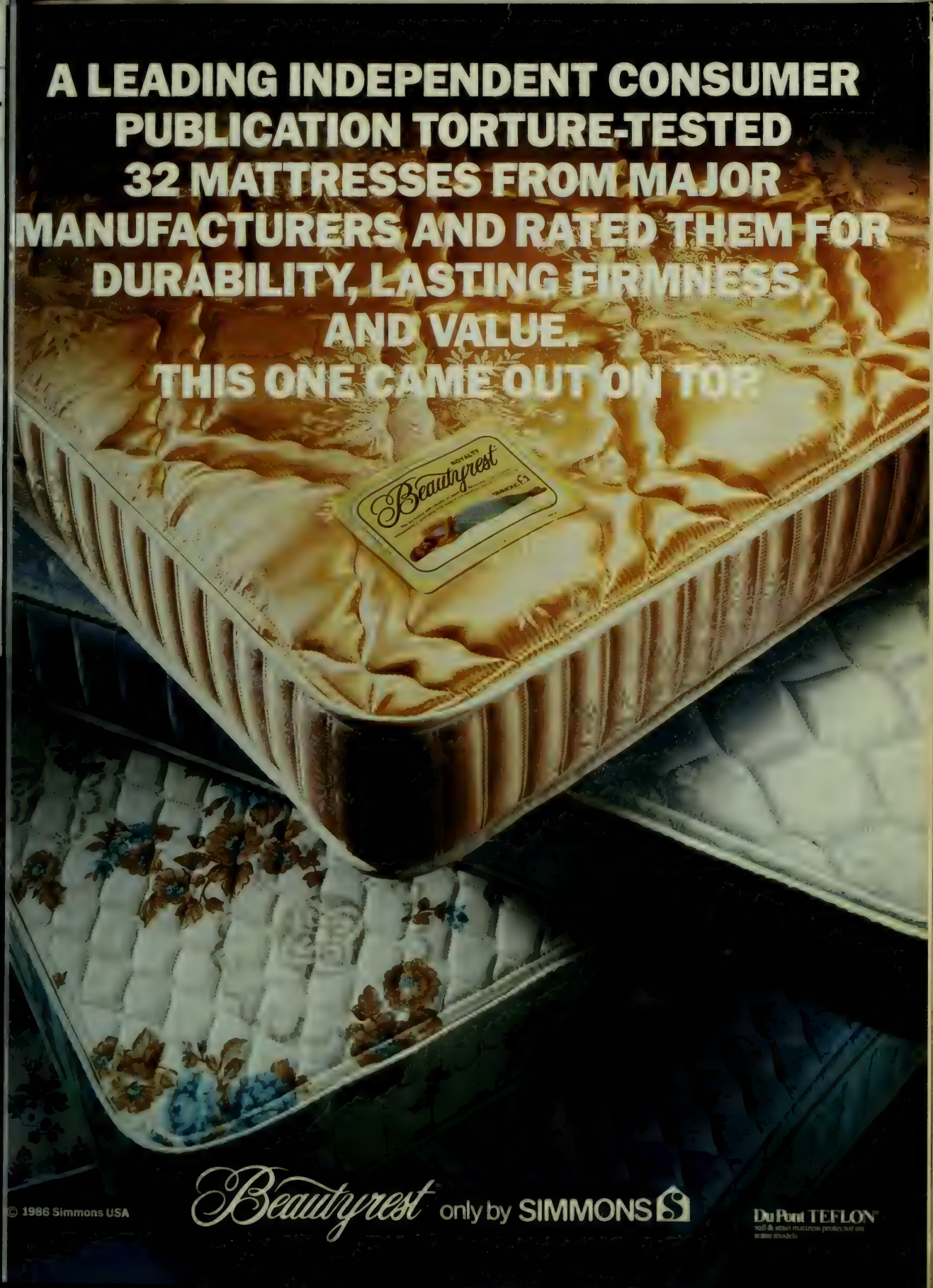
Occasional heartburn isn't cause for medical attention unless it is associated with activity or with trouble swallowing.

Call the doctor if: You have any sudden, incapacitating pain for more than 30 minutes; you have a pain that repeatedly wakes you up at night, or a recurring abdominal pain for more than a week; you have persistent difficulty swallowing or food sticks or hurts when swallowed; or you have a change in bowel habits, especially a narrowing of the bowel movement. Call the doctor if you have rectal bleeding.

"The biggest mistake we see is

continued




A LEADING INDEPENDENT CONSUMER PUBLICATION TORTURE-TESTED 32 MATTRESSES FROM MAJOR MANUFACTURERS AND RATED THEM FOR DURABILITY, LASTING FIRMNESS, AND VALUE.
THIS ONE CAME OUT ON TOP.
ROYALTY
Beautyrest
SIMMONS
© 1986 Simmons USA
Beautyrest only by SIMMONS
DuPont TEFLON
soil & stain mattress protector on some models

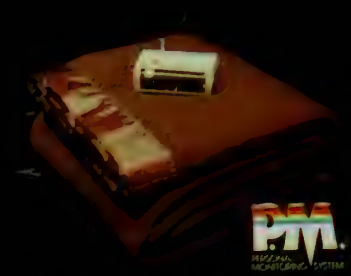


Body heat.

He's warm by nature.
She isn't.
During the night, her feet get cold. His chest gets hot. And a night chill fills the room. Yet they never notice.

They sleep through the night undisturbed. Because their Slumber Rest blanket senses and responds to all these changes. Sending more warmth to her feet, less to his chest, simultaneously. And warming up all over when the room is too cold.

Yet all they know is comfort. To them, body heat is a sensation. To Slumber Rest, it is a science.



The P.M. Personal Monitoring System is the brain behind the blanket, which adjusts to both body and room temperatures. Each tiny section independently senses where warmth is needed. And where it isn't.

Soft, warm and completely washable, the Slumber Rest P.M. System blanket gives you personalized sleeping comfort. And uncompromising luxury. Available at fine department stores. For more information, write Slumber Rest P.M. Personal Monitoring System, P.O. Box 59266, Chicago, IL 60659.

SLUMBER REST™ BLANKETS

BI-NELL BLANKET
®DuPont Certification Mark

™Slumber Rest, P.M. Personal Monitoring.
1985 Northern Electric Company.
An Allegheny International Company.

continued

when people assume rectal bleeding is hemorrhoids," says Dr. Overholt.

To prevent future episodes: Adequate liquid intake (about 1½ quarts per day), a high fiber diet, exercise, and reduced caffeine, alcohol, and nicotine intake—in general, a healthful regimen—can all help minimize episodes of abdominal discomfort.

Warning: Appendicitis can be difficult to recognize, but also life threatening. Typically, appendicitis pain starts below the breastbone or around the navel, then migrates to the lower right abdomen. Often accompanied by nausea, vomiting, and a moderate fever, once the pain begins, it's usually unrelenting. Get to a doctor or emergency room immediately if you suspect you have appendicitis.

MUSCLE AND JOINT PAIN

"Every aching knee or thumb is not arthritis," notes rheumatologist Bruce Hoffman of the Medical College of Pennsylvania. Overuse or misuse of muscles is the more likely diagnosis.

Triggers: Almost any activity, done the wrong way, can lead to muscle or joint pain. Pain in the thumb that goes up the side of the arm frequently comes from repetitive actions like grating, clipping, or writing. Shoulder pain may be caused by working with your arms above your head or lifting.

What to do: Rest the area and use pain-relieving drugs for a day or two.

Call the doctor if: Your symptoms aren't clearly related to exertion, they recur, or are severe; function is compromised so much that you can't move the affected area; or the joint suddenly becomes swollen, especially if it also becomes red and you develop a fever.

People in their 40s and 50s may notice morning swelling and stiffness in joints, followed by relief later in the day. Such symptoms may mean arthritis, so see your doctor right away.

To prevent future episodes: Regardless of your activity, stretch out, pace your work, and change positions frequently, Dr. Hoffman advises. Moreover, as you get older, you injure more easily and take longer to heal.

WHEN TO CALL THE DOCTOR

Call your doctor if:

- You've never had this pain before.
- You have no injury or other good explanation for why the pain started.
- The pain is worse than usual—or is steadily getting worse.
- You hurt so much you can't think about anything else.
- Aspirin, acetaminophen (or a newer drug such as ibuprofen), rest, and heat or ice don't provide relief.
- You also have a fever.
- Some part of you can't function (which suggests damage to a bone, joint, vital organ); for example, you can't move your hand or can't urinate.
- The pain seems out of proportion to the injury, especially if a light touch to the skin brings on severe pain.

FOR MORE INFORMATION

For a free booklet, *Chronic Pain: Hope Through Research*, write: Office of Scientific and Health Reports, National Institute of Neurological and Communicative Disorders and Stroke, Bldg. 31-8A06, Bethesda, MD 20205.

Doesn't your family deserve less?

If your family deserves what's best, it deserves less. Less salt, fats, calories, and cholesterol. By helping your family eat right now, you may be establishing healthy eating habits that will last a lifetime. And, as leading health professionals agree: less is best.

Providing Fleischmann's® Light as part of a sensible diet can help to reduce excessive levels of salt, fat, calories, and cholesterol that many families often consume. Only Fleischmann's Light gives you less of what you don't want and more of what you do want. Great Fleischmann's taste.

© Nabisco Brands, Inc. 1986

Your family deserves what's best. Fleischmann's Light and less.

25% less salt
25% less fat
25% less calories
than regular margarine
100% delicious



MANUFACTURER COUPON | EXPIRES Oct. 31, 1987

20¢

Save 20¢ when you buy any size Fleischmann's® Light.

RETAILER: One coupon per purchase of product indicated. Any other use constitutes fraud. Consumer to pay sales tax. Void if copied, transferred, prohibited, taxed or restricted. Good only in U.S.A. APO's, FPO's. We will reimburse you for the face value plus 8c handling, provided you and the consumer have complied with the offer terms. Cash value 1/20c NABISCO BRANDS, INC., DEPT. 5921, EL PASO, TX 79966.

842202

5 29000 42020 0

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

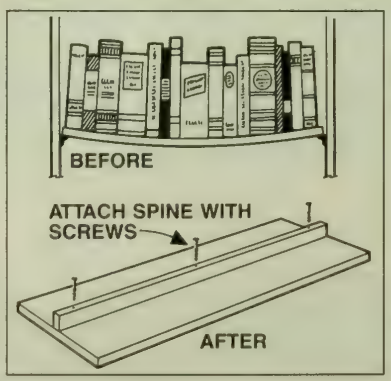
If you

Box and 100's Box Menthol: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack, Menthol and 100's Box: 1 mg. "tar", 0.1 mg. nicotine; 100's Soft Pack and 100's Menthol: 5 mg. "tar", 0.4 mg. nicotine; 120's: 7 mg. "tar", 0.6 mg. nicotine av. per cigarette, FTC Report Jan. '85. Slims: 6 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.

BUILDING

TIPS, TOOLS & TECHNIQUES

READER IDEAS



ADJUSTABLE BOOKSHELVES

Adjustable bookshelves are super convenient, but they lack support from the surrounding case. If your shelves are sagging under a full load of books, correct this situation by adding a spine. Take the shelves down and attach a 1×2 along the underside center of the shelves. Screw through the 1×2 into the shelf with 2-inch No. 10 wood screws. Countersink the screws.

W. Rolke, Fla.

This is your column. It's the best of household tips and shop shortcuts that you do-it-yourselfers have discovered. Send us your tip. We'll send you $25 if we publish it. See the box below for details.

AIR INTO BAG

Prevent fresh fruit from getting crushed in your grocery bags. Simply blow air into the plastic bag containing the fruit and tie it off. Then when the fruit is packed in the paper bag, the air in the bag acts as a cushion for the fruit on its ride home.

G. Chan, N.Y.

EVERGREENS

Evergreens that have developed multiple trunks are difficult to trim to a pleasing shape. Fix this problem by running a piece of medium-weight jack chain through a section of old garden hose. Wrap the chain and hose around the trunks of your evergreen and pull the trunks together. Secure them in this position with an S-hook slipped through the links of the chain. You can find both chain and hooks at any hardware store.

F. Groth, Ohio

smoke
please try Carlton.

TABLE SAW WAX

If you have a wood-top accessory table for your table saw, keep the top waxed with any wood floor wax. This allows you to move sheet goods on the table easily.

J. Galliano, La.

POLISH THE TILE

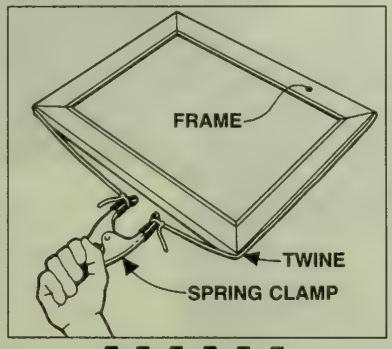
After cleaning ceramic tile and grout, apply a thin coat of ordinary furniture wax. The furniture wax helps prevent mildew and discourages soap film deposits.

P. Klein, Calif.

A POTATO DRIVER?

If you don't own a Phillips screwdriver or you can't find one at hand when you need it, substitute a potato peeler from your kitchen drawer. The tip of a potato peeler blade fits right into the slanted grooves of the screwhead so you can turn most screws easily.

L. Ruth, Mich.



FRAME CLAMP

Make your own framing clamp from some twine and an ordinary pressure clamp. Measure the diameter of the frame. Cut twine long enough to wrap the frame and tie. Tie one end of the twine around one prong of the clamp. Run the twine around the edges of your new or repaired picture frame. Open the clamp and tie the other end of the twine around the other prong. Releasing the clamp pulls the twine taut and exerts even pressure on all your frame joints.

K. Cook, Fla.

WALLPAPERING TRICK

When wallpapering over dark or bright painted walls, paint a 1-inch-wide margin at the top of the wall nearest the ceiling with white paint. This white strip of paint prevents any of the original dark color from showing above the wallpaper edges where it does not align exactly with the edge of the ceiling. This paint trick works even when using a border—in case the border isn't even at the ceiling edge.

J. DaRocha, Conn.

SEND US YOUR TIP

Do you have handy ideas or shop shortcuts you'd like to share with other readers? Mail them to Tips, Tools, and Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. Your materials will be acknowledged, but not returned. If your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept previously published ideas.

NOW.



When Will and Genia Crane looked for more room in their Atlanta home, Georgia-Pacific showed them how to find it–as near as their basement.

With a little imagination, plus ideas and advice from Georgia-Pacific, the Cranes transformed the unused space in their basement into a warm, comfortable living area that added significant value to their home.

Best of all, the building materials for this sensible home improvement project–including Georgia-Pacific paneling, gypsum products, moulding, ceiling texture, hardwood plywood and lumber–cost under $8,000.*

For detailed plans and photos of the Crane's remodeling project, plus information to help convert your basement, use our coupon to send $3.00 and your return address to Georgia-Pacific. We'll send you "Beautiful Basements," a 20-page booklet full of basement renovation tips plus advice on how to choose and work with contractors for structural, electrical, and plumbing tasks. We'll also give you a coupon for $3.00 off any Georgia-Pacific building product you

r, Particleboard, Plywood, Insulation, Gypsum Board, Hardboard, Siding, Paneling, Oriented Strand Board, Waferboard, Nails, Screws, Fencing, Shelving, Do

*Not including labor costs. Of course, the complete list of materials will vary by project.

**For the location of the Registered Dealer nearest you, call 1-800-447-2882 (except from Alaska and Hawaii). In Illinois, call 1-800-322-4400.

"You Can Build On Our Name" is a trademark of Georgia-Pacific Corporation. ©1986 Georgia-Pacific Corporation. All rights reserved.



uy from a Registered Dealer** or Home Center.

Today, Georgia-Pacific is helping millions of Amer-cans enhance the quality and worth of their homes–with do-it-yourself ideas, plans, and the best building products in the business.

So if your home has some room for improvements, send in our coupon. And build on our name.



Closet doors conceal a fold-out table which can be used for dining or board games.

YOU CAN BUILD ON OUR NAME™

Georgia-Pacific

HERE'S HOW:

Please send me a copy of "Beautiful Basements" and a coupon worth $3.00 off any Georgia-Pacific building product from a Registered Dealer** or Home Center. I have enclosed a check or money order payable to Georgia-Pacific for $3.00.

NAME

ADDRESS

CITY

STATE ZIP

Send to: Georgia-Pacific, Dept. BH&G, P.O. Box 2808, Norcross, GA 30091-9990.

PRE-CHRISTMAS SALE!

SAVE $17.00 off advertised price*

Entire 21-Piece Set of Old-Fashioned Christmas Ornaments



21 Pieces—every one different!



Nationally Advertised At ~~$19.95~~

Your Price Only **$2.95**

During its fabulous Pre-Christmas Sale, the giant multi-million dollar New York firm of RTM Co. will distribute its most expensive set of holiday decorations—the famous **Old Fashioned Christmas Ornament Set** nationally advertised at $19.95—for the astonishing Pre-Christmas Sale price of only $2.95 per set to every reader who mails this ad to the company before Midnight, December 25, 1986.

This *original* Pre-Christmas ad must accompany your request. Copies or photostats are *not* acceptable.

*This is the same **Old Fashioned Christmas Ornament Set** advertised by others in leading media for $19.95. *And well worth the price*—for it is the best-selling, most expensive Christmas Ornament Set ever sold by this giant New York firm. But the entire set is yours for only $2.95 during this Pre-Christmas Sale. *You save $17.00—a full 85% off the nationally advertised price!*

You get the entire set of 21 delightful miniatures. Each piece is different and hand-painted in colorful detail. Jolly Santas and roly-poly snowmen, toy wooden soldiers, cuddly bears and animals, merry-go-rounds, sleds, cuckoo clocks, and much more. Not cheap plastic but rich natural wood, hand-crafted with the loving old fashioned skill you hardly see anymore.

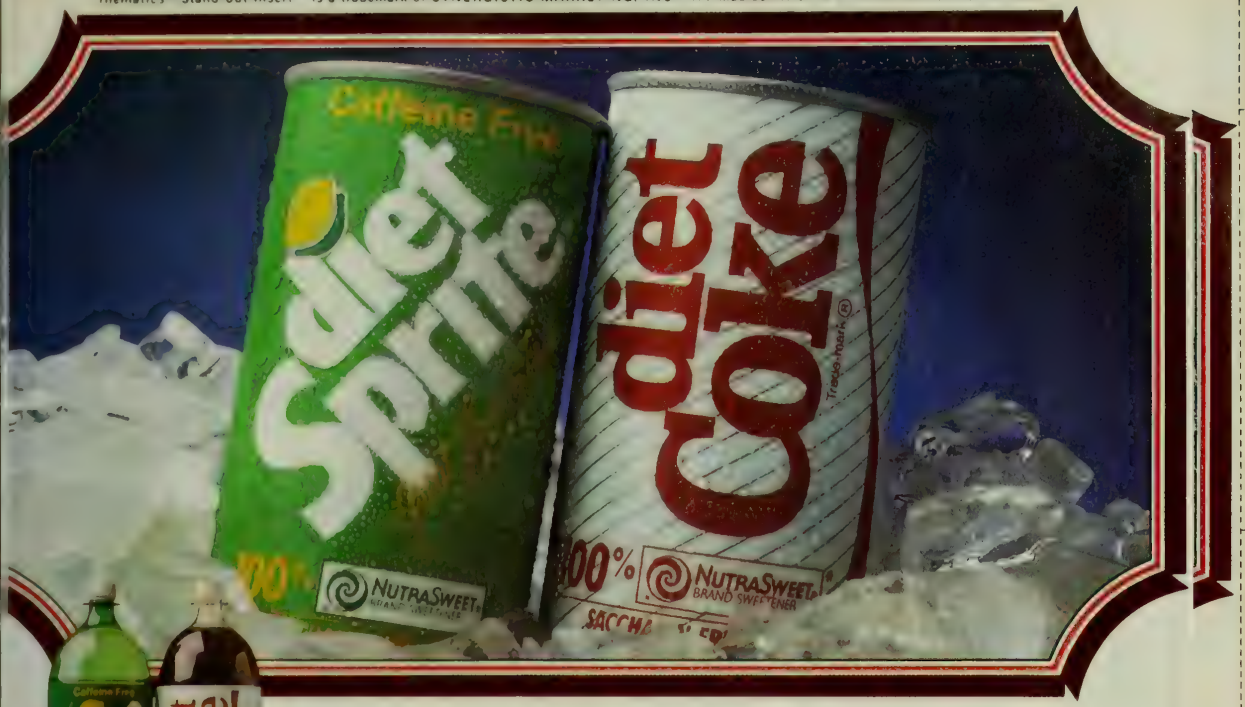
These valuable Christmas Sets will not be sold at this price by the company in any store. There is a limit of two (2) sets per address at this price, but requests mailed early enough (before Dec. 17) may request up to seven sets. And each set is covered by a full one-year money-back guarantee.

Mail this original Pre-Christmas Sale ad together with your name and address and $2.95 for each set. Add only $2 shipping and handling no matter how many sets you are requesting. (New York residents add sales tax.) Make check payable to RTM Co. Allow up to 6-8 weeks for shipment. Mail to: **RTM, Christmas Ornament Offer, Dept. 720-102, Box 1789, Hicksville, New York 11802.** **(A24900)**

Hint: At this price it pays to order extra sets for a truly spectacular tree—and to hang in your windows too!

© 1986 Raffoler Ltd., 1200 Shames Drive, Westbury, N.Y. 11590

Thematics® Stand Out Insert™ is a trademark of SYNERGISTIC MARKETING, INC 477 Madison Ave N Y N Y 10022 (212) 751-2253





Great Taste Without Paying The Price.

Diet Sprite and diet Coke with 100% NutraSweet are not available in all Fountain outlets.
*"NutraSweet and the NutraSweet symbol are trademarks of The NutraSweet Co. for its brand of sweetening ingredient."
©1986 The Coca-Cola Company, "diet Sprite," "Lymon," and "diet Coke" are trademarks of The Coca-Cola Company.

NutraSweet® BRAND SWEETENER *





So close to homemade you can almost taste the recipe.

Thematics™ Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETING, INC. 477 Madison Ave. N.Y. N.Y. 10022 (212) 751-2253

FREE! MAIL IN OFFER
with $1.00 for postage & handling plus proofs of purchase (See order form for details)

Borden Holiday Recipe Book... Special Recipes Made Easy

Send for Yours Today!



CREAMY BAKED CHEESECAKE

Makes one 9-inch cheesecake

- ⅓ cup margarine or butter, melted
- 1¼ cups graham cracker crumbs
- ¼ cup sugar
- 2 (8-ounce) packages cream cheese, softened
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 3 eggs
- ¼ cup ReaLemon® Lemon Juice from Concentrate
- 1 (8-ounce) container sour cream
- Peach Melba Topping*

Preheat oven to 300°. Combine margarine, crumbs and sugar; press firmly on bottom of 9-inch springform pan. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs and ReaLemon; mix well. Pour into prepared pan. Bake 50 to 55 minutes or until cake springs back when lightly touched. Cool. Chill. Remove side of pan. Spread sour cream on cheesecake. Serve with Peach Melba Topping. Refrigerate leftovers.

***Peach Melba Topping:** Reserve ⅔ cup syrup drained from 1 (10-ounce) package thawed frozen red raspberries. In small saucepan, combine reserved syrup, ¼ cup red currant jelly and 1 tablespoon cornstarch. Cook and stir until slightly thickened and glossy. Cool. Stir in raspberries. Drain 1 (16-ounce) can peach slices; arrange on cake. Top with sauce.

96 PAGES OF DELICIOUS RECIPES AND COLOR PHOTOS
PLUS: $3.00 worth of coupons on Borden Products
A $5.00 total value! (See order form for details)



BORDEN

If it's Borden It's got to be good

Thematics® Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., N.Y., N.Y. 10022 (212) 751-2253

You'll go nuts!



© 1986 The Pillsbury Company

Coconut Pecan Ready To Spread Frosting Supreme. So chock full of real coconut and crunchy pecans it'll drive you crazy with anticipation. Don't fight it. Give in and try these other flavorful treats: Coconut Almond Frosting Supreme and Caramel Pecan Frosting Supreme.

Pillsbury

Desserts with a passion.

THE UNCOMMON DENOMINATOR.™



Rose's. A 19th-century lime juice that's making quite a splash in 20th-century drinks of every description. Rose's® Lime Juice adds a refreshing twist to everything from sparkling water to iced tea to your favorite beer. Which is why adding a splash of Rose's to your beverages makes uncommonly good sense. ROSE'S LIME JUICE.

Thematics® Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., N.Y., N.Y. 10022 (212) 751-2253

Get a free Care Bears™ record from Triaminic® liquids.



Free record with one Triaminic liquid purchase.



Free record with one Triaminic liquid purchase.



Free record with one Triaminic liquid purchase.

Now, when you buy one bottle of Triaminic® liquid, you will receive a Care Bears™ story record absolutely free (retail value of $2.00).



Look for this display at participating retailers.

© 1986 Dorsey Laboratories/Division of Sandoz, Inc.
TM designates trademark of © 1986 Those Characters From Cleveland, Inc.
Dorsey Laboratories, Authorized User

Give a cold a happy ending.





Here's 30¢ to prove that Dove doesn't dry your face like soap.



Listen to a woman who stopped using soap and started using Dove.

"All the soaps I've used left my face feeling a little bit tight. With Dove, I didn't feel that. My face felt very soft—silky and touch-

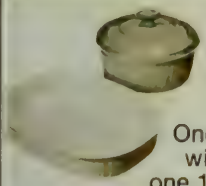
SAVE 50%

AMERICAN EMPORIUM

ve 50% with a Proof
Purchase from any
hese fine products.
e preceeding pages
additional savings.



▲
AR ALONG PERFORATION ▼ MOISTEN AND FOLD OVER FLAP TO SEAL.



Corning
"FRENCH WHITE"*
One 1½ qt. casserole with glass cover and one 1½ qt. oval roaster.

Retail Value $37.00 **ONLY $14.95**
Plus $2.00 Postage and Handling.



Maxam®
Lifetime Guaranteed 4-PIECE UTILITY KNIFE SET

Retail Value $28.00 **ONLY $13.99**
Plus $2.50 Postage and Handling.

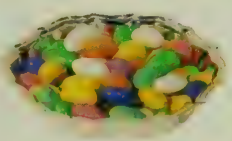
MOISTEN AND SEAL



Wm. A. Rogers®
SILVER* and **CRYSTAL**
Salt and Pepper Set
3¼" high

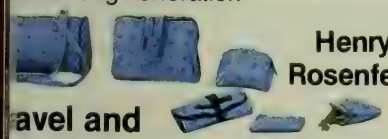
ail Value $12.50
r plated
ONLY $5.99
Plus $2.50 Postage and Handling

Oneida®
CHIPPENDALE™ Silverplate Bon Bon Dish



Retail Value $17.50
ONLY $8.49
5¾" diameter Plus $2.50 Postage and Handling.

ear Along Perforation ——— Fold Bottom Flap Up Here ▼



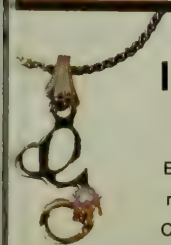
Henry Rosenfeld®
avel and eauty Accessory Collection
lted poly-cotton fabric, fully lined, soil resist- and washable. This 6-piece set available in e or pink. Retail Value $50.00.

NLY $24.95 Plus $3.00 Postage and Handling. Specify 1st and 2nd color choice.



Genuine Cubic Zirconia
1 CARAT HEART SHAPED STONE
Tiffany Mounting, suspended from an 18" cobra neckchain. Matching 1 Ct. Tw. earrings in Tiffany setting with hypo-allergenic posts. Both pendant and earrings layered in 24K gold, by DuBarry Fifth Avenue. Comparable Retail Value $29.98

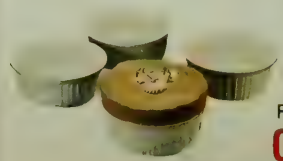
ONLY $12.99
Plus $2.00 Postage and Handling



Sculptured Initial Pendant
set with your Birthstone
Each genuine stone mounted in Tiffany setting, 18" Gossamer neckchain, layered in 24K gold, by DuBarry Fifth Avenue. Comparable Retail Value, $14.99.
(Specify initial and month of birth.)

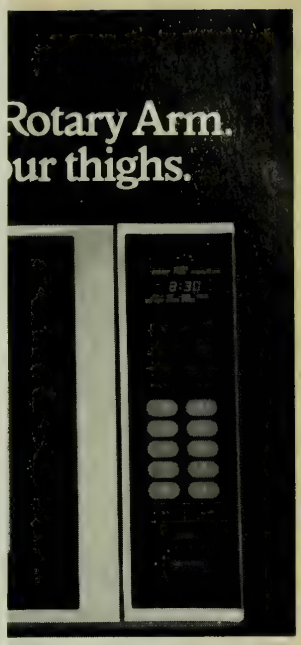
NLY $7.49

Corning **"FRENCH WHITE"***
Four 16 oz. Casseroles.



Retail Value $31.00
ONLY $12.95
Plus $2.00 Postage and Handling.

*French White is a registered trademark of Corning Glass Works,



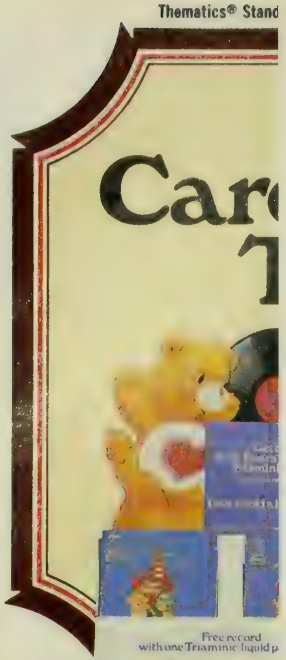
cooked microwave meal,
It creates a steady stream
cooks evenly from end to
ken doesn't have to).
Like nine power levels. A

In Touch with Tomorrow
TOSHIBA
America, inc., 82 Totowa Road, Wayne, NJ 07470



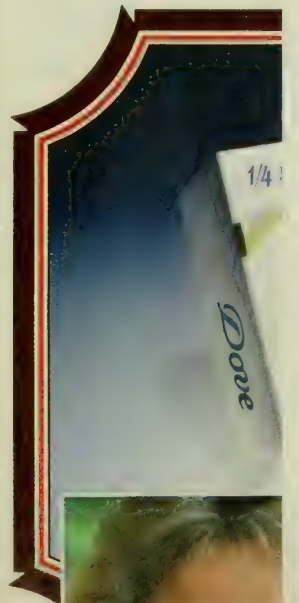
Regal Ware, Inc
Kewaskum, WI 53040 USA
*DuPont's registered trademark for its premium non-stick surface.

Thematics® Stand











Order Form

AMERICAN EMPORIUM™

Name _____

Address _____

City _____ State _____ Zip code _____

	How Many	Item Description Specify color choices, initial, or month of birth	Price Each	Total Each	Postage & Handling Of Each	Total Postage & Handling	Total
1.							
2.							
3.							
4.							
5.							

Include Check or Money Order payable to: **"American Emporium"**
P.O. Box 5825, Wyoming, MN 55092-9989

UPC SAMPLE 123103

Grand Total _____

Be sure to include a UPC Symbol from any participating brand in this Thematics Stand-Out ™ Insert with your order (on bottles or cans, simply list the UPC numbers)
All items shipped promptly, although not necessarily in the same package.
Allow 6 to 8 weeks for delivery. Offer good only in U.S.A. Void where prohibited by law. **Offer Expires April 30, 1987.**
Our Guarantee If not satisfied with any item, return it with your shipping documents and we will replace it or refund your purchase price.

From: _____

NO POSTAGE NECESSARY IF MAILED IN THE UNITED STATES

BUSINESS REPLY MAIL
FIRST CLASS PERMIT NO. 50 WYOMING, MN

POSTAGE WILL BE PAID BY ADDRESSEE

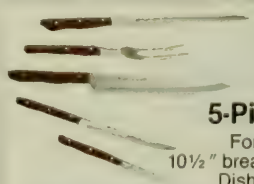
AMERICAN EMPORIUM
P.O. BOX 5825
WYOMING, MN 55092-9989



Pierre Cardin® LUGGAGE

20" Club Bag, heavy duty nylon with adjustable shoulder strap, matching woven trim. Black, navy, or beige.

Retail Value $29.99 **ONLY $14.49**
Plus $2.50 Postage and Handling
Specify 1st and 2nd color choice



Maxam® Lifetime Guaranteed 5-Piece Cutlery Se

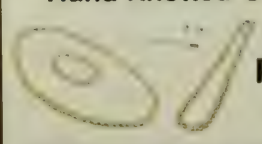
Fork and 4 knives, 9" ch
10½" bread, 6" boning, 3" parir
Dishwasher safe, laminat
wood handles, full tang.
Retail Value $64.00 **ONLY $21.9**
Plus $3.00 Postage and Handling.



Maxam® Lifetime Guaranteed STEAK KNIVES

Set of 8
Retail Value $25.00 **ONLY $12.49**
Plus $2.50 Postage and Handling.

Hand Knotted Cultured Look



UNIFORM FAUX PEARL ENSEMBLE

includes 22" and 16" necklaces, bracelet, stu
earrings with hypo allergenic posts, and stick pi
by DuBarry Fifth Avenue. Comparable
Retail Value $49.99 **ONLY $14.9**
Plus $2.00 Postage and Handli

RECIPE BY REQUEST

Here's a family favorite that readers have written for again and again.



SCOTT LITTLE

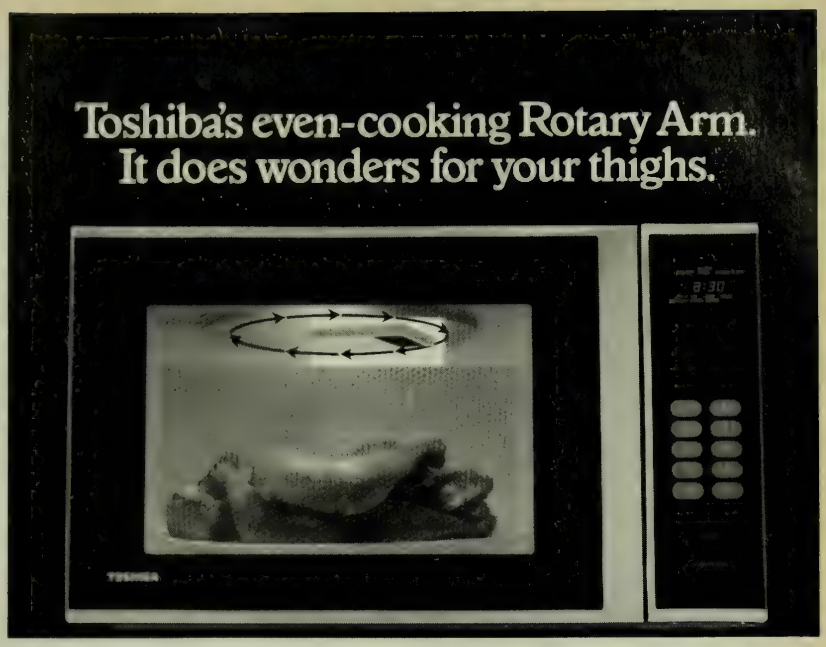
SPAGHETTI PIE

- **6 ounces spaghetti**
- **2 tablespoons butter *or* margarine**
- **⅓ cup grated Parmesan cheese**
- **2 well-beaten eggs**
- **1 recipe Meat Filling**
- **1 cup cream-style cottage cheese**
- **½ cup shredded mozzarella cheese (2 ounces)**

Cook spaghetti according to package directions; drain. Combine spaghetti, butter or margarine, Parmesan cheese, and eggs. Press into a buttered 10-inch pie plate. Prepare Meat Filling. Spread cottage cheese over spaghetti crust. Fill crust with Meat Filling. Bake, uncovered, in a 350° oven for 20 to 25 minutes or till hot. Sprinkle with mozzarella cheese. Bake for 5 minutes more or till cheese melts. Let stand 5 minutes. Serves 6.

Meat Filling: Cook 1 pound *ground beef;* ½ cup chopped *onion,* and ¼ cup chopped *green pepper* till meat is brown. Drain. Stir in one 8-ounce can *undrained tomatoes,* cut up; one 6-ounce can *tomato paste;* 1 teaspoon *sugar;* 1 teaspoon dried *oregano,* crushed; and ½ teaspoon *garlic salt;* heat through.

Nutrition information per serving: 421 cal., 32 g pro., 32 g carbo., 18 g fat, 170 mg chol., 835 mg sodium. U.S. RDA: 35% vit. A, 50% vit. C, 27% thiamine, 26% riboflavin, 32% niacin, 21% calcium, 26% iron, 38% phosphorus. BH&G



If you've ever had the rare treat of an unevenly cooked microwave meal, you'll appreciate Toshiba's unique new Rotary Arm. It creates a steady stream of microwaves throughout the oven—so your food cooks evenly from end to end (since our arm goes around in circles, your chicken doesn't have to).

We have some other appetizing features, too. Like nine power levels. A Therm-A-Matic Sensor Probe. Our Jet Defrost™ system. And a 1.6 or 1.0 cubic foot interior.

So get a Toshiba. And you'll have the best thighs on the block.

In Touch with Tomorrow
TOSHIBA
Toshiba America, Inc., 82 Totowa Road, Wayne, NJ 07470



America's favorite family get together.™



UNO® FOR DUOS.



You'll find a lot of the action, strategy and surprises of UNO in SKIP-BO.® The excitement builds as you try to build complete stacks of cards before your opponents. Team up with your favorite partner for twice the fun.

There's a lot of UNO in every game we make.

© 1985 International Games, Inc.

MARBLE TILES

A Touch of the Taj Mahal

Rich, elegant marble is making a comeback as a decorative material in the home—thanks to new marble tiles that temper the cost of extravagance. Here's a run-down on how to add the beauty of marble to *your* decor.

Until recently, you could buy marble only in weighty slabs that cost $20–$60 per square foot. Now, there's another way to have the real thing: solid marble tiles that cost $4.25–$20 per square foot—a range that's on a par with many high-quality ceramic tiles.

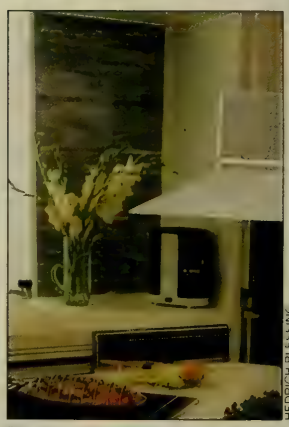
SMART DESIGN

Marble works its cool, natural magic anywhere you want a touch of opulence—a kitchen backsplash, a foyer floor, the vanity in a master bath. Consider looks *and* function as you decide where to use marble, though; it demands the same care you'd give fine wood furniture. Spills or cleaners may etch it, oil will stain it, and prolonged traffic may mar a polished finish.

HOW TO BUY

You can buy marble tiles from marble dealers, ceramic tile distributors, and—in some markets—in flooring stores. Your options include:

- **Size:** Standard sizes start at 6-inch squares and get bigger; a common size for home use is a 12-inch square.
- **Color:** Any crystallized stone that takes a polish can be called marble: the rarer the color of the stone, the more it costs. Hues range from a prized pastel yellow to deep green-blacks and blacks. The most affordable include softly veined whites, warm browns, and pinks.
- **Sturdiness:** Marble is classified by strength into four groups: A, B, C, or D; the Marble Institute of America recommends all classes for most home uses. However, some designers will not use the more fragile C and D groups—which include many highly colored marbles—for flooring.
- **Finish:** Tiles come finished, either highly polished or honed to a matte for slip-resistance. For sure footing, you may prefer honed tiles for flooring in kitchens and full baths.


HEDRICH BLESSING

The look of luxury: Marble tiles by a kitchen window.

INSTALLATION

Marble tiles demand a meticulously prepared subsurface and expert placement, so it's a good idea to call a professional layer who has experience with marble. Installation will cost $4–$10 per square foot.

Steak and Eggs. $849.

You might think that's a lot to pay for a breakfast.

But when you consider that you're really getting a Jenn-Air S100 Grill-Range and, for a limited time, a free griddle on the side—it might be the best bargain you've ever had.

Think about it. A Jenn-Air, for only $849.* That's not much more than you'd pay for an ordinary range.

And with a Jenn-Air you get indoor grilling without an overhead hood.

Plus a convertible cooktop that lets you snap in any cooking accessory you choose—starting with your free griddle.



See your participating dealer soon though. (He's listed in the Yellow Pages.) This free griddle offer ends December 15th.

After that, the price of steak and eggs may go up.

Jenn-Air.

*Manufacturer's suggested retail price. Price may vary according to participating dealer. Backsplash not included.

© 1986 Jenn-Air Corp., a division of The Maytag Company

Moen life.
It's so uplifting. Rising to fill everything,
then lowering at your touch.
Your Moen faucet, fresh tender flowers.
That's a labor of love.

MOEN

STANADYNE

Kitchen Riser™ shown. For brochure, call 1-800-258-8787, ext. 215. (1-800-821-9400, in Ohio.)

Island Port for a Microwave

For convenient cooking and clutter-free counters, tuck your microwave oven into a kitchen island you build yourself!



MARTY SEMEL, FIELD EDITOR EILEEN DEYMIER

Countertop microwaves take a real bite out of your kitchen work surface. Our microwave island (*above*) will keep your oven handy and multiply your work space, too.

FIT YOUR SPACE

To adapt this design to your kitchen:

- Base the width of the island on the size of your microwave. If you plan to enclose the back of the unit, allow clearance for ventilation: An inch at each side and 2 inches at the top should be adequate, but check your owner's manual for specifics.
- Extend the top at *least* 12 inches beyond the base if you plan to use the unit as an eating bar; an 18-inch extension will give greater knee room. Allow 21 inches of space for each diner.
- Allow at least 48 inches between the island and existing counters for ease of movement.

CONSTRUCTION BASICS

Build the sides, bottom, back, and shelf of the unit from ¾-inch oak veneer plywood, trimmed with veneer tape. Support the shelves with 1×2-inch cleats. You can top the island with butcher block from an unfinished furniture store or cabinetmaker.

Pearson Nips® and Parfaits. Even our new packages have great taste.

Pearson Nips and Parfaits may have a great new look. But they still taste the same as ever: terrific. Smooth, long lasting Nips. Or crispy shell Parfaits with creamy centers. 7 delicious flavors, so there's a Pearson for every person. PEARSON



A real smoothie.



Rich and famous.



Chiller thriller.



Instant perk.



Nicely spicy.





Creamy, dreamy.



Moen life.
It's so uplifting. Rising to fill everything,
then lowering at your touch.
Your Moen faucet, fresh tender flowers.
That's a labor of love.

MOEN

STANADYNE
Moen Group

Kitchen Riser® shown. For brochure, call 1-800-258-8787, ext. 215. (1-800-821-9400, in Ohio.)

Island Port for a Microwave

For convenient cooking and clutter-free counters, tuck your microwave oven into a kitchen island you build yourself!



MARIS/SEMEL FIELD EDITOR EILEEN DEYMIER

Countertop microwaves take a real bite out of your kitchen work surface. Our microwave island (*above*) will keep your oven handy and multiply your work space, too.

FIT YOUR SPACE

To adapt this design to your kitchen:

- Base the width of the island on the size of your microwave. If you plan to enclose the back of the unit, allow clearance for ventilation: An inch at each side and 2 inches at the top should be adequate, but check your owner's manual for specifics.
- Extend the top at *least* 12 inches beyond the base if you plan to use the unit as an eating bar; an 18-inch extension will give greater knee room. Allow 21 inches of space for each diner.
- Allow at least 48 inches between the island and existing counters for ease of movement.

CONSTRUCTION BASICS

Build the sides, bottom, back, and shelf of the unit from ¾-inch oak veneer plywood, trimmed with veneer tape. Support the shelves with 1×2-inch cleats. You can top the island with butcher block from an unfinished furniture store or cabinetmaker.

Pearson Nips® and Parfaits. Even our new packages have great taste.

Pearson Nips and Parfaits may have a great new look. But they still taste the same as ever: terrific. Smooth, long lasting Nips. Or crispy shell Parfaits with creamy centers. 7 delicious flavors, so there's a Pearson for every person. PEARSON



A real smoothie.



Rich and famous.



Chiller thriller.



Instant perk.



Nicely spicy.





Creamy, dreamy.

PERFECT PUDDING
MICROWAVE EASY



SCOTT LITTLE

A special dessert to end a special meal.

No scorching, no sticking, great taste! Those are three terrific reasons to make homemade pudding in your microwave oven. What's more, you don't have to stand over a hot stove stirring constantly. Just follow these simple directions to keep your cool for tonight's scrumptious dessert—perfect pudding.

CINNAMON MOCHA PUDDING

For a homey chocolate pudding, you can leave the coffee and cinnamon out of this rich and creamy dessert—

- ¾ cup sugar
- 4 teaspoons cornstarch
- 1½ teaspoons instant coffee crystals
- ½ teaspoon ground cinnamon
- 2¼ cups milk
- 1 beaten egg yolk

ITALY TO MEXICO

Contadina

When it comes to getting great tasting meals off to a flying start, go first class. Start with Contadina—the only leading tomato paste that's 100% tomatoes with no salt added.

Contadina does more than give traditiona Italian meals slow-cooked, real tomato taste. Everything we make brings that same home-made flavor to all kinds of fast, easy, modern recipes too. Like our "One-Step Chili" and 95 other recipes featured in our new cook-book. (To get your copy, look for specially marked cans.)

When you open a can of Contadina, you're on your way to a world of delicious combinations.

In less time than you'd think.

TADINA. SLOW COOKED TASTE FOR

2 squares (2 ounces) unsweetened chocolate, chopped
2 tablespoons butter *or* margarine, cut up
1 teaspoon vanilla
Whipped cream (optional)



Photo A: Mix and cook the pudding in a microwave-safe mixing bowl such as glass. The bowl should be large enough to allow for the vigorous bubbling that occurs during micro-cooking. To begin, stir together the dry ingredients and milk in this bowl till smooth.

In a large microwave-safe mixing bowl stir together the sugar, cornstarch, instant coffee crystals, and cinnamon. Gradually stir in the milk till smooth (see *photo A*). (The coffee crystals will dissolve as the mixture cooks.) Micro-cook, uncovered, on 100% power (high) for 7 to 9 minutes or till mixture is thickened and bubbly, stirring after every minute.

In a small mixing bowl gradually stir about *1 cup* of the hot mixture into the egg yolk (see *photo B*). Stir the yolk mixture into the remaining hot mixture in the large bowl. Stir in the chocolate. Cook, uncovered, on high for 1 to 2 minutes more or just till the mixture bubbles. Cook on high for 2 minutes more, stirring after every 30 seconds. Stir in the butter or margarine and vanilla. Pour into 6 individual dessert dishes. Cover the surface of each with clear plastic wrap; place in the refrigerator to chill for several hours or till the pudding is set. To serve, top with whipped cream. Makes 6 servings.

Low-wattage ovens (500 watts and below): After stirring milk into the sugar-coffee crystal mixture, cook the mixture about 4 minutes longer than the time given. Continue as above.



Photo B: Beat the egg yolk well. (An unbeaten yolk would pop and spatter during micro-cooking.) Then, slowly pour about 1 cup of the hot mixture into the yolk, stirring constantly.

Nutrition information per serving: 252 cal., 4 g pro., 35 g carbo., 12 g fat, 69 mg chol., and 86 mg sodium. U.S. RDA: 10% riboflavin, 12% calcium, and 13% phosphorus. BH&G

IN 27 MINUTES.

ONE-STEP CHILI
(Makes 5½ cups)

1 pound extra lean ground beef*
¾ cups (15-ounce can) Pinto beans and liquid
¾ cups (14½-ounce can) cut-up CONTADINA Peeled Whole Tomatoes and juice
⅔ cup (6-ounce can) CONTADINA® Tomato Paste
½ cup chopped onion
¼ cup chopped green pepper
1 crushed garlic clove
2 tablespoons chili powder
1 teaspoon salt
½ teaspoon cumin
¼ teaspoon red pepper flakes

mbine all ingredients in microwave-safe 2-quart sserole. Cover; microcook on high 5 minutes. ir to break up meat. Microcook additional minutes, stirring every 10 minutes. OTE: If beef used is less lean, microcook irst and drain off excess fat.



1986 Contadina Foods, Inc., Los Angeles, CA.

OUR FAST PACED WORLD.

FEELING IS BELIEVING

After the first hug, your little one and his or her new 24K Polar Puff™ will be inseparable. So, happily, every member of our 24K Kingdom—big and small—is machine washable (gentle cycle for drying) and non-flammable. Does your "good as gold" deserve anything less?

24K Polar Puff
"Good As Gold"

SPECIAL EFFECTS
925 Amboy Ave., Perth Amboy, NJ 08861
24K Polar Puff® is a registered trademark of DCN Industries Inc.

LIMITED WARRANTY TO CONSUMER
Good Housekeeping PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

"It's just what I've been waiting for."

"Revere, your aluminum bottom cookware has everything I want."

"It's perfectly beautiful and perfectly practical. It's the only aluminum bottom cookware with Revere's style and classic design. And the aluminum slab on the bottom is extra thick, so the heat spreads evenly and everything cooks up perfectly. Revere, you've done it again!"



REVERE WARE 1801

Revere. The choice in cookware.
Copper, stainless or aluminum bottom.
With 25-year limited warranty.

WORKING WALL KITCHEN ISLAND

Freestanding room dividers conquer sprawling spaces without boxing them in. That's why stand-alone islands—like this kitchen work center—have become a favorite strategy for remodelers.



MARIS/SEMEL

▲ **Shelves and slots form storage places in every possible niche.**



▶ **Conveniently close to the work core, this divider separates kitchen from hall.**

For this family, a room divider resolved a tough dilemma: how to place a refrigerator near the work core without blocking skylights or traffic lanes. The rear wall of the divider defines an informal hallway, separating the kitchen from entries to adjoining rooms.

From the kitchen side, the 7-foot-long unit packs lots of storage: a high, recessed cabinet with slide-out trays below, slotted storage over the refrigerator, and a shallow broom closet that opens on one end.

Architect: Edward Bing & Associates
Field editor: Estelle Guralnick

F. Ramond™



Introducing *Nu Romantic*™

The classic elegance of frosted crystal
the contemporary flair of beveled acrylic
create a new romance–available in polished brass or chrome



Look for the
F. Ramond
signature
of excellence

FREDRICK RAMOND™

DESIGNERS & MANUFACTURERS OF ORIGINAL LIGHTING FIXTURES

Capture the unique beauty of *Nu Romantic* at these quality lighting showrooms.

BJORNER ELECTRIC-Millbrae, CA
CALIFORNIA ELEC. SY. - San Francisco, CA
EL CERRITO LIGHTING - El Cerrito, CA
GALAXY LIGHTING - Cupertino, CA
GALAXY LIGHTING - Hayward, CA
GALAXY LIGHTING - Oakland, CA
GALAXY LIGHTING - San Francisco, CA
GALAXY LIGHTING - Walnut Creek, CA
MARIN LIGHTS - San Rafael, CA
STATEWIDE LIGHTING - Concord, CA
STATEWIDE LIGHTING - Fresno, CA
STATEWIDE LIGHTING - Rohnert Park, CA
STATEWIDE LIGHTING - Sunnyvale, CA

For more information on the complete line of F. Ramond products call 1-800-432-7257 operator 840

LIGHT YEARS AHEAD.



Dorman's. Fine cheese specialists since 1896.

Introducing Dorman's® Light. Years ahead of any other light cheese because it's got taste no other can catch up to.

Ninety years experience gives us the know-how to make delicious cheeses that are good for you. Our Light Swiss has 90% less salt but with all the wonderful nutty flavor you'd expect. Slim-Jack™ is mild and creamy. And Chedda-DeLite™ is mildly sharp. Yet each is low in sodium and has less fat. Our Lo-Chol® and Low Sodium Muenster complete your choice of delicious Dorman's Light cheeses.

Be it low sodium, low cholesterol or less fat, Dorman's Light is made to satisfy today's demand for fine taste. Isn't it time you saw the light? Dorman's Light.



NEW FROSTINGS!

DELIGHTFULLY DIFFERENT AND EASY TO MAKE

Looking for an easy way to dress up a cake mix? Need a surprising topper to crest your home-baked cookies? Try these convenient new frosting recipes. They'll be the crowning glory of your fresh-from-the-oven baked goods.

For example, top a rich butter cake with Pistachio Pudding Frosting. Spread cookies with Fluffy Apple Frosting. Or, create a sophisticated torte by combining chocolate cake and Espresso Frosting.



SCOTT LITTLE

Try Pistachio Pudding Frosting, Fluffy Apple Frosting, and Espresso Frosting.

PISTACHIO PUDDING FROSTING

Surprise! This convenient, 5-ingredient frosting simply starts with a box of instant pudding mix—

- **1 4-serving-size package *instant* pistachio pudding mix**
- **1½ cups milk**
- **½ cup butter *or* margarine**
- **½ cup shortening**
- **1 cup sifted powdered sugar**

Prepare the pudding mix according to package directions using the 1½ cups milk. Set aside. (The pudding will thicken as it sits.)

In a small mixer bowl beat the butter or margarine and the shortening with an electric mixer on medium speed for 30 seconds.

Announcing the end of

Introducing Pasta Prima. An easy new way to make special pasta dishes at home.

Pasta Prima

HERB & GARLIC

PASTA SAUCE BLEND

Pasta Prima

ALFREDO

PASTA SAUCE BLEND

Pasta

P

PAST

Add powdered sugar to beaten butter mixture; beat till light and fluffy. Gradually add pudding, beating well.

Use the mixture to frost the tops and sides of one 13x9x2-inch cake. Or, use the frosting to frost the tops and sides of two 8- or 9-inch cake layers. Makes 3¾ cups frosting.

Nutrition information per ¼-cup frosting: 178 cal., 1 g pro., 14 g carbo., 14 g fat, 20 mg chol., 101 mg sodium.

FLUFFY APPLE FROSTING

Shortcut the traditional seven-minute frosting with this version that eliminates using a double boiler. Create the fruity flavor just by adding apple juice concentrate—

½ cup sugar
3 tablespoons frozen apple juice concentrate, thawed
⅛ teaspoon cream of tartar
Dash salt

• • •

1 egg white
½ teaspoon vanilla

In a small saucepan stir together the sugar, apple juice concentrate, cream of tartar, and salt. Cook and stir over medium heat till mixture is bubbly and sugar dissolves.

In a small mixer bowl combine the egg white and vanilla. Add the sugar-juice mixture very slowly while beating constantly with an electric mixer on high speed about 7 minutes or till stiff peaks form.

Use the mixture to frost about 32 cookies such as molasses or gingerbread. Or, use the frosting to frost the top of one 13x9x2-inch cake. Makes 2 cups frosting.

Nutrition information per tablespoon frosting: 13 cal., 0 g pro., 3 g carbo., 0 g fat, 0 mg chol., 6 mg sodium.

ESPRESSO FROSTING

Team this creamy, buttery frosting with chocolate cake and toasted pecans for a mocha sensation. Adjust the amount of coffee you use in the frosting to suit your taste; the 2 tablespoons gives a robust coffee flavor—

1 to 2 tablespoons instant coffee crystals
⅓ cup milk
½ cup butter *or* margarine

• • •

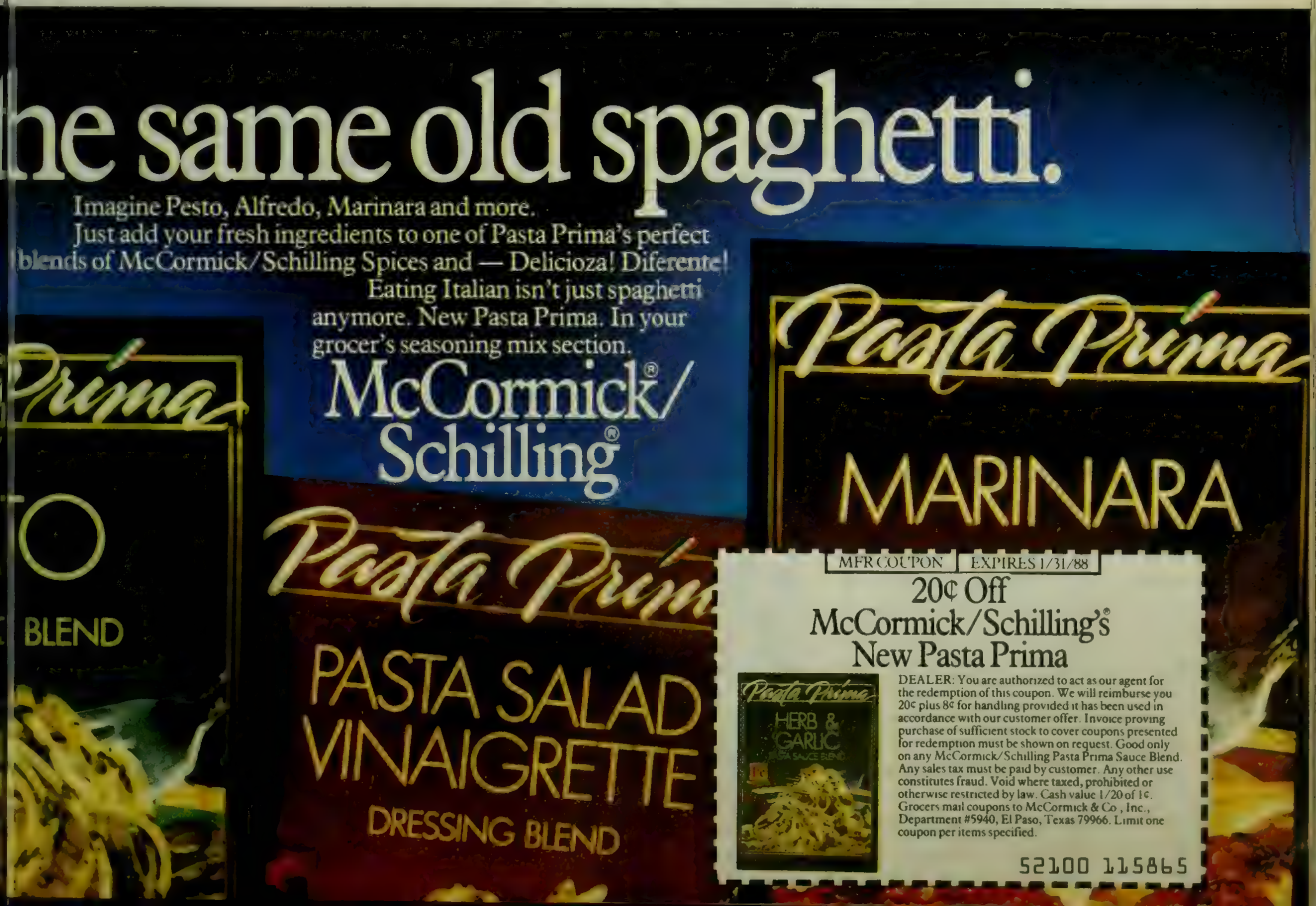
6¾ to 7 cups sifted powdered sugar
2 teaspoons vanilla

In a small mixing bowl stir together the instant coffee crystals and the milk until the instant coffee crystals dissolve. Set aside.

In a small mixer bowl beat the butter or margarine with an electric mixer on medium speed about 30 seconds or till light and fluffy. Gradually add about *half* of the powdered sugar, beating the mixture well. Beat in the coffee-milk mixture and the vanilla. Gradually beat in enough of the remaining powdered sugar to make a frosting of spreading consistency.

To make a torte, use a serrated knife to split two 8-inch cake layers horizontally. Use the mixture to frost in between the layers and the top. Or, use the frosting to frost the top and the sides of two 9-inch cake layers. Makes about 3 cups frosting.

Nutrition information per ¼-cup frosting: 289 cal., 0 g pro., 56 g carbo., 8 g fat, 22 mg chol., 82 mg sodium.



FAMILY TRADITION



Remember? Sure you do. Just about every kid has played with an Etch A Sketch.® It's one of those things that makes being a kid so special. Drawing out creativity. To explore. To discover. To accomplish. Etch A Sketch® takes a kid's imagination as far as it wants to go. Always has. Always will.

THE OHIO ART COMPANY

Etch A Sketch®

SUNSPACES FROM KITS

Sun-Rooms, Solariums, and Solar Greenhouses

By Lawrence D. Stains

Who doesn't long to bask in the sun on a winter morning or to sit and watch as the geese fly south? Sunspace kits let you add a glass-walled getaway to your home at a fraction of the cost of custom construction.

Kit benefits

Sunspaces from a kit—also called sun-rooms, solariums, and solar greenhouses—are one of the great innovations in home additions of the last decade. Produced by more than 40 companies, these kits include all the materials you'll need to add a glass-walled room to your home. You can build it yourself if you're a skilled handyman, or hire a professional.

Kit sunspaces can be assembled in one-half to one-third the time of a glass room built on site, so they cost less than a custom addition. Also, you can see a full-scale sample of what you're buying, and you don't have to pay an architect for design and engineering.



FOUR SEASONS

Your place in the sun, built from a kit.

Design choices

If you're thinking of adding a sunspace to your home, you have three basic styles to choose from:

- all glass with aluminum framing and curved eaves.
- all glass with wood framing; and
- wood framing with a standard, insulated roof and sidewalls; only the outermost wall is glass.

Most sunspaces use glass as the glazing material. However, acrylic or polyester-reinforced fiberglass glazings are also available.

NEW GENERATION

s the new
ch A Sketch
nimator™ And
t only does it
aw anything your
ildren want to draw,
anywhere they want
go, and save drawings
later, it actually allows
em to animate what they've
awn. You've got to see it to
lieve it. The Etch A Sketch
nimator™ brings drawings to life.



The Etch A Sketch Animator™

THE OHIO ART COMPANY

Greenhouse or sunspace?

Your choice of style should be based not only on looks, but also on climate and how you intend to use the space.

All-glass, aluminum- and wood-frame models are known as greenhouses because their design provides the overhead light vital to good plant growth. If horticulture is your intended use, choose a glass roof. In mild climates, you'll need only a single layer of glazing; colder climates require a double layer of glazing to hold in warmth. You'll also need a source of supplemental heat for plants in the winter and roof vents or exhaust fans to help cool the space in summer.

Wood-frame rooms with insulated roofs and sidewalls are less prevalent than aluminum-frame ones, but more energy efficient. If you want to gain *living* space and you live in a cold climate, this style may be your best choice.

Climate-control strategies

Many sunspace buyers in the northern half of the nation choose kits with glass roofs as living areas, despite the risk of winter chills.

One way to keep comfortable, without increasing your energy bills, is to isolate the room from the rest of the house. This is done, simply and attractively, by installing a set of insulated sliding glass or patio doors. When you're not using the room, you can close it off and leave it unheated.

If you plan to use the room frequently on cold nights—or you simply don't want to isolate it from the rest of the house—you'll need to add a supplemental heating source. You may also want to consider low-emissivity glass, a high-performance glass that helps cut down on heat loss.

The other potential problem with glass-roofed living spaces is summer overheating. Sunspaces in *all* climates require shading to keep out the high summer sun. Many manufacturers offer built-in shading systems, such as pleated shades, quilted insulating shades, or mini-blinds that run in tracks in the framework. A thrifty and effective alternative is roll-down wooden blinds on the exterior. As with horticultural greenhouses, an exhaust fan installed on an end wall provides good ventilation for additional cooling.

Costs and construction

Sunspace kits commonly cost from $3,000 to $12,000, depending on size and options. Finish material and labor will boost the *total* cost to 1½ to 2½ times the kit price, even if you do some of the work yourself. All in all, don't be surprised to spend $10,000–$20,000 before you're through. Better-looking sunspaces can cost as much as $100 per square foot.

BUILDING IT

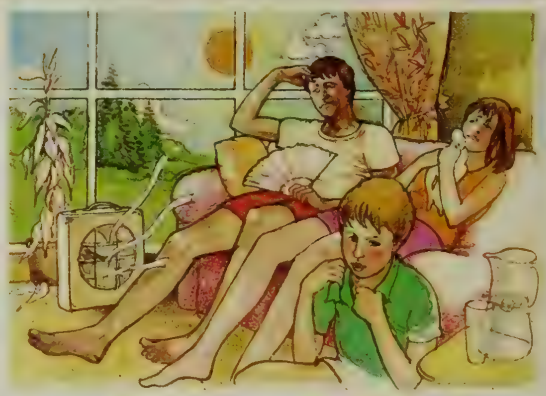
If you plan to assemble the sunspace yourself, be sure to check the instruction manual before you buy, because the quality of directions varies greatly. If you're using a contractor, choose one with kit experience. When checking references, visit homeowners whose sunspaces have been installed for at least a year.

The insulator that really is a window.

or presenting Transparent Insulation from Ford Glass.



"Some windows are too cold."



"Some windows are too hot."

"Windows made with Sunglas® Heat Reflective™ glass are just right."

Some windows let precious warmth escape when it is cold outside and let in too much heat during hot weather.

But Sunglas HR glass lets the winter sun's heat inside and keeps it in. Also, the window surface will stay warmer reducing harmful condensation and drafts.

And in summer, when properly shaded, or when combined with Ford tinted glass products in sunny climates, Sunglas HR glass keeps the sun's heat out.

Sunglas Heat Reflective is a high-tech window glass that looks like clear glass but works like transparent insulation.

No matter what the season or time of day or night, double-paned Sunglas HR is 66% more efficient as an insulator than single glazing, 20% more efficient than old fashioned, ordinary double-paned glass* and it works even better in triple-glazed windows.

Even simple add-on storm windows with Sunglas HR can make your present windows work almost as well as new triple-glazed windows—if not better.

Sunglas HR makes great energy sense for sunspaces. In fact, the larger your glass area, the more you need Sunglas HR.

What's more, Sunglas HR reduces the sun's harmful ultra-violet rays that cause premature fading of household fabrics.

For your comfort and convenience, ask for Sunglas Heat Reflective glass by name. It's backed by a 5 year limited warranty from Ford Glass, the second largest glass manufacturer in North America.

When it comes to glass that works 24 hours a day, 365 days a year, every year—Nobody outglasses Ford.

*Based upon ½" air space. Performance will change with the width of the air space.



See your local window supplier or for more information and a free brochure call **1-800-GLASS-HR** or write to:
Sunglas HR Manager
Ford Glass Division
Dept. HR-1
P. O. Box 43343
Detroit, MI 48243

Ford
Glass Division

Founded 1919. A division of Ford Motor Company.

YOU&KIRSCH



A new distinctive traverse rod in rich reflective finishes. Cirmosa® I lets you show your cleverness with colors. The rod provides distinctive accents...plays perfectly with bright, jewel-toned or subtle fabrics. Shown here in rosé, also comes in brandy, champagne, brass and black onyx. Exclusively from Kirsch. At a price you can afford. Exercise your distinctive taste at your nearby Kirsch dealer. For the name, call toll-free: 1-800-528-1407.

Kirsch®

COOPER INDUSTRIES

TEFLON II

DISTINCTIVE

® Reg. TM. Cooper Industries, Inc. / TEFLON Reg. TM. DuPont Co.



Express your individuality with Euro-styling by Lane.

Now you can mirror your personal style in the decorating motif of the room where you so often entertain friends, family and special guests. It's easy with our Lido dining room. Crisply styled and with a state-of-the-art finish on table tops that shrugs off spills, heat and stains, it will retain its well-built beauty for years. The Lido "Euro" look is also available in bedroom furniture. So, express yourself. Call toll-free 1-800-447-2652 for the name of your nearest Lido dining room dealer. And for a handsome Lane furniture catalog, send $3.50 to The Lane Co., Inc., Dept. C-74, Altavista, VA 24517-0151.

The real secret to rooms with great style is much more than money—it's imagination. Let the following homes spark yours.

PERSONAL STYLE

1986

By Rhoda E. Jaffin

SIMPLE COMFORT

ON THESE PAGES WE TAKE A PEEK AT DESIGNERS' HOMES AROUND THE COUNTRY. READ ON TO FIND OUT HOW YOU CAN INCORPORATE THESE EXPERTS' TRICKS IN YOUR OWN ROOMS.

Walk into the Denver home of architect and designer Rob Austin-Murphy and you instantly feel welcome. Why? It's the friendliness of the place. It puts you immediately at ease.

"The apartment seems to speak to almost everyone who comes here," says Rob. "That's because it's very personal. There's not one object here that I don't love. Each piece I've found and placed in a specific location."

In the eight years that Rob has lived here, the apartment has endured various incarnations. "I've used this place as a laboratory to discover things about design," he says.

At one point it was a student's barren apartment, next it was a cluttered English country-style place, and finally Rob settled on what you see here—a comfortable blend of the antique and the contemporary.



PHOTOGRAPHS: GEORGE JARDINE/PHOTOSTAFF

COUNTERPOINT. The drama comes from mixing pieces.

Although each of the homes shown on the following pages is very different, they all have one thing in common—lots of personality. Every one of these places brims with warmth and individuality. They welcome, they soothe, and most of all, they speak of the people who live there.

After the English manor house look, Rob craved the crispness of contemporary style, but didn't want to lose the warmth that emanates from old pieces.

So he opted for both. He painted the walls a gentle beige and the woodwork a snappy white. Two large abstract paintings replaced a network of traditional English prints. Oriental carpets, antique pieces, and various collectibles provide a sense of age.

Rob also devised a system of background pieces and accents. In the living room, for example, the simple white upholstered pieces serve as foils to the black Windsor armchair and the antique side table.

The coffee table works in a similar manner, forming a self-effacing backdrop for such interesting accessories as an antique bowl, a handmade scythe, and an iron fireplace poker.

The same sense of counterpoint in the living room is captured in the dining area.

continued on page Z5

Two Famous Names in Bedding Introduce a New Name in Mattress Pads . . .



KODEL and KODOFILL are Eastman Kodak Company reg. trademarks.

Beautyrest®

SIMMONS

MATTRESS PADS & BEDDING ACCESSORIES FROM LOUISVILLE BEDDING

Louisville Bedding Company and Simmons have joined together to market a brand new line of bedding accessory products worthy of the *Beautyrest*® name. These two companies combined represent over two centuries of dedication to manufacturing the highest quality products in their fields.

Beautyrest® *Mattress Pads* are made of the finest materials available and guaranteed to perform for years. Springmaid® Unilux, an easy care fabric of Kodel® polyester and cotton and Kodofill® polyester fiberfill for super loft and softness provide the ultimate comfort during sleep. Now buy the best name in mattresses on the best quality mattress pads. . . ***Beautyrest*®, *available at fine stores everywhere.***

KodOfill

Scotchgard Fabric Protector

Louisville Bedding Co., 111 West 40th Street, New York, N.Y., 10018 (212) 221-0066

continued from page Z3

PERSONAL
STYLE
1986



DESIGN ROBERT AUSTIN-MURPHY/AUSTIN-MURPHY PARTNERSHIP

CRISP AND COOL. White seating pieces and tables serve as backdrops for antiques and accessories.

Standing like sentries atop the two parapets, a Victorian toy horse and a much-used wooden bowl set the eclectic theme for the room. Another intriguing painting dresses the wall, and gives a soft nudge of color to the room.

On the other side, a massive Italian armoire seems to tower above the other furniture. Its great size makes the room look larger and anchors the rest of the furnishings.

In this room, Rob indulges a passion for chairs and again puts into practice his system of background pieces and accents. Here, the white laminate table is the backdrop for a seemingly random group of interesting dining chairs.

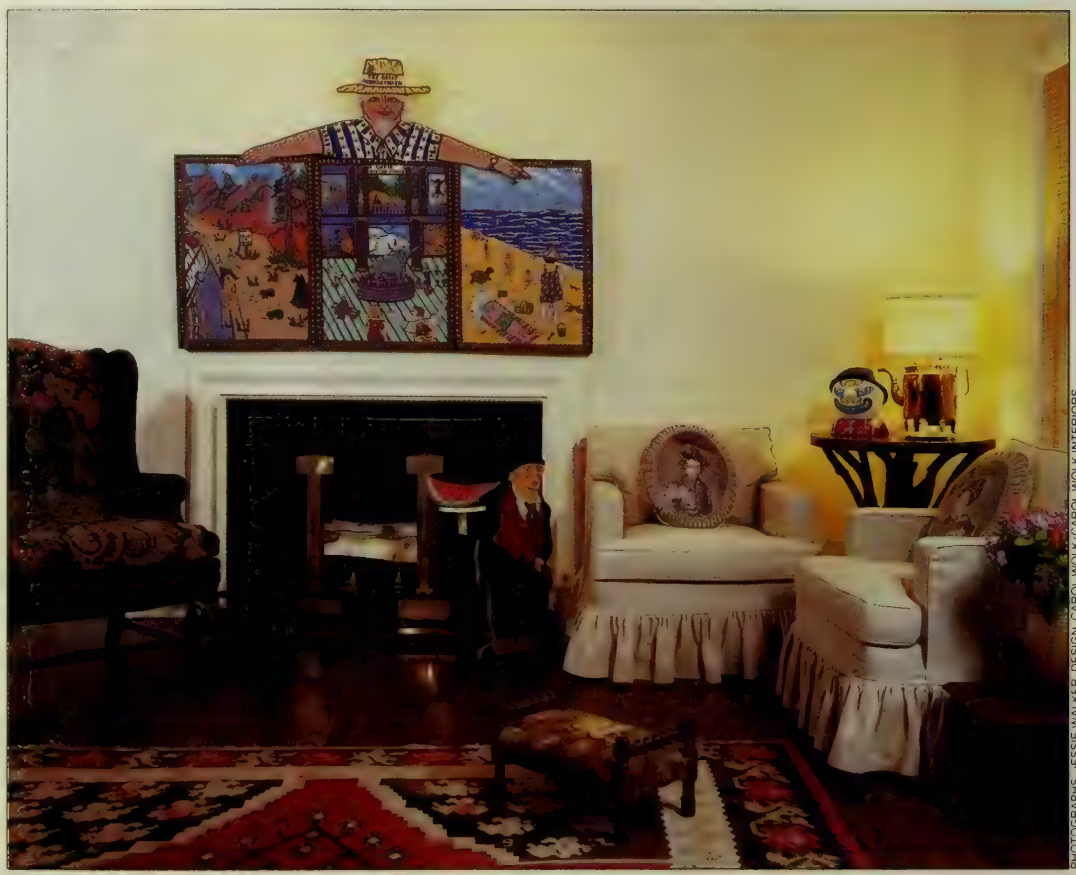


LOTS OF LIGHT. The untreated bay windows let daylight pour into the welcoming room.

"I chose the table because it's fairly anonymous," Rob explains. "But it's the blandness of the table that allows me to have that wonderful collection of various chairs."

People who are so passionate about design have two things in common—they're constantly moving pieces around, searching for the ideal combination, and they're always on the prowl for new things. Rob confesses to both. "I always want to have enough money in my checking account so I can scrape by for the month and still buy something great for my house."

PERSONAL
STYLE
1986



PHOTOGRAPHS: JESSIE WALKER · DESIGN: CAROL WOLK/CAROL WOLK INTERIORS

QUIRKY COLLECTIBLES. A love for collecting can transform a room into a unique space.

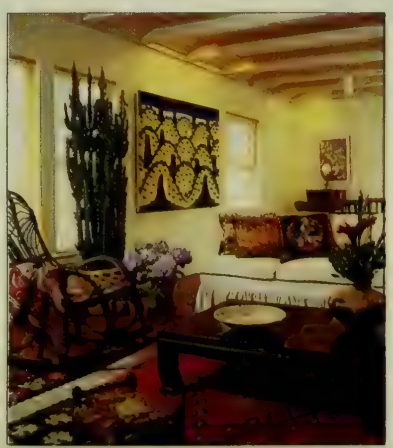
WIT & WHIMSEY

PASSION! THAT'S WHAT'S BEHIND DECORATOR CAROL WOLK'S NEVER-ENDING QUEST FOR QUIRKY FOLK ART AND FURNISHINGS. HER HOME IS A TREASURE TROVE OF BOTH.

Carol lives by the maxim she gives her clients: "If you love it, buy it. You can make it work."

Consequently, her living/dining area is brimming with vintage textiles, antique furniture, and playful artwork. The common denominator? It's all fun.

But Carol knows when to stop. Her rooms aren't chock-full of stuff. She edits her pieces so that each one, whether it's the 1900 twig rocker or the Bessarabian kilim, makes a statement.



SIMPLY FUN. By pairing select pieces and keeping the background plain, playful becomes sophisticated.

Another trick—she keeps the background as plain as possible. Whimsical paintings leap out from off-white walls. Pillows made from ornate Victorian fabrics dress up upholstered pieces covered in simple white linen.

Diversity is everywhere. Above the fireplace, "The Great American Trip-Tik" greets guests with open arms, while a 1930s sculpture of the comic strip character "Jiggs" offers up a slice of watermelon.

There's even more quirkiness in the corner. Here, a rough-hewn Austrian twig table is planted between two inviting armchairs. On top of the table, an antique brass teakettle reborn as a lamp clowns around with an eternally smiling sculpture.



THE BOLD LOOK
OF **KOHLER**.

Streams of bubbles to massage your back, your feet, your soul. The new Hourglass Bath® Bubble Massage. Contoured to fit you comfortably, serenely, with thirty-six air jets for a full-body massage. List price of only $650. See the Yellow Pages for a Kohler Registered Showroom , or send $3 to Kohler Co., Dept. AA0, Kohler, WI 53044.

C6042 Copyright 1986 Kohler Co

PERSONAL
STYLE
1986



PHOTOGRAPH W. M. HOPKINS, DESIGN ROBERT ETZ, FIELD EDITOR CAROLYN FLEIG

REGIONAL PRIDE. Architecture and artwork define the southwestern location.

STUNNING SOUTHWEST

TRY REGIONAL DECORATING TO GIVE ROOMS ONE-OF-A-KIND STYLE. SET THE LOCALE WITH ARCHITECTURAL ELEMENTS, THEN LET THE FURNISHINGS DONATE DRAMA.

One look and you know where this home is located—the Southwest. The unmistakable clues include the white stucco walls, the bold ceiling beams, and the room-stopping artwork.

But this Santa Fe home hasn't always looked this way. Designer Robert Etz rescued it from eternal blah-dom. "I knew the room had possibilities," he says, "but first I had to get rid of the green ceiling, the brick fireplace, and the pine mantel." His goal: Make the place reflect its location. His moves:

- Pickle the heavy ceiling beams a gentle white to "raise" the ceiling and lighten the room.
- Replace the old fireplace with one of stucco. The mantel, made from Mexican stone carvings, works like a sculpture and adds instant architecture.
- Replace traditional windows and French doors with rounded archways.

Etz lets the architecture impart most of the room's regional flavor, and uses the furnishings to provide diversity.

On dance-hall smooth floors, a vibrant Mexican rug gives a jolt of pattern. Old saddle-blankets-turned-floor-pillows add spicy interest and casual contrast to the finely drawn French-style armchairs.

The pièce-de-résistance—artist John Fincher's contemporary painting. This one image captures the essence of the Southwest—the warm blue of the sky, the rich rust hues of the earth, and the ubiquitous cacti.





Avant Grey by Seiko. A collection for today. Advanced. Streamlined. Immediate impact. Lasting style. Elegance of tone and texture. The shape of modern time.

SEIKO QUARTZ CLOCKS

© Seiko Time Corp., 1986

PERSONAL
STYLE
1986



PHOTOGRAPHS: MARIS SEMEL

CHEESE BELLS
A series of cheese bells, a rare egg basket, and a sardine box date from 1870 to 1880.

COLORFUL, COLLECTIBLE MAJOLICA

COLLECTIBLES ARE AN IMPORTANT FACTOR IN GIVING A HOME A UNIQUE LOOK. MAJOLICA, A WHIMSICAL AND COLORFUL 19TH-CENTURY POTTERY, IS SURE TO SET YOUR HOME APART.

If a nut plate shaped like a nutshell or a fish platter in the form of a fish seems corny to you, look before you laugh; it could be majolica. Made as cheap, fun pottery in the 1880s, majolica has been rediscovered in the 1980s.

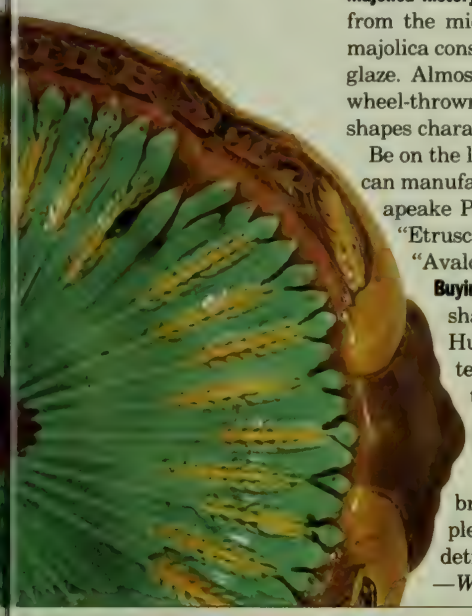
What's the appeal? The terrific colors and downright silliness of the stuff. A few pieces on the mantel add instant whimsy to a living room. A cabbage leaf tureen on a breakfast table or a few funny plates displayed on a wall can zip up a kitchen.

But don't expect grocery-store prices. The value of majolica pieces is soaring. Spectacular examples such as cauliflower-shaped teapots



Do you sleep in the nude?
You must have discovered
Pillowcases
Bedspreads
Pillow Shams
Comforters

BREAD TRAY
The motto on this bread tray reads, "Where reason rules, the appetite obeys."



can command prices of hundreds of dollars.

However, if you find yourself succumbing to majolica's charm, don't worry; there are still bargains to be found. Small pieces and less lavish examples sell for $25 to $50. And the pottery can still be unearthed at antiques stores.

Majolica history. Produced in this country and in England from the mid-1800s until after the turn of the century, majolica consists of a red clay body covered by a thick lead glaze. Almost all pieces were cast in molds rather than wheel-thrown; only molding could create the fanciful shapes characteristic of the pottery.

Be on the lookout for pieces from the two biggest American manufacturers—Griffen, Smith & Hill, and the Chesapeake Pottery. Griffen, Smith & Hill's trademark is "Etruscan Majolica"; the Chesapeake Pottery used "Avalon Faience."

Buying tips. In addition to the bright colors, the shapes are what make majolica so intriguing. Hunt for such unusual items as ice-cream platters in the shape of beribboned straw hats, oyster dishes thick with seaweed and oyster shells, leaf-shaped relish dishes, and umbrella urns that mimic tree stumps.

Like all earthenware, majolica chips and breaks easily. Be watchful for damaged examples and for those with mismatched tops. Both detract from the value of a piece.

—William Ketchum, Jr.



FIELD EDITOR: BONNIE MAHARAM

PITCHER AND BASKET
Flowers are common on majolica pieces. Both the pitcher and basket are decorated with them.

MAJOLICA COURTESY OF PATTY WIENER





Pennsylvania Colonial quilt, c. 1870. Courtesy of Margaret Cavigga

The latest in early American.

Great designs outpace the march of time and secure their place in history.

Indeed, enduring styles are more than variations on timeless themes, they are reflections of tomorrow's tradition.

Here, the Delta® Award Collection™ Widespread Lavatory Faucet in Cultured Gold* Bright. Finished with tapered solid oak lever handles.

Delta washerless faucets. They last. And last. And last.

To see the complete *Delta Award Collection,* call your plumber.

DELTA

We're First Because We Last.

*Simulated gold finish. Delta Faucet Company, P.O. Box 40980, Indianapolis, Indiana 46280. © 1986 Masco Corporation of Indiana

PERSONAL
STYLE
1986



PHOTOGRAPH: SCOTT LITTLE DESIGN: JIM WILLIAMS

EYE FOR THE UNUSUAL. A crazy-quilt collection of objects form an intriguing vignette.

CLASS WITH CRAFTS

CRAFTS ARTIST JIM WILLIAMS' DISTINCT DECORATING STYLE CONSISTS OF COMBINING UNUSUAL ANTIQUE PIECES WITH HIS OWN HANDCRAFTS FOR AN INIMITABLE LOOK.

Jim readily admits that not everyone loves his way of decorating. "A lot of people think it's out-and-out weird," he says with a smile.

But to Jim this is comfort. "I like having things around me," he says. "I admire sparse, contemporary rooms and I try to copy them, but then I keep adding a little of this, a little of that, and it ends up looking like this!"

In the living room Jim shows off his love for the unusual and his ability to pull unlike pieces together. "I think I see things in objects that other people don't see," he says.

His vision proves to be true. This unusual collection includes: an old martin house from his uncle's summerhouse in Maine, two antique lightning rods, a painted Victorian daybed covered with pillows (many designed and needlepointed by Jim), a Victorian lady's wicker rocker, and two of Jim's painted floral plaques.

It's an odd grouping. And yet it works. No one item steals the thunder. The objects complement one another, and can be appreciated on their own.

PERSONAL
STYLE
1986

WORLDLY GOODS

A CONSTANTLY MOVING EXISTENCE CAN BE TURNED INTO A DECORATING ADVANTAGE. FURNISHINGS AND OBJECTS GATHERED ON TRAVELS CAN GIVE A HOME ITS OWN SPECIAL STYLE.

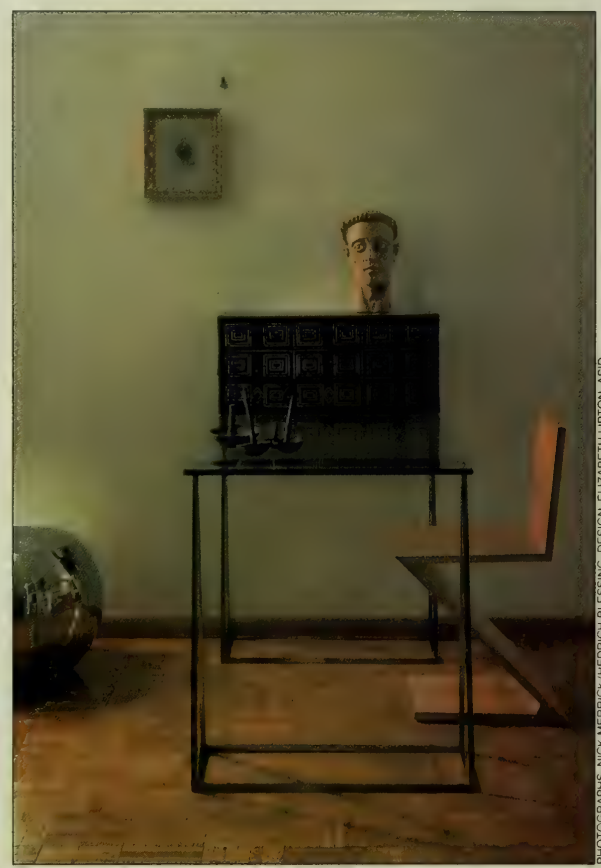
The spacious apartment in which Chicago designer Elizabeth Lipton lives with her husband reflects the odyssey of their life together. The rooms teem with exotic artifacts, paintings, and wall sculptures from Europe, Africa, and South America.

Wherever she travels, Elizabeth brings back more than just memories; she also lugs decorative mementos. The result is a unique, inimitable home.

Of the places she's lived, Elizabeth says, "I felt most at home in Spain. What I found exciting there was the sense of drama. I learned about drama and contrast in Spain."

She took the lesson to heart. Throughout her home she counterpoints different objects with dramatic—and often startling—results.

This vignette is one good example (*above right*). Here, Gerrit Rietveld's graphic Z chair (one of the many 20th-century design classics that Elizabeth collected during her years in Madrid) is pulled up to a glass-and-chrome table of her own design. Beside the table sits another of her designs, a small chrome orb that serves as both a table and a chair.



PHOTOGRAPHS: NICK MERRICK/HEDRICH-BLESSING. DESIGN: ELIZABETH LIPTON, ASID

SOUVENIR DECORATING. Elizabeth Lipton's furnishings tell the story of her worldwide travels.



TIMELESS BEAUTY. Although designed more than 30 years ago, the dining table and chairs look modern.

Yet it's what's on top of the larger table that really grabs the eye. Surrounded by heavy iron nails taken from Moorish doors, sits a *papelera*. Made of ebony and ivory, this small Majorcan chest of drawers was originally created to file papers.

As if that weren't enough contrast, an antique Peruvian monk's head tops the chest, staring out with a tormented (and unnerving) look. On the wall above hangs a Rembrandt etching in a frame made of antique Italian molding.

"I like theatricality," explains Elizabeth, "In my own home, I can indulge this love of drama."

She continues to indulge it in the dining area, where she also demonstrates her eye for choosing timelessly classic furnishings.

Although the space looks quite modern, the furnishings are at least 30 years old. Leather sling chairs designed in 1935 provide elegant dinnertime seating. They're drawn up to a chrome-and-marble table that was designed in the 1950s by the famous designer Florence Knoll.

Only a Modigliani lithograph and an antique Spanish religious statue decorate the walls. Why did Elizabeth decide to pair these two? "They have the same face," she explains.

In the corner, a wall-mounted triangular light sets a series of Swedish ceramic vases aglow.



Up to
$100 REBATE
direct from Tarkett.
See your Tarkett Lifetime Inlaid Flooring dealer for details.
Offer valid October 4-November 15, 1986.

Tarkett Announces Lifetime INLAID FLOORING™

Technology so advanced its beauty has a life time warranty.

Unique Color Crystal Technology Insures a Life Time of Beauty.
Thousands of tiny, tough Color Crystals heat-set into thick lustrous vinyl, creates a depth of color and clarity of pattern unmatched by ordinary inlaid flooring. Tarkett Guardian No-Wax Wearlayer™ resists scuffing and staining and never needs waxing.



Exclusive Tarkett Warranty Gives Life Time Protection Against Wear.
Armstrong Designer Solarian® is only warranteed for 5 years against manufacturing defects, Tarkett Lifetime Inlaid Flooring has a life time warranty against manufacturer's defects and household wear. The most complete warranty ever offered.* A Tarkett exclusive.

Tests Prove Tarkett Lifetime Inlaid Flooring Outwears Armstrong Designer Solarian®
Rigorous testing confirmed by an independent laboratory proved conclusively that long after Armstrong Designer Solarian® was worn away, the beauty of Tarkett Lifetime Inlaid Flooring was unspoiled.



Lifetime is Today's Best Inlaid Flooring Value.
Durability, a life time of beauty and a life time warranty. For the Tarkett dealer nearest you, call Toll-Free 1-800-FOR-TARKETT. Or see the Yellow Pages under "Flooring."

Tarkett®
The World's Most Experienced Flooring Company.

Pattern shown: Lifetime Linden Court,™ #61038
For complete details refer to the Tarkett Consumer Protection Plan.

PERSONAL
STYLE
1986

REPRODUCTION "ANTIQUES"

TODAY'S EXCELLENT REPRODUCTIONS MEAN YOU CAN STILL HAVE A SHERATON HUNT BOARD OR A CHIPPENDALE SECRETARY THAT, ALTHOUGH NOT CHEAP, IS AFFORDABLE.



COURTESY OF CENTURY FURNITURE

WALNUT TALLBOY
The circa 1700 original hails from Trerice in Cornwall, England.

Want the rich look of fine antiques without having to rob a bank? Try reproductions. Today, at stores or by mail, you can buy the same designs that decorate the great homes of the South, or even English and Irish palaces.

The value of reproductions

With prices for antique furniture skyrocketing, buying reproductions may be the only way to get the designs you want. However, reproductions don't come cheap. They usually cost more to make than similar new pieces, and the cooperating museum also takes its slice of the pie.

Types of reproductions

Part of the appeal of these copies is their historical association. So that you know you're getting what you're paying for, it's helpful to know the difference between the terms *replica*, *reproduction*, and *adaptation*.

A *replica* is a line-for-line copy of an existing piece of furniture. Insofar as possible, the manufacturer uses the same materials and painstaking methods of construction as were employed on the original.

A *reproduction* is also a line-for-line copy of a specific antique. In some designs, liberties may be taken in construction or type of wood. Both reproductions and replicas are usually marked so they won't be pawned off as true antiques.

An *adaptation* emulates a certain kind of furniture. It may be very true to the original, or it may be quite fanciful.

Country-style pieces

Recently, manufacturers have found there's a market for mid- to late-19th-century country reproductions. Two such examples are the Hickory Chair Company's American Digest Collection and the Lane Company's collections produced in conjunction with the Museum of American Folk Art. However, because this furniture is still fairly plentiful, you may want to check antiques stores and auctions before shelling out for a new copy. These originals may be cheaper than a reproduction and will increase in value.

—Barbara Mayer



COURTESY OF BAKER FURNITURE

MAHOGANY TABLE
This side table displays the same carving as the original in Tullynally Castle in Ireland.



TALL CASE CLOCK
A copy of a 1765 tall case clock from Williamsburg, Va.



The Plaza™ Suite is shown in our Blond Whisper Color™ with Lexington™ faucets.

For our luxury products brochures, send $2 to American-Standard, Dept. BHG, P.O. Box 2003, New Brunswick, NJ 08903.

To see Plaza, visit our Showplaces: Chicago (III Crossroads of Commerce, Suite 100, Rolling Meadows); Dallas (12344 Inwood Rd.); Los Angeles (116 N. Robertson Blvd.); New York (40 W. 40th St.); Pittsburgh (100 Ross St.).

© 1986 American Standard Inc.

The Plaza Suite. For those who don't understand the meaning of compromise.

AMERICAN STANDARD

Pure luxury

For your nearest showroom call 1-800-821-7700 (ext. 4023)

PERSONAL
STYLE
1986



PHOTOGRAPHS: PETER VITALE

OLD-WORLD STYLE. Here's one way to get it—combine a beautiful backdrop with sumptuous seating.

UPTOWN ELEGANCE

THE SECRET TO CREATING TIMELESSLY ELEGANT ROOMS IS TO CHOOSE CLASSICAL FURNISHINGS (REGARDLESS OF ERA), AND TO DECORATE WITH PIECES THAT HOLD SPECIAL MEANING FOR YOU.

In his Manhattan apartment, New York interior designer Timothy Macdonald has captured the essence of timeless elegance. Yet he freely admits that his style defies categorization. It's a look of his own creation dictated in part by the Victorian architecture of the 1885 building.

A designer of great versatility, Tim confesses that decorating his own home proved to be a challenge. "I'm used to working within a set of givens," he says, "the taste of the client and the architecture. When you work for yourself it's difficult; you're used to playing off other people's points of view.



DRAMATIC DETAILS. A rare art deco armoire is dressed with a statue of Lady Godiva and Lalique vases.

"I arrived at what you see here through a lot of different routes," he says. "One was the architecture, another was my own collections—things that I've acquired through the years."

His first step in his living/dining room was to set a stage of serene sophistication. The walls, a cappuccino color that Tim dubs "paper bag," provide a rich backdrop for paintings and furnishings. The room's glitter comes from the ceiling. Papered with silvery Japanese tea paper, the surface transforms any light into a room-flattering glow.

continued on page Z20

KODEL®

THE FIBER OF AMERICAN LIFE



CROSCILL

Capture the lavish splendor of old-world elegance with "Versailles" by Croscill. A romantic ensemble, it's designed for easy care in Kodel polyester and cotton and enriched by delicate lace and champagne satin trimming. The comforter is plumped with KodOfill® polyester fiberfill for luxurious softness. The entire collection includes comforter, bed ruffle, pillow shams, decorative pillows, curtains, draperies, valances, table round and shower curtain. Available at fine stores everywhere.

MAN MADE FIBERS MAKE LIFE BETTER

©1986 Eastman Kodak Company

STMAN CHEMICAL PRODUCTS, INC., a subsidiary of Eastman Kodak Company, 1133 AVENUE OF THE AMERICAS, NEW YORK, NY 10036.

DEL and KODOFILL are Eastman's trademarks for its polyester fiber. Eastman does not make fabrics or consumer textile products and therefore makes no warranties with respect to such products

Want to know a secret?

A picture may be worth a thousand words, but M.I. Hummel figurines are worth more. They give shape and dimension to the imagination. And though they cannot speak, they are fluent in the language of the heart.
Listen to them. They know the secrets we share only with ourselves.
For a catalog and brochure send $1 to:
Goebel, P.O. Box 457, Dept. BS610H, Tarrytown, NY 10591.



M.I. Hummel collectibles. Priced from $20 to $14,750.

Goebel

A tradition in handcraftsmanship since 1871

© Goebel 1986

continued from page Z18

PERSONAL STYLE



DESIGN: TIMOTHY MACDONALD/TIMOTHY MACDONALD, INC

CITY LIGHTS. A view of Manhattan serves as an elegant backdrop for the dining area.

Instead of packing the room with static traditional pieces, Tim opts for 20th-century design classics. A set of Le Corbusier chairs covered in suede the hue of melted chocolate offers wide-arm welcome. Tim inherited these prototype chairs, which were bought by his brother in Europe years ago.

For the fireplace, Tim found an ornate Louis XVI marble mantel. Above it hangs an imposing gilt mirror. A sumptuous chair and ottoman sit nearby. These seating pieces also hold ties to Tim's past. They were among the first articles of furniture designed by the late interior designer Angelo Donghia. For many years Tim was Donghia's assistant. As a fledgling designer, one of Tim's first projects was the design and production of this chair and ottoman.

More classics dress the dining area. An oak Biedermeier table can stretch to seat eight. The seating comes from copies of leather dining chairs off a cruise ship of the 1930s.

The sycamore armoire by the fireplace is another '30s relic. Topped with the unlikely mix of a statue of Lady Godiva and a group of Lalique vases, the imposing cabinet works as a hard-edged anchor for the soft furnishings around it.

PERSONAL STYLE

1986

Interested in finding out more about advertised products in this special Personal Style section?

- To find the nearest dealer carrying Croscill, Delta, Goebel, Kohler, Seiko and Tarkett products call:

1-800-247-2504

- To receive booklets that can help you plan purchases for your home, place a check next to the appropriate manufacturer's name for each booklet you'd like to receive. **Include 50 cents for postage and handling (in addition to any fees noted).**



Delta® Faucet Company.

FULL-COLOR BROCHURE represents the complete line of Delta washerless faucets for the kitchen, bath and lavatory, including designer Award Collection™ models. *$1.00.*

Kohler® Company.



Kohler elegance: 48 pages of colorful ideas for your bathroom, powder room and kitchen — whirlpool baths, spas, environmental enclosures, fiberglass shower coves, bidets, decorative faucets, kitchen sinks, water-saving toilets, shower heads and much more. *$3.00.*



Lane® Furniture.

This 52-page color catalog features dining and bedroom furniture, occasional tables, cedar chests and many unique accent pieces. *$3.50.*

Springmaid® Industries.



Springmaid offers creative ideas for decorating with Springmaid sheets. From lamp shades to cabanas, this booklet gives complete instructions. *$1.00.*



Tarkett® Company.

Eight-page full-color booklet containing room scenes with patterns, styles and colors of Tarkett's new "Lifetime" No-Wax Inlaid Vinyl Flooring. Information on the only lifetime warranty. *Free.*

Send 50¢ for handling plus any fees shown below:

- ☐ Delta Faucet. $1.00.
- ☐ Kohler Company. $3.00.
- ☐ Lane Furniture. $3.50.
- ☐ Springmaid Industries. $1.00.
- ☐ Tarkett Company. Free.

Name _____

Street/Address _____

City _____

State _____ Zip _____

Mail to:
Better Homes and Gardens *Personal Style Guide*
P.O. Box 10259, Dept. 610-P, Des Moines, IA 50336







East Coast Inland Passage Fall Foliage Cruise

This fall, take the cruise you've been dreaming of with American Cruise Lines...a wonderful 14-day, one-way cruise along the beautiful East Coast Inland Passage between Savannah, GA and Baltimore, MD. In the splendor of brilliant crimson, orange and gold foliage and a crisp, fall climate, you'll travel through more than 1000 miles of picturesque rivers, canals, and bays with an abundant variety of wildlife.

Departing from Baltimore, MD, on October 25 and November 22, 1986, or from Savannah, GA, on November 8, 1986, you'll discover 13 charming ports of call including picture-perfect Savannah, GA and pre-Civil War Charleston, SC. As you cruise along the fascinating inland passage, you'll be pampered in the tradition of American Cruise Lines, with unsurpassed service, sumptuous cuisine, and oversized staterooms with every amenity.

FREE AIR FARE

Right now, you can enjoy free air fare from selected gateway cities when you book your 1986 East Coast Inland Passage Cruise prior to October 31, 1986.* Space is limited, so call now for a free color brochure 1-800-243-6755, in CT collect 345-8501. Or see your travel agent. ***Certain restrictions apply.**

AMERICAN CRUISE LINES INC.
HADDAM, CONNECTICUT 06438

Please send me your free deluxe brochure on American Cruise Lines cruises.

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ BH-1086

BERMUDA OFF-SEASON

AN ISLAND PARADISE FOR SPORTING VACATIONS

By Mark A. Ingebretsen



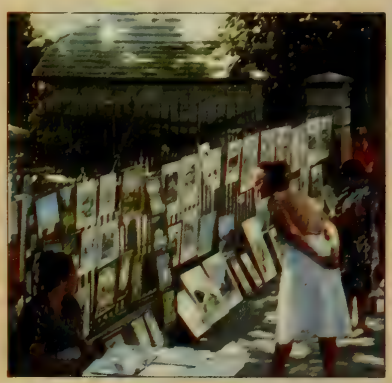
Back roads for bikers



Tropical trails for hikers



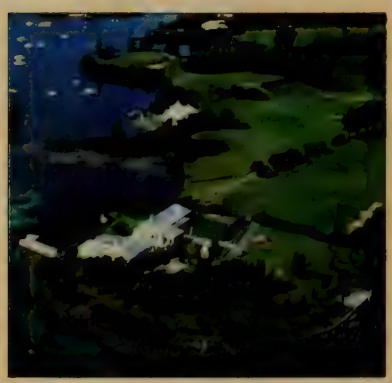
Nine courses for golfers



Picturesque towns for browsers



Deserted beaches for riders



Sunshine for everyone

BERMUDA MINISTRY OF TOURISM (5)

MARK A. INGEBRETSEN (BOTTOM CENTER)

Whether your sport is biking, hiking, golf, tennis, or just enjoying the sunshine, this tidy British colony has it all—at bargain off-season prices.

Just 600 miles off the Atlantic coast, the island of Bermuda basks in sunshine almost year-round. Bright-feathered birds fly overhead as you amble down cobblestone roads. In the harbors, sailboats seem suspended in the transparent sea, while ocean breezes entice you to action! Bermuda's off-season (mid-November through March) is just the time for active folks to combine a favorite sport and a vacation.

Temperatures in the 60s to 70s make any sport a delight. A few hardy souls even swim off the island's many beaches, where the warming Gulf Stream keeps water temperatures in the 60s.

But you'll find much more to see and do. Without busy tourist-season crowds, the island resembles a private country club—22 manicured and lovingly maintained square miles, shaped like a hook. Bermudians—famous for their hospitality—are especially easy to meet during this relaxed season. Ask a shopkeeper for directions, and you may get in on the latest island news, or be told that off-season is Bermuda's best time of year.

AN ACTIVE ISLAND ITINERARY

Match your sports interests with what Bermuda has to offer.

● **Golf**—No less than nine courses wind among the island's hills and along its shorelines—more golf courses per square mile than in any other country.

continued

Safe and Warm

The revolutionary new self-heating mattress pad.*™

At last! Warmth and comfort without electricity!

Thanks to space-age technology, now there's Safe and Warm®. A breakthrough BedSack® product with a built-in layer of "miracle" fabric that radiates body heat back to you, yet allows moisture to pass through for exceptional comfort. Imagine. No bulky coils or dangerous wires.

Safe and Warm is easy to care for. Keeps its shape after repeated washings. Fits snugly in the great BedSack tradition. Safe and Warm® pillow covers, too. At linens departments everywhere.



MADE IN AMERICA

PERFECT FIT, INC.

...ort TEFLON® ...stain repeller...is used on ...Perfect Fit products.

*Patent pending © 1985 Perfect Fit, Inc., Monroe, N.C. 28110

TODAY'S COOKTOP FOR TODAY'S COOK.



For literature write KitchenAid, Dept. C-1T, P.O. Box 3900, Peoria, IL 61614

The KitchenAid® cooktop is the one for the way modern America lives and cooks.

Its built-in grill brings outdoor flavor indoors. And its stick-resistant permanent finish gives you the easiest cleaning ever.

It has an extra-wide heat choice, too, from a 2600-watt Power™ Burner to a "lower than low" simmer.

It's designed to fit virtually all 33" or 36" cooktop cutouts, so it could replace your old-fashioned cooktop this week.

The KitchenAid cooktop, for the sizzle to match your lifestyle.

KitchenAid

KITCHENAID® FOR THE WAY IT'S MADE.™

BERMUDA OFF-SEASON

continued from page Z22

Try the challenging Mid-Ocean links. On the dreaded fifth hole, you drive a minimum 175 yards over water. Nearby, on the 16th tee of the Port Royal Golf Course, even pros struggle to hit 149 yards against sea breezes, through rugged roughs, and over ocean waves. With luck, you'll land on the green, which sits precariously on a cliff's edge.

To play at any course, simply make reservations through your hotel.

● **Tennis**—Bermudians exported this sport to the U.S. in 1874. Locals remain passionate about tennis—especially on crisp off-season mornings. Many hotels, such as the Sonesta and Elbow Beach, have their own courts, available to guests and nonguests. Otherwise, play at the Government Tennis Stadium in Pembroke Parish (eight courts). Bermudians prefer—and often require—proper attire on the courts. Be sure to bring your tennis whites.

HEALTHFUL SIGHT-SEEING

● **Horseback riding**—Breakfast rides leave from several stables in Warwick Parish. You'll watch the sun come up while riding along the island's South Shore, as sea breezes whet your appetite. Rides conclude with a traditional English breakfast (hot tea, muffins, and jam) served in a country inn. Want to sleep in the morning? You can make reservations at your hotel to ride anytime, even for lessons.



MARK A. INGEBRETSEN

A dockyard scene in Somerset

● **Moped touring**—To minimize traffic problems, only Bermudians are allowed to drive cars. But rent a trusty moped, and you can ride to every corner of the island. Agencies in Hamilton rent mopeds for less than hotels do, and they'll deliver the bikes to your hotel.

A special scenic route: Get on Harbour Road out of Hamilton, and follow it west for spectacular views of Great Sound, the island's main harbor. Make a left onto Middle Road. Follow it across the world's smallest drawbridge to Somerset Island. Touring the shops and dockyards of Somerset Village makes a nice break before returning.

● **Bicycling, running, and hiking**—Local and visiting bicyclers meet every Sunday at 8:30 a.m. at Paget Parish's Botanical Garden, then head out to explore new routes. Rent three-, five-, and 10-speed bikes from "Wheels Too," a bike shop on Trott Road in Hamilton. Serious cyclers might wish to bring their own bikes. (A local bike shop can show you how to pack it and supply you with a box, usually for free.)

Joggers meet at the Botanical Garden at 10 a.m. on Sundays.

For walkers, a network of paths, called Tribe Roads, lets you view the fragrant flower gardens and pretty pastel homes away from main-street noise and traffic.

The "Railway Trail," actually an abandoned railbed with the tracks removed, traverses the length of Bermuda. Spanish moss and giant palm fronds form a canopy above you. Every turn presents new views of blue water bays and tiny towns. For highlights of the trail read "The Bermuda Railway Trail Guide" brochure, available at information centers in hotels and shops around the island.

WATER SPORTS

● **Boating**—The sheltered waters of Bermuda's many bays give even novice seafarers the chance to practice their sailing skills in lakelike conditions. You can rent everything from board surfers to 17-foot day sailers at marinas throughout the island (your hotel can recommend the best spot for your sailing ability). If you like, charter a yacht (power and sail available, ask at your hotel), and let a professional crew take you for a day of island exploring.

● **Fishing**—Rise and shine early, and try your luck fishing for barracuda, bonefish, and pompano right off the beach. Bring your own tackle, or rent it from several shops in Hamilton. Call the Bermuda Sport Fishing Association Booking Office at 52370 to charter a fishing boat and set out in search of marlin, dorado, and tuna.

continued on page Z28

Give Your Family a Utah! Lift for Less

ess hassle. More fun.

A winter week in Utah! could be the best vacation value your family ever enjoyed together.

ess Travel

Utah! ski resorts are close and convenient, with all the amenities to bring your family closer together. Seven resorts with world-class skiing are less than an hour from Salt Lake International Airport and four more resorts are just another 30 minutes away.

lore Memories

From the crisp clean air of Utah's mountains to the warm welcome of Utah's people, your ski vacation will make lasting memories for everyone.

ess to Learn

Beginner to expert, The Greatest Snow on Earth is groomed every day for your style of skiing. And if it's your first time, the best instructors anywhere will have you skiing like a pro in no time.

lore for You

There's more to a Utah! vacation than skiing. Big city amenities are less than an hour away, and the resorts are packed with shopping, strolling and sights to see.

lore Information

Families are favorites in Utah! This year, treat yourself to Utah. It's the vacation you deserve.

For your FREE Utah Ski Planner with more information on all 16 Utah resorts, lodging, transportation and everything you'll need, write:

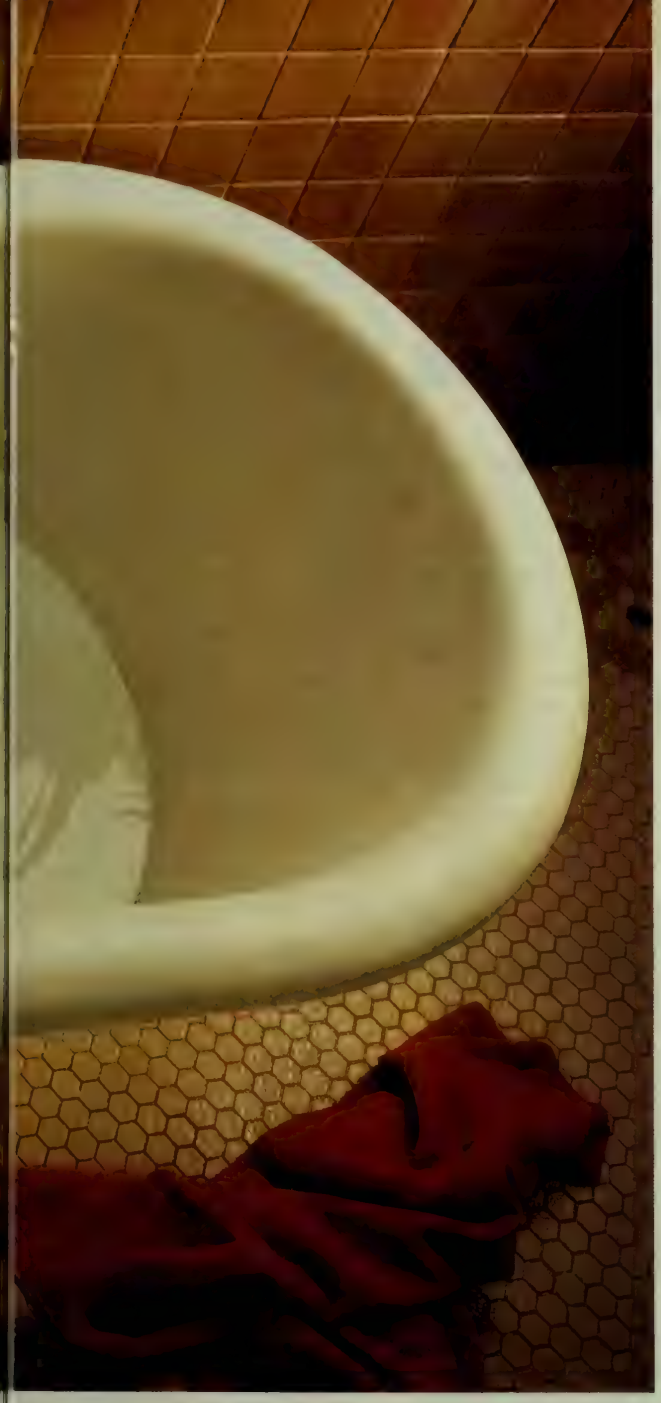
Families Ski Utah
UTAH TRAVEL COUNCIL
Council Hall / Capitol Hill
Salt Lake City, Utah 84114
or phone (801) 533-5681

UTAH
TRAVEL COUNCIL

or a faster reply, enclose $2 and we'll return our Utah Ski Planner by First Class Mail.



Ever Since Yo
You've Wanted b



Somewhere, deep in your mind, is a child who grew up with dreams of adventure and romance.

A child who could turn a toy boat into a sailing ship. And a bathtub into the bounding main.

On a Royal Caribbean cruise, you could find yourself getting to know that child all over again.

You could spend seven, eight, ten, or even fourteen days discovering storybook islands ringed with palm trees and scented with hibiscus.

You could dance to the pulsating rhythm of steel drums. Dine on fresh pineapple and flaming babalu. Meet a neon-blue fish, face to face, in the lacy shadows of a coral reef.

Or stand high on a polished deck, with a warm breeze in your face, as your ship glides through an indigo sea that stretches all the way to the edges of your imagination.

Just see your travel agent about a Royal Caribbean cruise.

It can take you away to some of the most beautiful places on earth.

And take you back to some of the most beautiful times of your life.

ROYAL CARIBBEAN

Song of Norway, Song of America, Nordic Prince, Sun Viking
Ships of Norwegian Registry

Were A Kid,
Take A Cruise.












Ford

Aerostar... it does so much so well.

Ford Aerostar has the most aerodynamic design of all the mini-vans. A versatile performer–that looks good anywhere.

The Age of Aerostar s an age of versatility. It's vehicle so versatile it elps your busy day run a ttle smoother. And it ooks good anywhere you ake it.

Looks make a difference.

Aerostar's aerodynamic hape requires less effort o cut through the wind's esistance. This not only elps conserve fuel, but it ontributes to better han- ling on the highway and quiet ride.

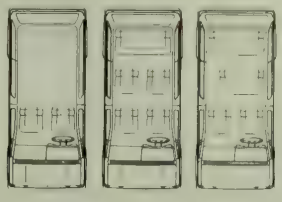
Handling... it will surprise you.

The Aerostar was also esigned with a tight rning radius that most ompact cars would envy. will fit in tight parking paces (as well as your wn garage). Most impor- ntly it handles like a car, o you feel comfortable riving it anywhere.



Rearrange the seating.

The Aerostar has several seating arrangements for you to choose from.



It will seat from 5 to 7* people in roomy comfort. And the rear bench seats slide out easily to give you an open cargo area of 139 cu. ft.

Everyday use... a little easier.

Although the doors are large, they aren't cumbersome. Their size offers easy access to the baby's carseat or the groceries without your having to stretch or twist into uncomfortable positions.

Comfort and convenience inside.

You can gracefully get in and out of the Aerostar, even in a skirt. Once inside, you sit tall for a commanding view of traffic outside, and the kids inside. All the controls are at your arm's reach–freeing your concentration for the road ahead. Ford has also included rear headphone jacks and controls with any optional AM/FM radio.

Power... it's a given.

Ford has now given Aerostar its powerful 3.0L V-6 engine as standard equipment! That's enough power to tow up to 4900 lbs.* of boat, trailer or anything else.

Quality is Job 1.

The Aerostar was designed and built with the high standards of Ford quality.

Lifetime Service Guarantee.

Participating Ford Dealers stand behind their customer-paid work, in writing, with a free Lifetime Service Guarantee for as long as you own your Ford car or light truck. Ask to see this Guarantee when you visit your participating Ford Dealer.

Buckle up–together we can save lives.

*Seats seven with optional rear bench seat. Towing rating is reduced by passenger and cargo weight in towing vehicle.

Ford Aerostar vs. Chrysler Mini-vans

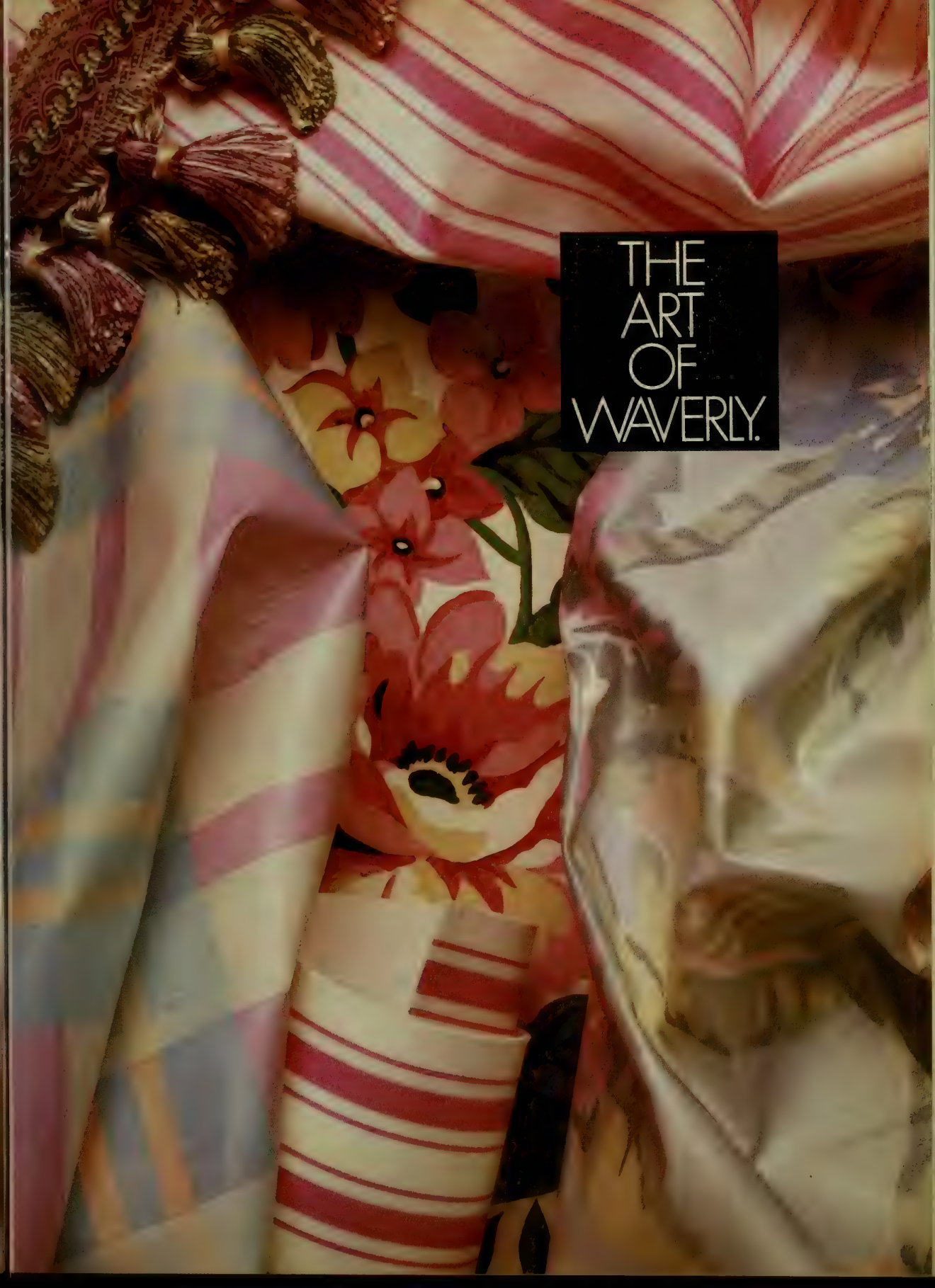
	AEROSTAR	CHRYSLER
erodynamic for lower air drag	**.37Cd**	.42Cd
tandard engine	**3.0L V-6**	2.2L Four
ultiport fuel injection	**YES**	NO
6 engine power available	**STD**	NO
gger cargo space (cu. ft.)†	**139**	125
xtra driver legroom	**41.4 in.**	38.3 in.
ax. opt. trailer towing capacity*	**4900 lbs.**	2000 lbs.
onger wheelbase, smooth ride	**119 in.**	112 in.

†Based on SAE Standard J-1100 Code V-6.





Luxurious yet inviting.
That's Waverly's Flower Show collection.
On the chair, Spring Garden; drapery, Crystal Palace;
ottoman and wallpaper border, Rose Border;
wallcovering, pillow, Candy Stripe.
All fabrics 100% cotton and Scotchgard® protected.


THE
ART
OF
WAVERLY.



Are you still cooking in little tubs?



Choose the ultimate microwave cooking system.

Did you get that expensive microwave oven just to do make-shift cooking with odds and ends?

Why not enjoy all the ease and convenience of true microwave cooking?

For instance, with our handsome white seven-piece Rubbermaid Microwave Cookware set, you can do 90% of all your cooking, quickly and simply. From casseroles to steamed vegetables to bacon to small roasts. It moves beautifully from freezer to oven to table to dishwasher and then stores inside itself. You can even use it in your regular oven.

And you can supplement your ultimate cookware set with Rubbermaid Heatables—individual covered serving dishes for leftovers and planovers. They're perfect for families on the go.

Best of all, Rubbermaid is quality cookware at a surprisingly low price.

So make a note.

It's time to toss the tubs.

Don't you wish everything was made like

Rubbermaid®

© 1986 by Rubbermaid Incorporated, Wooster, Ohio 44691

SOAKING IN THE SCENERY



Soaking in a sunlit room built just for the spa makes the most of mountaintop living.

Anyone lucky enough to live on a hilltop will invent extra ways to enjoy the view. For most, a big picture window and a telescope do the trick. Others, like *Better Homes and Gardens* Home Improvement Contest winners Don and Charlene Karecki, go a step further. Their super spa puts them on top of the world.

This couple bought a plain ranch house in December of 1983, attracted by its potential for remodeling and the majestic surroundings in the Arizona mountains. By April of the next year they were turning their find into a southwestern showplace. One of their more ingenious ideas was to add a special structure to house a soaking tub with a sweeping view of the mountains.

"We considered the whirlpool a luxury at first, but now we think it was worth every penny," says Charlene. The custom-designed fiberglass spa, supported by concrete blocks and extra floor joists, is big enough for six. Soakers see out through windows that are custom cut into arches to match the exterior design. Overhead, the laminated beam marks the extent of the house before the Kareckis bumped it out to accommodate the tub.

For those who prefer to view their scenery standing up, an outdoor observation deck lives up to its name. Built atop a new two-car garage, the deck provides a view of the peaks near Flagstaff.

Photograph: Rick Rusing. Field editor: Maxine Schweiker



Home...desert dry?

Dry air causes dry itchy skin, a dry nose, a scratchy throat, static electricity and other irritations.

An Aprilaire® humidifier puts needed moisture back into your home. It helps you maintain a comfortable humidity level, reducing the discomforts of parched air. A humidistat senses the relative humidity in your home and activates the humidifier only when it's needed.

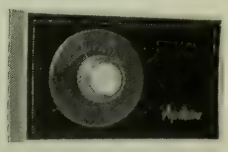
Aprilaire® humidifiers work with all types of heating systems including hydronic. There are models available for homes regardless of the type of heating system!

Don't suffer the discomforts of desert dry air this winter. Send for our free booklet on humidification or have your local heating and air conditioning contractor install an Aprilaire® humidifier today.

Aprilaire® HUMIDIFIER

Research Products Corporation
Dept. BHG106
P.O. Box 1467
Madison, WI 53701

or call toll free
1-800-356-9652
(In WI 608-257-8801)



Send me:

☐ Humidification Fact Booklet
☐ Name of nearest dealer

I live in a:

☐ Single family home
☐ Condo, town house or duplex

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____

INTRODUCING PROFORGE™ HARD-ANODIZED ELECTRICS.
THE ULTIMATE IN COOKING PERFORMANCE.



The World's First Hard-Anodized Aluminum Electrics. ProForge offers you the ultimate cooking surface. It's ultra-smooth and harder than stainless steel, scratch and stick resistant, easy to clean, won't chip, crack, or peel, and provides for fast, even heating. **Unique, Quality Features.** Discover state-of-the-art innovations like beautiful mirror polished high-domed covers, cool-to-the-touch handles and patented pedestal base. Plus, all ProForge™ electrics are fully immersible with heat control removed.

MEYER®
SAN FRANCISCO

ProForge™ Electrics. The Only Limit To Your Menu Is Your Imagination. Stir-fry, steam, roast, braise, deep-fry, stew, poach, bake, pan-fry, simmer, casserole and fondue in these elegant, multi-purpose electrics. Also check out the ProForge™ line of hard-anodized stovetop cookware — the last cookware you'll ever need. Call or write for more information: **700 Forbes Blvd., South San Francisco, CA 94080, (415) 871-2444**
Available at fine stores.

WINE COCKTAILS

NEW, LIGHT, TASTY, AND EASY TO MAKE

STUNNING KIR SPECIAL

2 tablespoons crème de cassis
2 tablespoons brandy
Chilled champagne

In *each* of 2 large chilled wineglasses stir together *1 tablespoon* of the crème de cassis and *1 tablespoon* of the brandy. Add champagne to fill glasses. Stir gently to mix. Serve at once. Serves 2.

Nutrition information per serving: 189 cal., 0 g pro., 15 g carbo., 0 g fat, 0 mg chol., 0 mg sodium.

STRAWBERRY WINE SLUSH

1 10-ounce package frozen sliced strawberries, broken up
¾ cup rosé *or* dry red wine
½ cup frozen lemonade concentrate

In a blender container combine all ingredients. Cover; blend till smooth.



SCOTT LITTLE

Upbeat beverages for your next party.

With blender running, add 20 to 24 *ice cubes,* one at a time, through opening in lid. Blend till slushy. You should have about 5 cups of mixture. (If mixture becomes too thick to blend, add *water,* 1 tablespoon at a time, till the mixture blends again.) Pour into chilled tall glasses. Makes 4 (10-ounce) servings.

Nutrition information per serving: 161 cal., 0 g pro., 35 g carbo., 0 g fat, 0 mg chol., 7 mg sodium. U.S. RDA: 64% vit. C.

WINEADE

½ cup lemon juice
3 tablespoons sugar
½ cup light rum
1 1-liter bottle champagne, chilled

In a large pitcher combine lemon juice and sugar; stir to dissolve sugar. Stir in rum. Add *ice cubes.* Pour champagne down the side of the pitcher. Makes 6 (8-ounce) servings.

Nutrition information per serving: 195 cal., 0 g pro., 12 g carbo., 0 g fat, 0 mg chol., 0 mg sodium. U.S. RDA: 16% vit. C.

Barcalounger's®
Fall Warm-up Sale!





You'll score big points with the All-American Chair!

Now on sale at participating dealers.
Relax in the deep comfort of Barcalounger's® All-American Chair. You'll enjoy the famous Barcalounger® style, durability, and the most luxurious seat and pillow cushioning you can find, as well as Barcalounger's® limited lifetime warranty.



Barcalounger Furniture

a Mohasco company
Box 20104, Raleigh, NC 27619



THE STAINLESS WASH™... IT'S MORE THAN JUST CLEAN CLOTHES.

We think a washer should do more than get your clothes clean. And that's what the Stainless Wash™ is all about. Clean clothes that look better longer, because they're washed in the Speed Queen stainless steel tub.

Our stainless steel tub lasts a lifetime without chipping, corroding or getting rougher with use, unlike porcelain tubs. In fact, our exclusive stainless steel tub gets smoother every time you do your wash. Because it doesn't ever get abrasive, there's less fading and less fraying. That means your clothes look their best longer.

When you buy a Speed Queen, you'll get more than clean clothes. You'll get a Stainless Wash,™ and all the dependability and durability that Speed Queen guarantees.



Speed Queen's side-by-side pair and the Speed Queen Ultra-Mate.

MADE TO RUN AND RUN AND RUN AND...

©1986 Speed Queen, A Raytheon Company

Speed Queen
A **Raytheon** Company

Better Homes and Gardens®

HOME DECORATING CONTEST

THE WINNERS!

By Shirley Van Zante, Denise L. Caringer, and Robert E. Dittmer

Personal style! It's not only the look of the '80s, but also the best term to describe these winning rooms, where comfort and stylish good looks combine. Here's proof!















WINNING TRAITS

What makes a good room *good*? Practicality plus personality. We gave points to contestants who blended those basics with creative vision and confidence.

6,000 ENTRIES

After announcing our contest, we received more than 6,000 entries from all 50 states. To all who entered: Thank you! We only wish we had more prizes to give.

- Entries reflected every possible style, but the most popular look was "country."
- Kids' decorating is hot! The majority of submissions in the "Other Bedroom" category were children's rooms and nurseries.
- Comfort comes first! Far from "showy," most entries were inviting and "lived in."
- The favorite category was "Living Room, Dining Room," followed by "Family Room-Den-Great Room."

Buying information, page 182.

$5,000 GRAND PRIZE

Better Homes and Gardens'

HOME DECORATING CONTEST

WINNERS!



JANE AND JOHN BOPP
of Hingham, Mass., with their young son, Jonathan.

WELCOMING COLOR SCHEME



No nursery is complete without a toy box!



A duck border inspired the floor stencils.



Grandpa crafted the table and lamp.

Bright, stimulating, and exuberant, this grand-prize winner says a lot about its young occupant, as well as the family members who made the room a reality. "Babies respond to brightness. I wanted a room that would make a child's eyes open wide in excitement," says Jane. "My father made the changing table, floor lamp, toy box, shelving, and window seat. The real reason for my entry is to say, 'Thank you, Dad, for your endless labors of love.'" Wallpaper, Jane's stenciling, and a painted floor pull it all together.

"Our hearts are filled with joy at the arrival of our son; his room reflects that," says Jane; her dad, Gene McCarthy, is at back.

PHOTOGRAPHS: ALEX BEATTY. FIELD EDITOR: ESTELLE BOND GURALNICK


PEOPLE

$2,000 PRIZE
MASTER BEDROOM

Better Homes and Gardens'
HOME DECORATING CONTEST

WINNERS!



JEAN AND BILL GOEBEL of Weston, Conn., created a retreat with architectural character and decorative panache.

SERENE RETREAT



Personality decorating! A sleek bed plays off against old quilts and golden pine.

Typifying the trend toward luxurious master suites, this inviting parental retreat scores high on both comfort and aesthetics. By opening the ceiling to the peak, Jean and Bill created a bedroom with old-fashioned attic-like charm. But they didn't stop there. They played up the loftiness with dramatic fanlight windows, a luxurious fireplace, and French doors to a deck, then softened the scene with "milk-paint" blue. The stylish furniture mix, including the modern upholstered bed, homespun quilts, and mellow pine, gives the room its "signature" look.

"Good bones" means great decorating. A few choice elements, from furnishings to architectural details, make this a winner.



PHOTOGRAPHS: MARIS SEMEL. FIELD EDITOR: BONNIE MAHARAM





Better Homes and Gardens®

HOME DECORATING CONTEST

WINNERS!

$2,000 PRIZE
LIVING ROOM



THE KLOPFS of Boulder, Colo., have mixed beauty with kid-proof practicality in their living room.

CASUAL LIVIBILITY



Simply great! A homey vignette sets the scene.

PHOTOGRAPHS: GEORGE A. JARDINE

A mix of aspenlike greens and glowing woods puts this Colorado living room in touch with the natural terrain just beyond its windows. Understated and welcoming, the space is brightened by sunset-red accents that exude warmth, even on the snowiest of days. Donna and Tom Klopf say they "live a relaxed and informal life. With four children, this is a necessity, but it's also the style we prefer." About decorating, Donna adds, "I love change. I'll never say our home is 'finished!' "

As lofty as its view, the living room also works hard. "The dark sofa fabric is totally child resistant!" says a thankful Donna.

$2,000 PRIZE
OTHER BEDROOM

Better Homes and Gardens'
HOME DECORATING CONTEST

WINNERS!



LORRAINE MUSSER (on sofa) of Pepper Pike, Ohio, with her husband, Jim, and their two daughters.

COUNTRY-INN COZINESS



A crocheted tablecloth and place-mat pillows blanket a bed with nostalgia.

A blend of contemporary airiness and vintage nostalgia, this guest room meets each of Lorraine Musser's three decorating criteria. "It had to be simple, inexpensive, and eclectic," she says. Starting with one luxury, the brass headboard, she furnished the rest of the room with creativity. When the right bedspread could not be found, she summoned the crocheted romance of a department-store tablecloth, then made lacy pillows from place mats. An old dresser rescued with new pulls and a rush-seated Mexican chair renewed with paint and used whimsically as a hat/plant stand not only save money, but also lend unique style. "Unfinished pine shutters contrast with the lacy touches," she says.

A new brass headboard designed by Lorraine, antiquelike bed dressings, and older family pieces welcome guests.

PHOTOGRAPHS: JESSE WALKER







PHOTOGRAPHS: LAURIE BLACK/ROSLYN BANISH. FIELD EDITOR: BARBARA EAST CATHCART

Better Homes and Gardens®

HOME DECORATING CONTEST

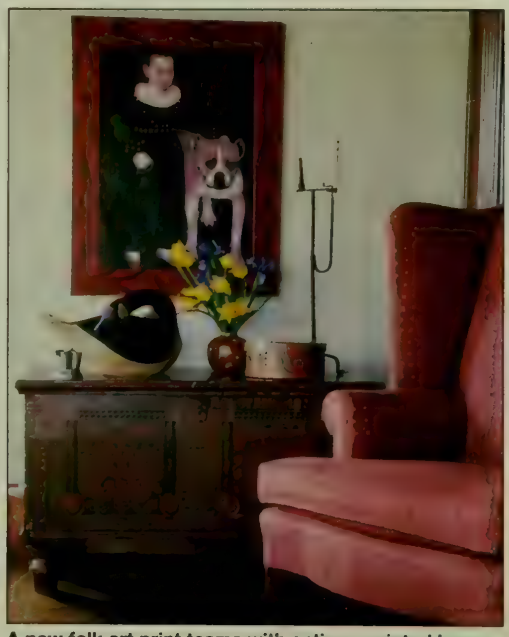
WINNERS!

$2,000 PRIZE FAMILY ROOM



JIM AND SHARON BRASHER (center) of Reno, Nev., with their son, John, and daughter, Jamie.

COLONIAL AMBIENCE



A new folk-art print teams with antique painted box.

A builder/designer specializing in traditional homes, Jim says his family "loves cooking on the open hearth."

Modern in origin, colonial in feeling, the Brashers new "keeping room" conjures up images of America's past. Weathered beams salvaged from old buildings and bridges, hand-planed floors, and a fireplace mantel Jim found "floating down the river one day" create the centuries-old aura. A careful mix of old and new, such as the modern Portuguese rug (in a traditional design), a replica plate rack made by Jim, and antique rush-seated chairs steep the room in character.

$2,000 PRIZE
PORCH, PROJECT

Better Homes and Gardens'
HOME DECORATING CONTEST

WINNERS!
ELEGANT DINING



JANICE ROGERS of Columbus, Ohio, with "Sadie" on the artfully painted floor.

Once a humble porch, this charming dining spot hints at English country grace. The refined chairs, "botanical" table skirt, garden-fresh lavender chair pads, and ivy-laden window boxes set the mood. Noting that she did the project on a budget, Janice says the skirt hides a card table, the chairs were unfinished finds, and the "tiled" floor is her own design painted on concrete.



PHOTOGRAPHS: JESSIE WALKER

"I have a black thumb," laughs Janice, "so I depend on fabrics and accessories for my flowers."

PAINTED WHIMSY



JOYCE MOLT, her husband, Jim, and their children at their Wyncote, Pa., home.

Storybook fantasies materialized in 3-year-old Kate's bedroom. The prize-winning *trompe l'oeil* playhouse rescales an awkward closet, turning it into a kid-pleasing focal point. Complete with the delightfully arched door, blooming flowers, and a sunning cat, the design was painted by a local artist. The picket fence (yes, it's real!) camouflages an aging radiator.



PHOTOGRAPHS: MARIS/SEMEL FIELD EDITOR: EILEEN A. DEYMIER

An ordinary closet is hiding behind this fanciful fool-the-eye playhouse.

NER-UP
TING SPOT

Better Homes and Gardens®

HOME DECORATING CONTEST

WINNERS!

SOOTHING PALETTE



NANCY DAY of Boulder, Colo., owns a running-goods shop but says her "heart belongs to design!" Her home proves that.



PHOTOGRAPHS: GEORGE A. JARDINE

Nancy says renewing castoffs, like the sofa and slipper chair, saves money, but also "satisfies my creative urge."



Elegant accents adorn the mantel.

Uncluttered, yet anything but stark, this living room reflects Nancy's self-proclaimed "love for traditional design . . . but taste for modern simplicity." That simplicity, in part, reflects the needs of her busy career- and family-oriented lifestyle.

"I am a working mother of 5- and 6-year-old boys," she says. "My living room needs to be simple and easy to maintain, so that when we arrive home, its order can greet us."

Other factors in Nancy's design were budget and creativity. "Most of the furnishings have been bought at garage sales, the Salvation Army, or a furniture junkyard," she says. "To decorate with items whose shape, texture, color, and character I can change produces something very personal."

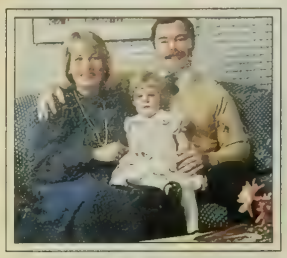
The result is a unique mix. A reupholstered sofa and slipper chair nod to Nancy's native New England, and a primitive oak coffee table and willow chaise lounge reflect the more rugged "feel" of her present Colorado homesite. Serene pastels and a dhurrie rug help link the pieces.

RUNNERS-UP
SITTING SPOTS

Better Homes and Gardens'
HOME DECORATING CONTEST

WINNERS!

MELLOW WARMTH



BARBARA AND BRIAN BARRON of Wellesley, Mass., with Catherine.

To create the kitchen-family room they'd always wanted, the Barrons removed a wall, then carved a sitting place out of a former dining room. Coziness comes from a country-modern mix of wicker, pine, paisley, and checks.

One vestige of the room's former life, an imposing corner cupboard, adds architectural elegance.



PHOTOGRAPHS: ALEX BEATTY FIELD EDITOR: ESTELLE BOND GURALNICK

Casual undertones unify a traditional sofa, modern wicker, French table, and rag rugs.

HOMEY MIX



BARBARA S. JOHNSON enjoying her Scottsdale, Ariz., home.

A mingling of southwestern architecture, traditional upholstery, and antique pine distinguishes Barbara's home.

Recently relocated from Wisconsin, she built around older pieces for a "lived-in" look. A new brass coffee table lends brightness.



PHOTOGRAPHS: RICK RUSING FIELD EDITOR: CAROLYN FLEIG

Tradition meets the Southwest.

LIVELY HUES



JEANNE ALTMAN of Paradise Valley, Ariz., with her family.

Avoiding desert design clichés, Jeanne planned the family room with a bold, contemporary mood in mind. "I wanted to go for a more fun look," she says, noting that the primary colored plaid also is practical for her active family.



PHOTOGRAPHS: RICK RUSING FIELD EDITOR: CAROLYN FLEIG

Plaids and primaries add panache.

EASY STYLE



THE PIDKAMENYS of Baldwin, N.Y., in their newly converted porch.

PHOTOGRAPHS: MARIS/SEMEL FIELD EDITOR: BONNIE MAHARAM

Lots of windows and skylights keep things light; a tiled floor and wainscoted walls link the added space to the original kitchen.

Long daily commutes from their Long Island home to Manhattan offices prompted Maureen and Robert Pidkameny to create an especially inviting, personality-filled dining spot. Open to the adjacent sitting area through a wide doorway, the former porch gathers the family each evening. "Our time is very valuable because of our commute and our sometimes long work hours," says Maureen. "Because of that, pleasant, comfortable dinners at home are especially important." Having gained more space for their joint cooking efforts and a welcoming place to enjoy those meals, the family calls the room a success. White wainscoting ties the reclaimed porch to the kitchen, as does a snappy black-and-white checked floor. Against this backdrop, a one-of-a-kind mix of golden oak, curlicued chairs, a lacy tablecloth, and an Oriental rug makes a strong and personal statement.

Forced To Be BEAUTIFUL!

FLOWERING BULBS FOR BLOOMS INDOORS

By Douglas A. Jimerson



PHOTOGRAPHS: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

Why wait until April or May to enjoy spring-flowering bulbs? You can pot up a bunch of these beauties now for blooms this winter.

TULIPS

An early spring is in the forecast when you force a troop of tulips into bloom. The basket (*left*) contains five different pots of tulips. Varieties include Kees Nelis (red with orange), Pink Pixie, Angelique (pink), Albury (red), and Christmas Gold. In the garden these tulip varieties would bloom at different times, but indoors, with careful scheduling, you can make them bloom simultaneously. Other choice forcing varieties include: Olaf (red), Yokohama (yellow), and Hibernia (white).

Pot Them Up And Watch Them GROW!





DAFFODILS

Growing daffodils indoors is like making your own sunshine. Even on cloudy days these easy-to-grow bloomers will fill your home with sunny colors. To prolong flowering keep your daffodils slighty moist at all times.

The daffodils near the window (*right*) include: Professor Einstein (large white with orange center), Dutch Master (large yellow), Early Splendor (small white with orange center), Kewpie Doll (white with yellow center), and Tete-a-Tete (small bright yellow).

FORCING FACTS

You can make bulbs bloom early indoors by giving them an artificial period of cold and darkness (forcing). This process is relatively easy and works well with a large number of bulb varieties. Because some varieties force better than others, it's smart to buy those specifically recommended for indoor culture.

If you want faster results, some nurseries sell precooled bulbs that will bloom without being put into cold storage. Potting and forcing instructions are on the next page.

HOW TO ORDER BULBS, PAGE 183.





Forced To Be BEAUTIFUL!

CROCUSES

Enjoy springtime in January with a colorful collection of spirit-lifting crocuses. These pint-size beauties look their best when displayed in large groupings. Keep them in a bright spot away from hot sunshine.

The basket (*left*) contains five small pots of two different crocus varieties: Remembrance (purple) and Joan of Arc (white). A layer of spaghnum moss disguises the edges of the pots. King of the Striped and Pickwick are two hardy bicolored varieties of crocus that are easy to force. Other favorites include Peter Pan (white), Flower Record (lavender), and Yellow.

HOW TO FORCE BULBS



1 Select a container that is at least twice as tall as your bulbs. Both clay and plastic pots will work. Place a shard over the drainage hole to prevent any soil from washing out when you water.



2 Fill the pot half full with potting soil. Use a soil mix that retains moisture, but doesn't turn to mud. Good drainage is vital for healthy bulbs. Add a little sand to your potting mix if it doesn't drain quickly.



3 Place as many bulbs in the pot as you can. Don't let them touch each other or the sides of the container. The growing tip or nose of the bulbs should be even with the top of the pot.

HYACINTHS

Put a pot or two of blooming hyacinths into a room and, before you know it, your whole house will be perfumed with the delicate scent of these springtime flowers. Easily damaged by storms outdoors, the stiff, pastel blooms of hyacinths are one of the most rewarding bulbs for indoor culture. For best bloom keep your hyacinths out of direct sunlight and away from heat ducts or radiators.

The old cast-iron planter (*right*) contains three of the best hyacinth varieties for forcing: Queen of Pinks, Blue Jacket, and Carnegie (white). Other good choices include Jan Bos (red), Marconi (pink), Bismarck (blue), L'Innocence (white), and Amethyst (violet).





4 When the bulbs are in place, cover them with additional soil. Gently tamp the soil down with your hands. Don't press too hard or you'll compact the soil underneath the bulbs.



5 Water your bulbs thoroughly and label each pot with the date they were planted. Be sure to record the variety names, too. Then, move the containers to cold storage.

THE BIG CHILL

- **To force bulbs into bloom,** move them to a cool, dark location for a period of 13 to 16 weeks. An unheated basement, cold frame, garage, root cellar, or refrigerator are all good locations. Keep the pots moist.
- **Temperatures can vary** between 38 and 50 degrees F., but you'll get better results if you store your bulbs at 45 to 50 degrees for the first few weeks. Then, move the bulbs to a spot where the temperatures hover just above freezing.
- **In about 8 to 10 weeks,** check the pots for growth. If the stems are an inch or two high and roots are visible through the drainage holes, the bulbs are ready to be moved to a bright, 60 to 70 degree area. When the buds form, you can move the plants to any room in the house.

MASTER SUITE
BASEMENT RETREAT

By Gregory D. Cook



Brass stair rails communicate class.



Sleep sweetly opposite sitting room.

"Now we spend most of our time downstairs enjoying the new sitting room, bedroom, and bath," says Gail Goldman of the remodeling that turned a musty walkout basement into this smashing master suite.

Not only did she and her husband, Eugene, gain luxurious private quarters, but moving out of their upstairs bedroom freed it for overnight guests. The whole house instantly became more usable.

LOWBROW TO HIGH STYLE

Built on a steep slope, the Goldmans' multilevel home had two seldom-used rooms below the main level—one devoted to storage and the other used as a workshop. A narrow stairway with minimal headroom divided the spaces and blocked natural light from the back room.

DOWN TO THE NITTY-GRITTY

By having the stair walls ripped out and relocating a heating duct to allow for increased headroom above the stairs, access to the downstairs became easier. And, with the stair walls gone, the formerly dark back room can share light and a view with the front room.

Like many amateur remodelers, the Goldmans took on the task of painting. Unfortunately, years of neglect had left the interior walls and ceilings in poor condition. Only after nailing new drywall to furring strips were Gail and Eugene able to apply fresh paint (three coats throughout), producing a sleek interior. They chose a monochromatic color scheme to make the spaces look larger than they actually are.

▶ New recessed lighting brightens the fir floors, which were sanded and stained to give them a pickled look. The bricks around the existing fireplace were painted white.



DESIGN: RICHARD KALEH AND ASSOCIATES. FIELD EDITOR: BARBARA CATHCART



MICROWAVE — COOKING —

NEW RECIPES, NEW TECHNIQUES

FROM 3 COOKING PROS

By Lynn Hoppe

WEEKNIGHT DINNERS AND WEEKEND FEASTS

Microwave recipes to fit every occasion.



Christy and daughter Brittin cook together.



MIKE DIETER

Fast-cooking chicken and a make-ahead salad are weekday winners.

"The first step—think microwave! Before cooking a favorite dish, consider adapting it to the microwave."
—Christy Heaps

When Christy Heaps got her first microwave, she went to work converting family-style and gourmet specialties to the new appliance. Today, Christy uses her recipes to show her Atlanta microwave cooking students what the Heapses know first-hand—that speedy micro-cooking measures up in every way.

RECIPES BEGIN ON PAGE 138.

Photographs: Rick Taylor
Field editor: Ruth L. Rieter

ON-CALL MEAL

When family schedules don't mesh, the Heapses help themselves to a meal they can fix fast. Christy makes ***Julienne Vegetable Salad*** ahead. Family members cook their own ***Fancy Baked Chicken.*** Bulgur rounds out the meal.



Coat chicken for color.



SCOTT LITTLE

Cut up for even cooking.

CHICKEN TETRAZZINI

SCALLOPS NEWBURG

SOLE FLORENTINE WITH MORNAY SAUCE

NO-FUSS GOURMET RECIPES

Christy particularly enjoys teaching gourmet microwave cooking classes. Three of her favorites—***Scallops Newburg, Chicken Tetrazzini,*** and ***Sole Florentine with Mornay Sauce***—earn rave reviews from students and family, husband Thom and children, Brook and Brittin.



FOLD FISH FILLETS

To prevent the thin ends of fish fillets from overcooking, fold them over spinach filling. Secure with a toothpick.



MAKE A SAUCE

A plus for microwave sauce making—measure, mix, and cook the pasta sauce in the same measuring cup.



SCOTT LITTLE

CHOOSE THE RIGHT DISH

To allow for boiling and stirring of recipes, such as the scallops, choose a dish with *twice* the volume of the mixture.

MICROWAVE COOKING

MAKE-AHEAD MEALS FOR ONE OR A FEW

Cook, freeze, reheat—keys to meals in minutes.



Dick touts using the microwave to its full potential.

"Whether you're cooking for one or a crowd, the microwave oven and the freezer make a terrific team."
—Dick Difino

Nine years ago, Dick Difino hung up his three-piece suit and donned an apron. Dick, now a Chicago microwave cooking teacher, says, "When I bought my first microwave, I read all I could find and did a lot of experimenting."

Dick promotes the convenience of make-ahead microwave meals. "When cooking for myself, I micro-cook a recipe for three or four servings. I eat one portion and individually freeze the rest for other nights. Even for dinner parties, I micro-cook and freeze part of the meal."

RECIPES BEGIN ON PAGE 144.

Photographs: Jim Hedrich



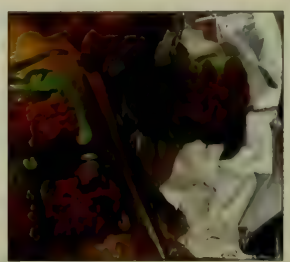
Dick freezes stuffed peppers in individual portions.

DINING ALONE

Dick suggests that you undercook ***Italian Stuffed Peppers*** before freezing them. If you cook the peppers too long at first, they'll get mushy when you reheat them. If needed, you can add time later, but you can't take cooking time away.



Precook the peppers.



Wrap individually; freeze.



Dick chats with guests before dinner.

GARLIC-BUTTER VEGETABLES

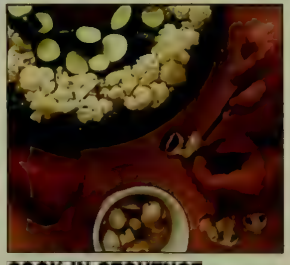
CRANBERRY-DIJON CHICKEN

GINGER-MOLASSES CAKE WITH ORANGE SAUCE

SNAPPY SNACK CRACKERS

FREEING THE COOK AT MEALTIME

So he can spend more time with his guests, Dick prepares the ***Ginger-Molasses Cake with Orange Sauce, Snappy Snack Crackers,*** and the ***Cranberry-Dijon Chicken*** in advance. The day of the dinner party, he arranges and micro-cooks the platterful of ***Garlic-Butter Vegetables.***



COOK IN SEQUENCE

Because different vegetables require different cooking times, start with the longest-cooking vegetables.



ARRANGE CHICKEN

For even microwave cooking, arrange chicken pieces with the meatiest portions to the outside of the dish.



TEST FOR DONENESS

The cake is done when you can scrape the wet surface with a toothpick and find a crumb texture underneath.

MICROWAVE COOKING

NUTRITIOUS FOODS TEENS LIKE TO FIX

High school students learn healthful eating in microwave cooking class.



Carol's students get hands-on cooking experience.



Students duplicate Carol's popular pizzas at home.

"In my classes, I stress that healthful eating and microwave cooking are complementary."
—Carol Trench

Home economist Carol Trench saw her first microwave in 1955. "The oven, then as big as a built-in oven, so intrigued me that I had to learn more."

In her course at a suburban Minneapolis high school, Carol combines nutrition and microwave cooking. She says the subjects go together well. When you micro-cook, you can get by with little or no added fat or water. The result—fewer calories, greater appeal, and better nutrient retention.

RECIPES BEGIN ON PAGE 153.
TO ORDER BROWNING GRIDDLE, SEE PAGE 183.

Photographs: Mike Jensen
Field editor: Pat Carpenter

PIZZA, PLEASE!

"I try to give my students healthful microwave versions of the foods they love," says Carol. Carol's 15 microwave pizza recipes are a hit with her teenage students. She tops ***French Pizza*** with a cream cheese mixture and fresh vegetables.



Arrange on browning griddle.



Spread toppers on crust.

KELLY SHIELDS

LEMONY CHILI

CHEESE AND CORN CASSEROLES

SPAGHETTI SQUASH WITH PARMESAN SAUCE

GOOD AND HEALTHFUL EATING

Carol's students rate these recipes a 10. ***Cheese and Corn Casseroles*** include a favorite vegetable. The pastalike strands in ***Spaghetti Squash with Parmesan Sauce*** surprise many of her students. ***Lemony Chili*** with a pleasant blend of herbs and spices transcends the generation gap.



KELLY SHIELDS

LET OFF STEAM

Vent clear plastic wrap by folding back a small corner of wrap at the edge of the microwave-safe baking dish.



SCOTT LITTLE

COOK INDIVIDUALLY

So that the egg mixture gets done in the center, cook corn casseroles in single servings. Rearrange during cooking.



SCOTT LITTLE

USE A NIFTY GADGET

A steamer-cooker utensil provides an easy and safe way to cook ground beef for the chili and to drain fat.

MICROWAVE COOKING

MORE TERRIFIC TIPS FROM THE PROS!

The teachers share their secrets for making the most of your microwave.



"Make your favorite recipe in half the time: convert it to a microwave method."

Christy Heaps

■ FIND A SIMILAR MICROWAVE RECIPE

Your best bet for converting a recipe is to compare it to a similar microwave recipe. For example, to convert a casserole based on 1 pound of beef, find a similar microwave casserole recipe based on the same amount of meat. Use the microwave recipe as a guide for choosing a utensil, power level, method, and cooking time.

■ ADAPTING INGREDIENTS

Foods cooked in the microwave stay moist. Often you can reduce or eliminate added fat in beverages, soups, vegetable dishes, and entrées.

The same thing goes for added liquid. Decrease the liquid called for in a conventional recipe by one-third. Check the food often during cooking; add more liquid if needed.

■ COOKING TIME

Can't find a similar microwave recipe to use as a guide? Cut the time to one-third or one-fourth of the total conventional time. Test for doneness often; add time little by little.

■ POWER LEVEL

For most foods—liquids, fruits, vegetables, fish, and poultry parts—high (100 percent power) works fine. For meats and casseroles, 70 percent power is a better choice; for breads, cakes, and less-tender cuts of meats, use 50 percent power.



"I like to prove to my students that you can prepare a great meal from start to finish in the microwave oven."

Dick Difino

■ TIMING LOGISTICS

When cooking a meal in the microwave, Dick's general guideline is to first cook the food that cooks the longest or the food that requires a standing or cooling time before serving.

■ FREEZING AHEAD

When freezing ahead, Dick suggests packaging the food for freezing and reheating in the same container. Select *microwave-safe* moisture- and vaporproof containers. *Microwave-safe* plastic pouches and freezer-weight bags also work well. Just remember to slit the bag or tie it loosely to allow steam to escape.

When packaging in foil, remove foil and place the food in a microwave-safe container for reheating.

■ KNOW THE WATTAGE

Check your oven's wattage. It may be listed on the back of your oven near the Underwriters Laboratories seal or in your owner's manual. If not, write or call the manufacturer.

Wattage makes a big difference in cooking times. Most full-size microwave ovens have from 600 to 700 watts. Many smaller ovens have from 400 to 550 watts and take longer to cook foods. The biggest difference occurs when you cook large amounts of liquids and dense foods. Do *not* cook pork cuts, delicate egg mixtures, or popcorn in your low-watt oven.



"The microwave is how these kids will cook in the future. That's why I stress the basics."

Carol Trench

■ KEEP THE OVEN CLEAN

Microwaves do not discriminate between food on the bottom of your oven and food in the dish. Food splatters divert microwaves from what you're cooking and add to the cooking time. Clean your oven cavity regularly with a solution of 1 tablespoon *vinegar* to 1 cup warm *water*.

■ COVERING KNOW-HOW

For covering foods when cooking in the microwave oven, choose vented clear plastic wrap or a fitted lid for vegetables, fruits, fish, and some skinned poultry dishes; waxed paper for poultry with skin and for meat; and white paper towels for bacon, sausage, breads, and coated chicken. Don't cover baked products, foods that need stirring, candies, or foods with crumb coatings or toppers.

■ BROWNING DISHES

A browning grill is the key to the crispy crusts on Carol's pizzas. Browning utensils are available in several sizes and styles. A special coating absorbs microwave energy. After preheating the dish, it sears, browns, fries, or grills food.

To use a browning dish, preheat it following the manufacturer's directions. The preheated dish gets hot, so be sure to use pot holders. Spray nonstick spray coating only on a cold dish. It doesn't work on a preheated dish.

Buying information, page 182.

THE MAIN INGREDIENT FOR GREAT MICROWAVE COOKING.



Great microwave cooking starts with a great plastic wrap. And plastic wrap doesn't come any better than SARAN WRAP® brand plastic film.

That's because SARAN WRAP is specially formulated to take the heat and keep food protected. So vegetables are sure to stay moist and tasty. Chicken comes out tender and juicy. And your leftovers get a new lease on life.

So the next time you reach for the microwave, be sure to reach for SARAN WRAP. After all, you wouldn't want to leave out the main ingredient.

SARAN WRAP. NOTHING PROTECTS FOOD BETTER.

®Trademark of The Dow Chemical Company. Note: SARAN WRAP should not be used with a browning unit or a conventional heat source.


Du Pont unwraps the closest thing
yet to the perfect nonstick.
DU PONT
CERTIFIED
Twice as Abuse-Resistant
as SilverStone Premium
SilverStone
supra
SUPERIOR NONSTICK INTERIOR
SilverStone®
Supra
Certified twice

Introducing SilverStone® SUPRA, the most remarkable breakthrough for nonstick cookware
ten years.

SilverStone SUPRA has twice the abuse resistance of SilverStone, the quality standard. And
s been proved in test kitchens and in thousands of homes. Now it's available to you on the finest
ookware and portable electric appliances.

That's why SilverStone SUPRA makes such an ideal gift. Treat yourself or someone special
the satisfaction of owning the very best.

SilverStone SUPRA is backed by Du Pont's unique Certification Program, which assures you
the highest quality whenever you see the SilverStone SUPRA seal. So insist on it. It's the sure
ay to know you're getting the best.



is abuse-resistant as the leading nonstick. DUPONT

Only Du Pont makes SilverStone and SilverStone SUPRA nonstick finishes


When the flavor really counts.
LAND O LAKES
BUTTER
LAND O LAKES
UNSALTED BUTTER

WIN MONEY FOR YOUR RECIPES

This Month's Winners, Pages 165-166

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

THIS MONTH'S CATEGORIES

Strawberry Sensations
Fast Breads and Muffins

What favorite recipe do you prepare to show off the juicy, delicious strawberries in springtime? Do you have a lickety-split bread or muffin recipe that you just stir and bake? Send us your recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Recipes will be pictured on the Prize Tested Recipe pages next May. Winners receive a framed Certificate of Endorsement and six copies of their recipe.

HINTS TO HELP YOU

Strawberry Sensations: Your original recipe might be a dessert made from fresh or frozen strawberries. Can your creation be made in minutes? **Hints: mocha-berry bars, strawberry-orange cream torte.**

Fast Breads and Muffins: When you're desperate for a bread, what delicious quick bread or muffin do you create? Do you have a fast-rising yeast bread recipe? Or do you fix up a bread or muffin mix? **Tips: fruity cinnamon bread, pistachio surprise muffins, cheesy pepper bread, quick-rise garlic rolls.**

WINNERS IN THIS ISSUE

(See recipes on pages 165 and 166.)

Cooks of the Month
Catherine L. Brooks, Bellevue, Ohio
Liba Burjetka, Clifton Park, N.Y.

Runners-Up
Mrs. Clifford McCabe, Platteville, Wis.
Pamela Parker, Elkhart, Ind.

Honor Roll
Alice M. Hollard, Litchfield, Minn.; Kay Neeld, Las Vegas, Nev.; Joyce McClelland, Tampa, Fla.; Lynn Peterson, Spring, Tex.; Mrs. Shirley R. Sherman, Del Norte, Colo.; Shirley Vos, Sioux Center, Iowa.

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "May Strawberry Sensations" or "May Fast Breads and Muffins." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, October 31, 1986. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8705 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation. BH&G



All it takes is a morsel of perfection.

TOLL HOUSE™ LAYER CAKE

CAKE:
1 c. butter, softened
1 c. firmly packed brown sugar
⅔ c. sugar
2 tsp. vanilla extract
½ tsp. salt
4 eggs
2 c. all-purpose flour
One 12-oz. pkg. (2 c.) Nestlé® Toll House® Little Bits™ Semi-Sweet Chocolate, divided

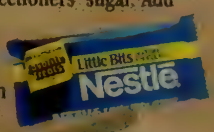
FROSTING:
¾ c. butter, softened
1½ c. sifted confectioners' sugar
2 tsp. vanilla extract

CAKE: Preheat oven to 350°F. Grease 15½" x 10½" x 1" baking pan. Line with waxed paper. In bowl, cream butter, brown sugar, sugar, vanilla extract and salt. Add eggs, one at a time, beating well after each addition. Gradually add flour. Stir in 1 c. Little Bits™ Semi-Sweet Chocolate. Spread into prepared pan. BAKE at: 350°F. Time: 20-25 minutes. Cool completely. Loosen sides of cake. Invert onto lightly floured cloth. Peel off waxed paper. Cut cake crosswise into four 3¾" x 10" sections. Spread 3 slightly rounded tbsp. frosting on one cake layer. Top with second layer. Repeat layers. Frost with remaining frosting.

FROSTING: Melt over hot (not boiling) water, 1 c. Little Bits™ Semi-Sweet Chocolate; stir until smooth.* Set aside. In bowl, cream butter and confectioners' sugar. Add melted chocolate and vanilla extract; blend until smooth.

Makes: One 10" cake.

*In microwave: melt on high 1 min., stir; repeat.





Get a free Trick or Treat Bag when you buy KRAFT Halloween Candies.

Our bright trick or treat bags are indispensable when it comes time for Halloweening. They're sizeable, colorful, and printed with safety reminders.

What's the perfect candy to fill them with? KRAFT Halloween Candies—in eight varieties. Creamy, rich, long lasting; KRAFT Candies come individually wrapped to stay fresh and safe.

Find the trick or treat bag in jumbo packages, and enjoy. The treat's on KRAFT.



NUTRITION INFORMATION
WITH EVERY RECIPE

TRACK THE BASICS

● To help you keep track of the calories, protein, fat, cholesterol, and sodium you consume each day, we include the amounts of these nutrients by gram weight per individual recipe serving for every recipe we publish.

● You can also check the levels of vitamin A, vitamin C, thiamine, riboflavin, niacin, calcium, iron, and phosphorus in each serving of a recipe—we state these amounts in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts.

● The United States Recommended Daily Allowances are standards developed by the Food and Drug Administration. Use the U.S. RDAs as a guide to see how your recipes meet your nutritional needs.

BETTER HOMES AND GARDENS TEST KITCHEN™

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

HOW WE FIGURE THE NUTRITION INFORMATION

● When ingredient options appear in a recipe, we use the first ingredient choice for the analysis.

● We omit optional ingredients from the nutrition analysis.

● We base the nutritional analysis on the first serving size if a recipe gives variable serving sizes.

USE THE NUMBERS

● Start by looking at the nutrients each recipe provides. Then decide that recipe's importance to your diet.

● Here are some simple guidelines based on daily needs of females, 23 to 50 years old (in general, males and teenagers need more calories):

calories—2,000
protein—45 to 65 grams
fat—67 grams
cholesterol—300 milligrams
sodium—1,100 to 3,300 milligrams

Use these as approximate figures—there's no harm in going over or under these, but aim for a balanced diet.

continued



CRACKER BARREL

Natural Cheddar

THE FINE ART OF SNACKING

Cracker Barrel natural cheddar is masterfully aged, slowly and painstakingly, for a taste that elevates snacking to new levels of appreciation. In mild, medium, sharp and extra sharp.



continued

NOTE

We test our microwave recipes in countertop microwave ovens that operate on 600 to 700 watts. Cooking times are approximate because microwave ovens vary by manufacturer.

Christy Heaps' Recipes

JULIENNE VEGETABLE SALAD

Serve your salad warm or cold—

6 cloves garlic
1 medium zucchini, cut into julienne strips
2 stalks celery, cut into julienne strips
2 medium carrots, cut into julienne strips
¼ of a sweet red *or* green pepper, cut into julienne strips
2 green onions, sliced
¼ cup sliced fully cooked ham cut into strips (1¼ ounces)
1 egg
¼ cup white wine vinegar
1 tablespoon Dijon-style mustard
1 cup olive oil *or* cooking oil
½ cup grated Parmesan cheese
¼ teaspoon salt
¼ teaspoon pepper

In a 2-cup microwave-safe glass measure combine garlic and ¾ cup *water.* Cover with clear plastic wrap; vent by leaving a small area unsealed at edge. Micro-cook on 100% power (high) for 2 minutes. Reduce power to 50% (medium). Cook, uncovered, 5 minutes more. Drain. Set garlic aside.

In a 1½-quart microwave-safe casserole combine zucchini, celery, carrots, sweet pepper, onions, and 2 tablespoons *water.* Cook, covered, on 100% power (high) 5 to 7 minutes or till vegetables are crisp-tender. Drain. Stir in ham.

For dressing, in a blender container or food processor bowl combine garlic, egg, vinegar, and mustard. Cover and blend or process 5 seconds. With blender or food processor running, add oil

continued

White Meat



What turns a tender chicken dish into "one of life's finer pleasures™?" GREY POUPON® Dijon Mustard, but of course! Of course you can spread it on a ham croissant sandwich, stir it into lentil soup, ladle it over Steak Diane too!

We're serving up a whole book of other Grey Poupon recipe suggestions. Send your name, address and $1 to: Grey Poupon Recipe Book, P.O. Box 7120, Clinton, IA 52736.*



Grey Poupon Dijon & Herb Marinade
Combine ¼ cup Grey Poupon® Dijon Mustard, ½ cup white wine vinegar, 2 Tbsp. minced fresh onion, 1 minced garlic clove, ¼ tsp. crushed rosemary. Marinate 45 minutes and grill. ¾ cup.

Grey Poupon®

*Offer expires 12/31/87. Allow 6-8 weeks for shipping.

©Del Monte Corporation 1986.



OKTOBERFEST

American Style.

From Mom, Creamette and Hillshire Farm.

Smoked Sausage Supper

- ½ cup chopped onion
- ½ cup chopped green pepper
- 2 tablespoons butter or margarine
- 1 (16 ounce) can whole tomatoes, broken up
- 1 (6 ounce) can tomato paste
- 1 teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon basil leaves
- ¼ teaspoon pepper
- ¼ teaspoon nutmeg
- ¼ teaspoon garlic powder
- 1 pound Hillshire Farm Smoked Sausage, cut in serving size pieces
- 1 cup apple cider
- 1 (7 ounce) package Creamettes Elbow Macaroni, (2 cups uncooked)

In medium size skillet, cook onion and green pepper in butter until tender, do not brown. Add tomatoes, tomato paste and seasonings. Simmer on low 10 minutes.

In 10 inch skillet, bring cider to boil; add Hillshire Farm sausage, cover and simmer 10 minutes. Prepare Creamettes Elbow Macaroni according to package directions. Drain. Arrange on warm platter, top with sauce and sausage. Serve immediately. 6 to 8 servings.

Spaghetti Fest

- 1 pound Hillshire Farm Smoked Sausage or Polska Kielbasa, cut in 2 inch pieces
- 2 tablespoons butter or margarine
- 1 small head cabbage, finely sliced
- 1 large red pepper, sliced
- 1 large zucchini, cut in 1 inch strips
- 1 large onion, sliced into rings
- 1 clove garlic, minced
- 2 teaspoons chicken-flavor instant bouillon
- ¾ cup water
- 1 teaspoon thyme leaves
- ½ teaspoon salt
- ½ teaspoon coarse grind pepper
- ½ of a 1 pound package Creamette Spaghetti

In a large skillet lightly brown Hillshire Farm sausage in butter; remove from skillet. Add cabbage and stir-fry 10 minutes. Add red pepper, zucchini, onion and garlic; stir-fry additional 5 minutes. Stir in sausage, bouillon, water and seasonings; simmer 5 minutes. Prepare Creamette Spaghetti according to package directions. Drain. Toss hot spaghetti with sausage mixture. Serve immediately. 6 to 8 servings.





continued

through opening in lid in a slow steady stream. Stir in Parmesan, salt, and pepper. Toss about *⅔ cup* dressing with warm vegetables. Store remaining dressing in a covered jar in the refrigerator for up to 1 week. Serves 6 to 8.

Conventional directions: In a small saucepan combine garlic and ¾ cup *water*. Bring to boiling; reduce heat. Cover and simmer 3 minutes or till tender. Drain; set aside.

In a medium saucepan combine vegetables and ½ cup *water*. Bring to boiling; reduce heat. Cover and simmer for 7 to 9 minutes or till crisp-tender. Drain. Stir in ham. Meanwhile, prepare dressing and serve as directed.

Nutrition information per serving: 190 cal., 4 g pro., 5 g carbo., 18 g fat, 26 mg chol., 224 mg sodium. U.S. RDA: 146% vit. A, 22% vit. C.

FANCY BAKED CHICKEN

So that busy family members can eat at different times, stir together the crumb mixture in advance and keep it in your refrigerator. Then, you can coat a halved chicken breast and cook it in less than 10 minutes—

2 cups boiling water
1 cup bulgur wheat
1 teaspoon instant chicken bouillon granules
⅛ teaspoon pepper
2 tablespoons butter *or* margarine
¼ cup fine dry seasoned bread crumbs
2 tablespoons grated Parmesan cheese
¼ teaspoon garlic powder
⅛ teaspoon paprika
2 whole medium chicken breasts (about 1½ pounds total), skinned, boned, and halved lengthwise

To cook bulgur, in a 1-quart microwave-safe casserole combine water, bulgur, bouillon granules, and pepper. Microcook, covered, on 100% power (high) for 4 to 5 minutes or till bulgur is done, stirring once.

In a 1-cup glass measure cook butter, uncovered, on high for 45 to 60 seconds or till melted. In a shallow dish combine bread crumbs, cheese, garlic powder, and paprika.

Brush the meaty side of *each* chicken piece with some of the melted butter or margarine; coat the same side with some of the crumb mixture. Place chicken, crumb side up, on a microwave-safe rack in a 12x7½x2-inch microwave-safe dish. Sprinkle with the remaining crumbs and drizzle with remaining butter or margarine.

Cover loosely with waxed paper. Cook on high for 6 to 7 minutes or till chicken is tender, giving the dish a half-turn once. Serve with bulgur mixture. Makes 4 servings.

To micro-cook one serving: In a shallow dish combine crumbs, cheese, garlic, and paprika. Cover; chill till needed.

Cook bulgur as directed above. Cover and refrigerate till serving time.

Cook *1½ teaspoons* butter or margarine on high about 30 seconds or till melted. Brush the meaty side of *1* chicken breast with the melted butter or margarine; coat the same side with the crumb mixture. Place chicken, crumb side up, on a microwave-safe rack in 8x8x2-inch microwave-safe dish. Cover loosely with waxed paper. Cook on high for 3 to 4

continued

DELICIOUSLY SIMPLE.

DELICIOUSLY SIMPLE CHICKEN.

- 2 tablespoons flour
- 1 large size (14" x 20") Reynolds® Oven Cooking Bag
- 1 envelope Lipton® Onion-Mushroom or Onion recipe soup mix
- 1 teaspoon basil leaves
- 1 clove garlic, minced (optional)
- 1 can (14½ oz.) whole tomatoes
- 3 medium carrots
- 3 medium zucchini
- 2 whole chicken breasts, split
- Paprika

Preheat oven to 350°F. Shake flour in Reynolds Oven Cooking Bag; place in 13 x 9 x 2-inch baking pan. Add soup mix, basil, garlic and tomatoes. Squeeze bag gently to blend ingredients and break up tomatoes. Cut carrots in strips, 2" x ¼". Split zucchini lengthwise and cut in 1-inch pieces. Add vegetables; turn bag gently to coat vegetables with sauce. Arrange vegetables in an even layer. Sprinkle chicken with paprika; place in bag on top of vegetables. Close bag with nylon tie; make 6 half-inch slits in top. Cook 50 minutes or until chicken is tender. Remove from oven, open bag. Arrange chicken on serving platter. Stir vegetables and sauce; then spoon over chicken. Makes: 4 servings.

For FREE recipes, write: RECIPES, P.O. Box 27003, Dept. A-14, Richmond, VA 23261.







Tasty Chicken Couldn't Be Easier! With Reynolds® Oven Cooking Bags And Lipton® Onion Soup Mix.

The convenience of Reynolds Oven Cooking Bags means everything cooks up tender, juicy and delicious with no fuss and no mess. And Lipton Onion Soup Mix's special blend of seasonings and toasted onion pieces makes even an ordinary dish extraordinarily good!

MANUFACTURER'S COUPON | EXPIRES 10/31/87

Save 25¢ On Any Size Reynolds® Oven Cooking Bags.



RETAILER: Reynolds Metals Company will redeem one (1) coupon per purchase in accordance with our redemption policy. Copies available upon request. Cash value 1/100¢. Void where prohibited, taxed or restricted by law. Mail coupon to: Dept. 5973, El Paso, TX 79966.

25¢

5 10900 10225 9

108613

MANUFACTURER'S COUPON | EXPIRES 10/31/87

RS332

Save 15¢ On Any Variety Of Lipton® Recipe Soup Mix.



TO THE CONSUMER: This coupon good only on required purchase of product specified. Limited to one coupon per purchase. Coupon cannot be bought, sold or exchanged for cash, coupons or certificates. Any other use constitutes fraud. You must pay any sales tax.

TO THE RETAILER: Thomas J. Lipton, Inc., will reimburse you for the face value of this coupon plus 8¢ handling provided you have accepted this coupon in accordance with T. J. Lipton Redemption Policy incorporated herein by reference. Cash value 1/20¢. Mail to: Thomas J. Lipton, Inc., Box R-700, El Paso, TX 79975.

15¢

5 41000 25315 03



MICROWAVE RECIPES

continued

minutes or till the chicken is tender, giving the dish a half-turn once. To reheat bulgur, cook *¾ cup* bulgur mixture in a 20-ounce casserole on high for 1 to 1½ minutes or till heated through. Serve chicken with bulgur mixture. Repeat for additional servings.

Conventional directions: To cook bulgur, in a medium saucepan stir together the water, bulgur, chicken bouillon granules, and pepper. Bring the mixture to boiling; reduce heat. Simmer, covered, for 12 to 15 minutes or till done.

Coat chicken breasts as directed. Place chicken, crumb side up, in a shallow baking pan. Sprinkle with the remaining crumbs and drizzle with remaining butter or margarine. Bake in a 375° oven about 25 minutes or till the chicken is tender and no pink remains. Serve chicken with the bulgur mixture.

Nutrition information per serving: 231 cal., 29 g pro., 5 g carbo., 10 g fat, 91 mg chol., 226 mg sodium. U.S. RDA: 60% niacin, 23% phosphorus.

SCALLOPS NEWBURG

The size of the scallops affects the cooking time. Use sea scallops that measure about 1 inch. Cut up larger scallops—

- **1 pound fresh *or* frozen sea scallops**
- **3 cups sliced fresh mushrooms**
- **4 green onions, sliced**
- **¼ cup dry white wine**
- **¼ cup butter *or* margarine**
- **3 tablespoons all-purpose flour**
- **½ teaspoon dried thyme, crushed**
- **⅛ teaspoon pepper**
- **½ cup milk**
- **½ teaspoon Worcestershire sauce**
- **Several dashes bottled hot pepper sauce**
- **2 tablespoons butter *or* margarine (optional)**
- **½ cup fine dry bread crumbs (optional)**
- **2 tablespoons snipped parsley (optional)**

To thaw frozen scallops, in a 1-quart microwave-safe casserole micro-cook frozen scallops, uncovered, on 50% power (medium) about 7 minutes or till nearly thawed, removing the thawed portions twice. Remove all scallops and liquid from casserole; set aside.

In same casserole combine mushrooms and onions. Cook, covered, on 100% power (high) 3 to 4 minutes or till tender. Drain. Stir in scallops and wine. Cook, covered, on high 2 to 2½ minutes or till scallops are opaque, stirring once. Drain, reserving *½ cup* liquid. (Add water, if needed, to equal ½ cup.)

For sauce, in a medium microwave-safe bowl cook the ¼ cup butter or margarine on high about 45 seconds or till melted. Stir in flour, thyme, and pepper. Stir reserved liquid, milk, Worcestershire sauce, and hot pepper sauce into flour mixture. Cook, uncovered, on high 2 to 3 minutes or till bubbly, stirring every minute. Stir sauce into scallop mixture. Spoon into 4 individual ungreased 10-ounce casseroles.

For topper, in a 1-cup microwave-safe measure cook the 2 tablespoons butter on high 30 to 45 seconds or till melted. Stir in bread crumbs and parsley. Sprinkle topper over scallop mixture in casseroles. Cook, uncovered, about 30 seconds. Makes 4 servings.



Conventional directions: Thaw scallops, if frozen. In a 10-inch covered skillet cook the mushrooms and onion in 2 tablespoons *water* for 2 to 3 minutes or till onion is tender. Drain. Stir in the scallops and wine. Cook, covered, for 4 to 5 minutes or till the scallops are opaque. Drain, reserving ½ *cup* liquid. (Add water, if necessary to equal ½ cup.)

For sauce, in a 1½-quart saucepan heat the ¼ cup butter or margarine till melted. Stir in flour, thyme, and pepper. Stir in the reserved liquid, milk, Worcestershire sauce, and hot pepper sauce. Cook and stir till thickened and bubbly; cook and stir 1 to 2 minutes more. Stir in scallop mixture. Spoon into 4 individual ungreased 10-ounce casseroles.

For topper, in a small saucepan heat the 2 tablespoons butter or margarine till melted. Stir in the bread crumbs and parsley. Sprinkle topper over scallop mixture. Place casseroles in a 15x10x1-inch baking pan. Bake, uncovered, in a 350° oven for 10 to 15 minutes or till heated through.

Nutrition information per serving: 346 cal., 24 g pro., 26 g carbo., 15 g fat, 81 mg chol., 625 mg sodium. U.S. RDA: 15% vit. A, 18% thiamine, 28% riboflavin, 24% niacin, 15% calcium, 22% iron, 39% phosphorus.

CHICKEN TETRAZZINI

2 whole large chicken breasts (about 2 pounds total), skinned, boned, and cut into bite-size pieces
½ cup chopped sweet red *or* green pepper
¼ cup butter *or* margarine
¼ cup all-purpose flour
2 teaspoons instant chicken bouillon granules
¼ teaspoon pepper
1 cup milk
½ cup shredded Swiss cheese (2 ounces)
8 ounces spaghetti, cooked and drained
1 4-ounce can sliced mushrooms, drained
12 rich round crackers, crushed (optional)

In a 2-quart microwave-safe casserole combine chicken and red or green pepper. Micro-cook, covered, on 100% power (high) for 6 to 8 minutes or till chicken is no longer pink, stirring once. Drain. Cover and set aside.

For sauce, in a 4-cup glass measure cook butter or margarine on high about 45 seconds or till melted. Stir in flour, bouillon granules, and pepper. Stir the milk and 1 cup *water* into the flour mixture. Cook on high for 5 to 7 minutes or till thickened and bubbly, stirring every minute. Stir in cheese.

In the 2-quart casserole combine chicken mixture, sauce, spaghetti, and mushrooms. Sprinkle cracker crumbs on top. Cook, covered, on high for 1 to 3 minutes or till heated through. Makes 6 servings.

Conventional directions: In a large skillet cook chicken and red or green pepper in butter or margarine 5 minutes or till chicken is brown and pepper is tender. Stir together flour, bouillon granules, pepper, milk, and 1 cup *water*. Add to the skillet. Cook and stir

continued

continued

till thickened and bubbly. Stir in the cheese, spaghetti, and mushrooms. Turn into a 2-quart casserole. Sprinkle with crumbs. Bake in a 350° oven for 20 to 25 minutes or till heated through.

Nutrition information per serving: 439 cal., 29 g pro., 43 g carbo., 16 g fat, 81 mg chol., 600 mg sodium. U.S. RDA: 23% vit. A, 28% vit. C, 33% thiamine, 21% riboflavin, 56% niacin, 20% calcium, 15% iron, 34% phosphorus.

SOLE FLORENTINE WITH MORNAY SAUCE

If your fish fillets are small, overlap two fillets before filling—

- **6 fresh *or* frozen sole, walleye, *or* flounder fillets (1 to 1¼ pounds)**
- **2 cups chopped fresh spinach**
- **1 cup frozen cut broccoli, chopped**
- **2 tablespoons water**
- **1 stalk celery, sliced (½ cup)**
- **1 small onion, chopped (¼ cup)**
- **2 fresh mushrooms, sliced**
- **3 tablespoons butter *or* margarine**
- **½ cup herb-seasoned stuffing mix**
- **2 tablespoons all-purpose flour**
- **½ teaspoon instant chicken bouillon granules**
- **⅛ teaspoon ground nutmeg**
- **1 cup milk**
- **Paprika**

To thaw frozen fish, in an 8x8x2-inch microwave-safe dish micro-cook frozen fish, uncovered, on 50% power (medium) for 3 to 5 minutes or till nearly defrosted, separating and rearranging fillets once. Let stand 5 minutes.

In a medium microwave-safe mixing bowl combine spinach, broccoli, and water. Cook, covered, on 100% power (high) for 4 minutes. Drain well. If necessary, cut large chunks of broccoli in half. Add celery, onion, mushrooms, and *1 tablespoon* butter or margarine. Cook, covered, on high for 3 minutes. Stir in stuffing mix. Cover; let stand 2 to 3 minutes to absorb moisture.

Place about *⅓ cup* of the stuffing mixture in center of *each* fish fillet. Roll ends over stuffing; secure with a wooden toothpick. Transfer fish, seam side down, to the 8x8x2-inch dish. Cover with clear plastic wrap; vent by leaving a small area unsealed at the edge. Cook on high for 6 to 8 minutes or till fish flakes easily when tested with a fork, rotating the dish a quarter-turn twice. Let stand while preparing sauce.

For sauce, in a 4-cup microwave-safe glass measure cook the remaining butter or margarine on high for 1 minute. Stir in flour, bouillon granules, nutmeg, and a dash *pepper*. Add milk. Cook, uncovered, on high 2 to 3 minutes or till thickened and bubbly, stirring twice. Cook and stir 30 seconds more. Transfer fish to a serving platter. Top with sauce. Sprinkle with paprika. Makes 6 servings.

Conventional directions: Thaw fish, if frozen. For stuffing, in a medium saucepan combine broccoli, celery, onion, and ¼ cup *water*. Cover and cook for 3 minutes. Add spinach and mushrooms. Cover and cook about 3 minutes more or till vegetables are crisp-tender. Drain well; return vegetables to saucepan. Stir in *1 tablespoon* butter or margarine and stuffing mix. Cover and let stand for 2 to 3 minutes for stuffing to absorb moisture.

Stuff fish fillets as above. Transfer to a 10x6x2-inch baking pan. Bake, covered, in a 350° oven for 20 to 25 minutes or till fish flakes easily when tested with a fork.

Meanwhile, for sauce, in a small saucepan heat the remaining butter or margarine till melted. Stir in the flour, chicken bouillon granules, nutmeg, and pepper. Add milk. Cook and stir till thickened and bubbly; cook and stir for 1 to 2 minutes more. Serve as directed.

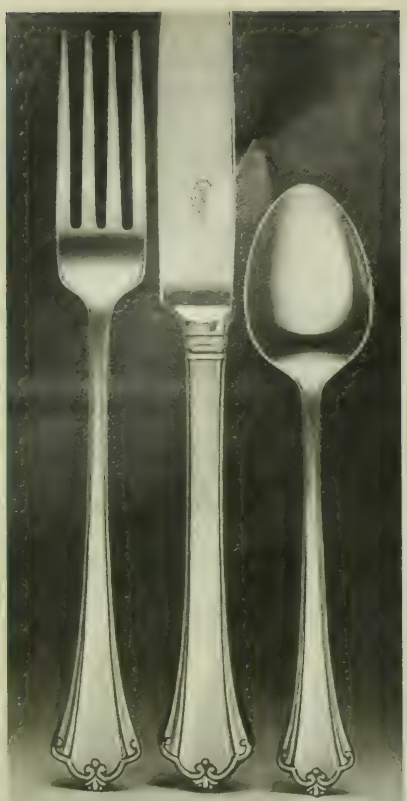
Nutrition information per serving: 247 cal., 23 g pro., 15 g carbo., 10 g fat, 66 mg chol., 416 mg sodium. U.S. RDA: 40% vit. A, 18% vit. C, 10% thiamine, 15% riboflavin, 14% niacin, 18% calcium, 29% phosphorus.

Dick Difino's Recipes

ITALIAN STUFFED PEPPERS

- **3 large green peppers**
- **1 pound ground beef**
- **1 medium onion, chopped (½ cup)**
- **1 clove garlic, minced**
- **1 7½-ounce can tomatoes, cut up**
- **½ cup sliced pitted ripe olives**
- **½ of a 6-ounce can (⅓ cup) tomato paste**
- **2 teaspoons chili powder**
- **1 teaspoon sugar**
- **¼ teaspoon salt**
- **2½ cups crisp rice cereal**
- **1 cup shredded sharp cheddar cheese (4 ounces)**

continued



INTRODUCING ANTICIPATION

Teaspoon sample 50¢

Oneida Sample Center
P.O. Box 9777, New Brighton, MN 55197

Beautiful beginnings start with Oneida stainless. Please send me a sample stainless teaspoon in the pattern(s) I have checked. I am enclosing $.50 plus $.25 postage and handling for each spoon ordered. Offer is limited to a choice of up to three spoons, one spoon per pattern.

☐ Anticipation ☐ Chateau
☐ Frederick II ☐ Ridgecrest
☐ Henley ☐ Dover
☐ American Colonial ☐ Classic Shell
☐ Kingswood ☐ Michelangelo

Name _____
(Please print)
Address _____
City _____
State _____ Zip _____

Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 6/30/87. BG106

ONEIDA



Now go from frozen to crisp in four minutes flat.

Introducing Ore-Ida Microwave Fries. Now you can ıake delicious Ore-Ida fries in no time. Anytime. Microwave ·ies always cook up crisp and brown because they come in a ıwik Crisp® package.

But the best part is what's inside: the great taste of Ore-Ida. New Microwave Hash Browns, Crinkle Cuts and Tater Tots® otatoes. Now good things come to those who don't wait.



When it says Ore-Ida, it's all-righta!

There are over 200 different microwave ovens available today. Farberware just improved them all.



Introducing microwave cookware good enough to improve the performance of your microwave oven.

Designed with the same quality that for over 40 years has gone into Farberware's stainless-steel cookware, our new line-up features advanced materials and special shapes that actually help your microwave oven cook food more efficiently. Best of all, the complete line sports a clean, contemporary style. So every piece looks good enough to put on your best-set table.

Farberware microwave cookware. Your microwave oven will *really* cook now.

FARBERWARE®
Subsidiary of Kidde, Inc.
KIDDE

©1986 Farberware Made in U.S.A.



© 1985 Hershey Foods Corporation



Fifty-two smiles to a bag. Rolo®.

That comes out to one smile for every possible occasion. A sunny day. A rainy day. Or just because. **Rolo** combines milk chocolate outside and creamy caramel inside. For a taste so good, any occasion will do.

MICROWAVE RECIPES

continued

Halve peppers lengthwise. Discard seeds and membranes. Arrange peppers, cut side up, in a 12x7½x2-inch microwave-safe dish. Cover with clear plastic wrap; vent by leaving a small area unsealed at the edge of the dish. Micro-cook on 100% power (high) for 4 to 5 minutes or till just crisp-tender. *(Do not overcook.)* Drain. Season inside of peppers with salt. Set aside.

In a 2-quart microwave-safe casserole cook beef, onion, and garlic, uncovered, on high for 4 to 5 minutes or till done, stirring twice to break up meat. Drain. Stir in *undrained* tomatoes, olives, tomato paste, chili powder, sugar, and salt. Stir in cereal. Spoon *¾ cup* meat mixture into each pepper half.

For immediate serving: Transfer a pepper half to an individual casserole. Cover with clear plastic wrap; vent by leaving a small area unsealed at dish edge. Cook on 50% power (medium) for 3 to 4 minutes or till heated through and green pepper is just tender, giving dish a half-turn once. Uncover and sprinkle some cheese on the pepper. Cook on medium for 30 to 60 seconds. Let stand, covered, for 3 minutes. If additional servings are required, cover and repeat micro-cooking for each.

For later serving: Wrap pepper halves individually in moisture- and vaporproof wrap or transfer peppers to individual microwave-safe casseroles. Seal, label, and freeze up to 2 months.

Unwrap pepper. Transfer to a microwave-safe individual casserole, if necessary. Cover with clear plastic wrap; vent by leaving a small area unsealed at the edge of the casserole. Cook on 70% power (medium-high) for 4 minutes. U
dium)
throug
tender

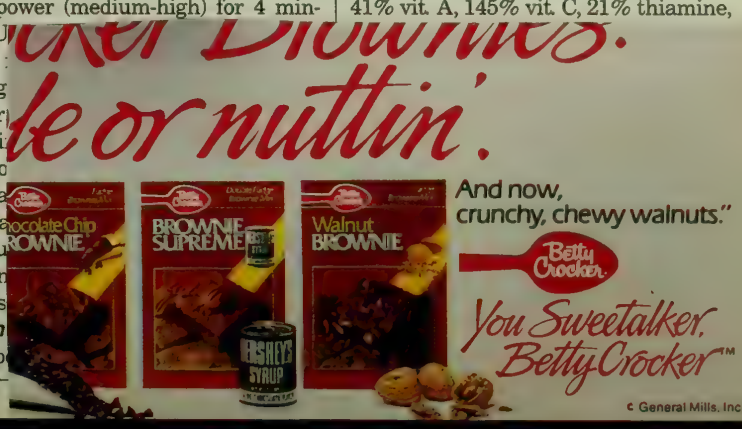
Spri
Cook o
Let sta
ditiona
moistu
peat n
Makes

Con
seed p

peppers in boiling water for 5 minutes; drain. Season with salt; set aside.

In a large skillet cook beef, onion, and garlic till beef is brown; drain. Stir in *undrained* tomatoes, olives, tomato paste, chili powder, sugar, and salt. Stir in cereal. Spoon beef mixture into pepper halves. Transfer to a 13x9x2-inch baking pan. Cover with foil. Bake in 350° oven 25 minutes. Uncover; top with cheese. Bake 5 minutes more.

Nutrition information per serving: 342 cal., 21 g pro., 22 g carbo., 20 g fat, 71 mg chol., 650 mg sodium. U.S. RDA: 41% vit. A, 145% vit. C, 21% thiamine,





Fantastic
Pork Fajitas

Pork. The Light Fantastic.

It's time to look at pork in a new light.

Pork offers fantastic flavor at only around 200 calories per three-ounce serving.

New leaner boneless cuts—like loin cubes for kabobs and quick-broiling butterfly chops—lighten your work load, too.

When you want to enjoy the light fantastic, choose pork.

pork what a good idea!™

© 1986 National Pork Producers Council

Fantastic Pork Fajitas

Preparation Time: 15 minutes Calories per serving: 293 (with tortilla)

1 pound lean boneless pork
2 cloves garlic, minced
1 teaspoon oregano, crumbled
1/2 teaspoon cumin
1 teaspoon seasoned salt
2 tablespoons orange juice
2 tablespoons vinegar
Dash of hot pepper sauce
1 tablespoon cooking oil
1 medium onion, peeled and sliced
1 green pepper, seeded and sliced
4 flour tortillas
green onion tops, sliced (optional)
shredded lettuce (optional)
bottled salsa (optional)

Slice pork across grain into 1/8" strips. Marinate pork strips in garlic, oregano, cumin, salt, orange juice, vinegar, and hot pepper sauce for 10 minutes.

Heat heavy skillet or griddle until hot (if using electric skillet, use 400°). Add the tablespoon of oil, onion, green pepper and pork strips; stir-fry until pork is no longer pink, about 3-5 minutes. Serve with flour tortillas and accompany with sliced green onion, shredded lettuce, and salsa, if desired. Serves 4.

For more good ideas send self-addressed stamped envelope to: Pork Light Fantastic, P.O. Box 10383, Des Moines, Iowa 5030(

continued

Meanwhile, for Orange Sauce, in a small saucepan combine sugar, cornstarch, and orange peel. Stir in water and orange juice. Cook and stir till bubbly; cook 2 minutes more. Remove from heat; stir in butter.

For Lemon Sauce, in a small saucepan combine water, milk, pudding mix, lemon peel, and lemon juice. Cook and stir till boiling. Serve as directed.

Nutrition information per serving with Orange Sauce: 286 cal., 3 g pro., 41 g carbo., 13 g fat, 33 mg chol., 317 mg sodium. U.S. RDA: 10% vit. A, 14% vit. C, 20% thiamine, 16% riboflavin, 16% niacin, 14% calcium, 36% iron.

SNAPPY SNACK CRACKERS

1 cup butter *or* margarine
½ cup grated Parmesan cheese
1 teaspoon celery salt
1 teaspoon paprika
½ teaspoon garlic powder
½ teaspoon onion powder
1 16-ounce package oyster crackers (10 cups)

In a 4-quart microwave-safe bowl or casserole micro-cook butter or margarine, uncovered, on 100% power (high) for 1 to 2 minutes or till melted. Stir in Parmesan cheese, celery salt, paprika, garlic powder, and onion powder. Add crackers. Toss to coat. Cook, uncovered, on high for 2 to 3 minutes, stirring after each minute. Cool. Serve immediately or store in an airtight container up to 1 week. Makes 10 cups.

Nutrition information per ½-cup serving: 192 cal., 3 g pro., 16 g carbo., 13 g fat, 27 mg chol., 477 mg sodium.

CRANBERRY-DIJON CHICKEN

1 2½- to 3-pound broiler-fryer chicken, cut up
1 8-ounce can whole cranberry sauce
1 medium onion, finely chopped
½ cup catsup
2 tablespoons Dijon-style mustard
1 tablespoon brown sugar
1 tablespoon Worcestershire sauce
2 tablespoons vinegar
4 teaspoons cornstarch
2 tablespoons snipped parsley
3 cups hot cooked rice

In a 12x7½x2-inch microwave-safe dish arrange chicken with meatiest

continued



Betty Crocker.® New muffins with bags of Treasure.

New Carrot Nut muffin mix comes with a separate pouch of crunchy carrots, nuts and raisins. New Oatmeal Raisin's pouch is a treasure of oatmeal and raisins.



And a can of real fruit makes our juicy blueberry muffin a perfect jewel.

Betty Crocker®
You Sweetalker. Betty Crocker™

General Mills, Inc. 1986

JEEPERS! CREEPERS!

HOW'D YOU MAKE THOSE PIES?



EASY! With a little help from Jell-O® Pudding and Cool Whip,® it's easy to whip up these spectacular pies. And once your family tastes them...Jeepers, creepers!



GENERAL FOODS

©1986 General Foods Corporation

continued

pieces toward outside of dish. Cover with waxed paper. Micro-cook on 100% power (high) for 8 minutes, rearranging pieces twice. Drain off fat.

Meanwhile, in a medium mixing bowl combine cranberry sauce, onion, catsup, mustard, sugar, Worcestershire sauce, and ½ teaspoon *salt.* Spoon over chicken. Cover with waxed paper. Cook on high for 10 to 12 minutes or till chicken is tender, basting chicken and rotating dish a half-turn once. Remove chicken, reserving cranberry mixture. (If desired, skim fat from cranberry mixture.)

In a small bowl stir together 2 tablespoons *water,* vinegar, and cornstarch. Stir into cranberry mixture. Cook, uncovered, on high about 2 minutes or till thickened and bubbly, stirring after every minute. Cook, uncovered, on high for 30 seconds more. (If chilling chicken, return chicken to dish.) Stir parsley into rice. Serve chicken and sauce over parslied rice. Serves 6.

To make ahead: Cool chicken and sauce. Cover and chill up to 24 hours. At serving time, cook chicken, covered, on 70% power (medium-high) for 8 to 10 minutes or till heated through, giving dish a half-turn and rearranging chicken twice. Serve with rice.

Conventional directions: In a large skillet brown chicken in 2 tablespoons hot *cooking oil* for 10 to 15 minutes. Drain off fat. Combine ingredients for cranberry mixture as above. Spoon over chicken. Cover; simmer for 30 to 40 minutes or till chicken is tender. Remove chicken to platter; keep warm.

Skim fat from cranberry mixture in skillet, if necessary. Stir together 2 tablespoons *water,* vinegar, and cornstarch. Stir into cranberry mixture. Cook and stir till bubbly. Cook and stir 1 to 2 minutes more. Serve as above.

Nutrition information per serving: 312 cal., 30 g pro., 29 g carbo., 8 g fat, 89 mg chol., 694 mg sodium. U.S. RDA: 12% riboflavin, 48% niacin, 14% iron, 25% phosphorus.

GARLIC-BUTTER VEGETABLES

2 cups broccoli flowerets
1 cup cauliflower flowerets
2 tablespoons water
1 medium zucchini, sliced ¼ inch thick
1 cup fresh mushrooms
1 sweet red *or* green pepper, cut into thin strips
1 recipe Garlic Butter

On a large microwave-safe platter arrange broccoli and cauliflower around outer edge. Sprinkle with water. Cover with microwave-safe clear plastic wrap; vent by leaving a small area unsealed at the edge. Micro-cook on 100% power (high) for 2 minutes. Place zucchini, mushrooms, and peppers in center. Cook, covered, on high for 3 to 5 minutes more or till vegetables are crisp-tender. Carefully drain off liquid. Drizzle with Garlic Butter. Serves 6.

Garlic Butter: In a 1-cup microwave-safe measure stir together ¼ cup *butter* or *margarine,* ⅛ teaspoon *pepper,* 1 clove *garlic,* quartered, and dash *salt.* Cook on high about 1 minute or till melted. Discard garlic pieces.

Nutrition information per serving: 93 cal., 2 g pro., 5 g carbo., 8 g fat, 21 mg chol., and 112 mg sodium. U.S. RDA: 47% vit. A, 108% vit. C.

Carol Trench's Recipes

FRENCH PIZZA

For a crisp crust with golden color use a microwave browning crisper/griddle—

1 package (8) refrigerated crescent rolls
2 3-ounce packages cream cheese
¼ cup mayonnaise *or* salad dressing
1½ teaspoons dried dillweed
Dash garlic powder
2 cups desired pizza toppers (chopped cauliflower, broccoli flowerets, shredded carrot, chopped green pepper, sliced pitted ripe olives, *or* sliced mushrooms)

If using a 10-inch round microwave browning crisper/griddle, preheat the griddle on 100% power (high) for 4 minutes. For crust, unroll crescent rolls. Carefully arrange triangles in a circle on the hot griddle or a lightly greased 12-inch microwave-safe pizza dish, pressing edges together. Micro-cook on 50% power (medium) for 6 minutes (12 minutes if using a pizza dish), giving the dish a half-turn twice. If using a browning griddle, loosen edges and invert onto a serving platter.

In a 4-cup glass measure cook cheese on high 30 to 45 seconds or till softened.

continued

RECIPES!

APPLE CRUNCH PIE

Prep. time: 10 min.



1 can (21 oz.) apple pie filling*
2 tablespoons brown sugar
¼ teaspoon cinnamon
¼ cup chopped pecans
1 baked 9-inch pie shell, cooled
⅓ cup cold milk
⅓ cup cold half and half or light cream
1 package (4-serving size) JELL-O® Vanilla Flavor Instant Pudding and Pie Filling
1⅓ cups thawed COOL WHIP® Whipped Topping

*Or use cherry, blueberry or peach pie filling.

Combine apple pie filling, brown sugar and cinnamon; add nuts. Spread half in pie shell; chill remaining apple mixture. Pour milk and half and half into small mixer bowl. Add pie filling mix. Beat at lowest speed of electric mixer until well blended, 1 to 2 minutes. Fold in whipped topping. Spoon over apple mixture in pie shell. Freeze 1 hour or chill 3 hours before serving. Garnish with reserved apple mixture and additional whipped topping, if desired.

CHOCOLATE PEANUTTY PIE

Prep. time: 10 min.



1⅓ cups cold milk*
¼ cup creamy peanut butter
1 package (6-serving size) JELL-O® Chocolate Flavor Instant Pudding and Pie Filling*
2 cups thawed COOL WHIP® Whipped Topping
⅓ cup chopped peanuts
1 baked 9-inch pie shell, cooled

*Or use 2 packages (4-serving size) Instant Pudding and Pie Filling and 2 cups milk.

Gradually blend milk into peanut butter in small bowl, beating until smooth. Blend in pie filling mix and beat until blended and smooth, 1 to 2 minutes. Fold in whipped topping and nuts. Spoon into pie shell. Freeze 1 hour or chill 3 hours before serving. Garnish with additional whipped topping and peanut halves, if desired.

CRANBERRY RIBBON PIE

Prep. time: 15 min.



1 package (4-serving size) JELL-O® Lemon Flavor Pudding and Pie Filling
½ cup sugar 2 cups water
1 egg, slightly beaten
¾ cup cranberry orange sauce
1 baked 9-inch pie shell, cooled
1 package (8 oz.) cream cheese, cut into cubes
1 tablespoon grated orange rind
2 cups thawed COOL WHIP® Whipped Topping

Combine pie filling mix, sugar and ¼ cup of the water in saucepan. Stir in egg and remaining water. Cook and stir until mixture comes to a full boil. Measure ¾ cup; blend in cranberry sauce and pour half into pie shell. Chill. Chill remaining cranberry mixture. Add cream cheese to remaining filling and stir until cheese is melted; add rind. Chill 30 minutes (or place in freezer for 15 minutes). Fold in whipped topping and spoon over cranberry mixture. Freeze 1 hour or chill 3 hours before serving. Garnish with reserved cranberry mixture, additional whipped topping and orange sections or slices, if desired. Alternate Method. Spread half cranberry mixture over half cheese filling in shell; add remaining filling.



Jell-O and Cool Whip are registered trademarks of the General Foods Corporation.

THAT'S HOW YOU MAKE THOSE PIES!



"WEIGHT WATCHERS HAS MORE DELICIOUSNESS THAN ANYBODY ELSE."

LYNN REDGRAVE



"Weight Watchers has 23 entrees. That's more than those others have. With Weight Watchers I can have pizza, divine Chicken Parmagiana or a pasta. Sweet and Sour Chicken. Creamy Chicken a la King. Or crispy Southern Fried Chicken. Or any one of 17 more. I don't repeat a dish in over 3 weeks of delicious dining—unless I get stuck on a favorite. Weight Watchers, this is living!"

WEIGHT WATCHERS® FROZEN FOODS



WEIGHT WATCHERS IS THE REGISTERED TRADEMARK OF WEIGHT WATCHERS INTERNATIONAL, INC. © WEIGHT WATCHERS INTERNATIONAL, INC. 1985.

ontinued

Stir in the mayonnaise, dillweed, and garlic powder. Spread over crust. Arrange pizza toppers over all. Serve immediately or chill. Makes 6 servings.

Conventional directions: For crust, unroll crescent rolls. Arrange triangles in a circle on greased 12-inch pizza pan. Bake in 375° oven 8 to 10 minutes or till browned. Combine cream cheese, mayonnaise, dillweed, and garlic powder. Spread over crust. Arrange toppers.

Nutrition information per serving: 314 cal., 6 g pro., 19 g carbo., 25 g fat, 37 mg chol., 455 mg sodium. U.S. RDA: 84% vit. A, 44% vit. C, 10% iron, 10% thiamine, 20% phosphorus.

CHEESE AND CORN CASSEROLES

- **1 10-ounce package frozen whole kernel corn**
- **¼ cup chopped onion**
- **¼ cup chopped green pepper**
- **1 tablespoon butter *or* margarine**
- **3 beaten eggs**
- **1 cup shredded American cheese (4 ounces)**
- **½ cup milk**
- **Several dashes bottled hot pepper sauce**
- **1 tablespoon sunflower nuts *or* toasted wheat germ**

In a 1½-quart microwave-safe casserole combine corn, onion, green pepper, and butter or margarine. Micro-cook, uncovered, on 100% power (high) for 4 to 6 minutes or till tender, stirring once. Stir in eggs, cheese, milk, and hot pepper sauce. Spoon into 4 ungreased microwave-safe 8-ounce soufflé dishes or casseroles. Cook, uncovered, on high for 4½ to 5½ minutes or till almost set, rearranging and rotating twice. Let stand 5 minutes. Sprinkle with sunflower nuts or toasted wheat germ. Makes 4 servings.

Conventional directions: In medium saucepan bring ½ cup *water* to boiling. Add corn, onion, and green pepper. Return to boiling; reduce heat. Cover and simmer 5 minutes or till vegetables are tender. Drain. Stir in butter or margarine, eggs, cheese, milk, and hot pepper sauce. Spoon into four 8-ounce ungreased soufflé dishes or casseroles. Bake in a 325° oven for 30 to 35 minutes or till set. Sprinkle tops of casseroles with sunflower nuts or toasted wheat germ.

Nutrition information per serving: 265 cal., 14 g pro., 20 g carbo., 15 g fat, 236 mg chol., 437 mg sodium. U.S. RDA: 17% vit. A, 19% vit. C, 20% riboflavin, 23% calcium, 28% phosphorus.

SPAGHETTI SQUASH WITH PARMESAN SAUCE

- **1 2- to 2½-pound spaghetti squash**
- **1 cup sliced celery**
- **½ cup chopped onion (1 medium)**
- **2 tablespoons butter *or* margarine**
- **1 tablespoon all-purpose flour**
- **½ teaspoon dry mustard**
- **¾ cup milk**
- **2 slices process Swiss cheese, cut up (2 ounces)**
- **¼ cup grated Parmesan cheese**

Halve squash lengthwise. Scoop out seeds. Place halves, cut side down, in a 12x7½x2-inch microwave-safe dish. Cover with clear plastic wrap; vent by leaving a small area unsealed at dish

continued



as your
icrowave
ft you
ot and
old?

We can help.
The Micro-Go-Round® slowly rotates foods for more even cooking. And much better eating. Here's why:

Eliminates hot and cold spots. We reach the spots every microwave misses. Even "new generation" ovens perform better with a Micro-Go-Round®

Makes microwaving more convenient. You don't have to stop and stir any longer. Meals are easier to prepare.

You can count on it. The Micro-Go-Round® is built to last. And it's warranted for years.

Get all the "cooking" you paid for in your microwave. Get a Micro-Go-Round®!

Get a great value and a $5 rebate.

To receive your $5.00 rebate, you must do the following:
1) Complete this original mail-in certificate.
2) Submit the UPC symbol and the Betty Crocker Red Spoon cut from the Micro-Go-Round® carton.
3) Enclose a complete original dated sales receipt from a participating retailer with the price paid and date of purchase circled.
4) Mail this original certificate, postmarked no later than 30 days after the purchase of product, with the UPC symbol, Betty Crocker red spoon, and sales receipt (as specified above) to:

Micro-Go-Round® Rebate
P.O. Box 465
Young America, MN 55399

5) Check the appropriate boxes below:
CHECK ONE (model purchased):
A ☐ 62302 Micro-Go-Round® II
B ☐ 62303 Micro-Go-Round® Plus
C ☐ 62304 Micro-Go-Round®
D ☐ 62304A Micro-Go-Round® with Bacon/Meat Rack
E ☐ 62301 Compact

02 ☐ Please send the $5.00 rebate. I am enclosing all appropriate qualifiers.

NAME_____
ADDRESS_____
CITY_____
STATE_____ ZIP_____
WHERE PURCHASED_____

This original mail-in certificate must accompany your request and may not be reproduced mechanically or otherwise. This offer is valid only in the U.S.A. and is void where prohibited, taxed, or restricted by law. Purchase must be from participating retailers only. Limit one refund per product per household.
Requests for rebates that do not qualify because of incomplete information or improper dates, will not be honored or returned. Attempts at duplicate requests



MICROWAVE RECIPES

continued

edge. Micro-cook on 100% power (high) for 10 to 14 minutes or till pulp can just be pierced with a fork, giving the dish a half-turn twice. Let stand, covered.

For sauce, in a 4-cup glass measure combine celery, onion, and butter. Cover with waxed paper. Cook on high for 3 to 4 minutes or till onion is tender. Stir in flour, mustard, and dash *pepper*. Stir in milk. Cook, uncovered, on high for 1 to 3 minutes or till thickened and bubbly, stirring every minute. Cook on high 30 seconds more. Stir in cheeses.

Use a fork to shred and separate pulp into strands. Pile squash onto platter; top with sauce. Makes 4 to 6 servings.

Conventional directions: Place halved squash in a Dutch oven. Add 2 inches *water*. Bring to boiling; reduce heat. Cover and simmer for 25 to 35 minutes or till tender. Drain.

For sauce, cook celery and onion in butter till tender. Stir in flour, mustard, and dash *pepper*. Add milk. Cook and stir till thickened and bubbly; cook and stir 1 to 2 minutes more. Stir in cheeses till melted. Serve as directed.

Nutrition information per serving: 217 cal., 10 g pro., 15 g carbo., 13 g fat, 39 mg chol., 446 mg sodium. U.S. RDA: 26% vit. A, 43% vit. C, 116% thiamine, 110% riboflavin, 26% calcium, and 19% phosphorus.

LEMONY CHILI

1 pound ground pork *or* beef
½ cup chopped onion
¼ cup chopped green pepper
1 clove garlic, minced
2 15½-ounce cans chili beans
1 4-ounce can mushroom stems and pieces
½ cup chili sauce
1 tomato, chopped
2 tablespoons lemon juice
1 tablespoon chili powder
1 teaspoon dry mustard
¼ teaspoon ground cumin
Dash bottled hot pepper sauce
⅛ teaspoon dried oregano, crushed (optional)
Dash ground coriander (optional)
Dash pepper (optional)
Shredded cheddar cheese (optional)
Dairy sour cream (optional)

Crumble the ground meat into a 2-quart microwave-safe steamer-cooker utensil or casserole. Add the onion, green pepper, and garlic. Micro-cook, covered, on 100% power (high) for 4 to 6 minutes or till the meat is done and vegetables are tender, stirring twice. Drain fat.

Stir in *undrained* beans, *undrained* mushrooms, chili sauce, tomato, lemon juice, and seasonings. Cook, covered, on high for 12 to 14 minutes or till heated through, stirring twice. Serve with cheese and sour cream. Serves 5 or 6.

Conventional directions: In a 12-inch skillet cook meat, onion, green pepper, and garlic till meat is brown and vegetables are tender. Drain fat. Stir in remaining ingredients *except* cheese and sour cream. Bring to boiling; reduce heat. Cover and simmer about 10 minutes. Serve as directed.

Nutrition information per serving: 360 cal., 30 g pro., 41 g carbo., 9 g fat, 64 mg chol., 518 mg sodium. U.S. RDA: 22% vit. A, 26% vit. C, 15% thiamine, 16% riboflavin, 31% niacin, 36% iron, 39% phosphorus.



Zap n' Serve.™

What? Great tasting sausage, already browned from the microwave? It's true.

Presenting New Traditions™ Broiled and Browned™ sausages. From Hormel. Now you can serve sausage in less time than it takes to make toast.

We've done all the hard part for you. We start with our finest sausages. Then we broil and brown them. Sealing in all their juicy goodness.

They're fully cooked. All you do is microwave them. And in moments you're serving sizzling sausage. Without all the mess. Without all the hassle.

New Traditions Broiled and Browned sausages. In links or new patties. Original or new Hot and Spicy flavor. There are even new Ham patties, too.

We've made cooking sausage a zap.

Manufacturer Coupon—Expires 6/30/87



20¢ OFF
Any Variety
New Traditions
sausage

Hormel

Grocer: Hormel will redeem this coupon for amount indicated plus 8¢ handling provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing purchase of sufficient stock to cover coupons redeemed must be shown on request. Coupon void where prohibited, taxed or restricted. Customer must pay any sales tax. Offer good only in U.S.A. To redeem coupon, mail to: Processed Products, P.O. Box 1641, Clinton, Iowa 52734. Cash value 1/20¢.
To consumer: Caution! This coupon may be redeemed only with purchase of the items called for. Any other use constitutes fraud. Your grocer may not redeem coupons without your proper purchase.
LIMIT ONE COUPON PER PURCHASE.

37600 453551

©1986 Geo. A. Hormel & Co.

APPLE CIDER PIE!

THE NEW ALL-AMERICAN DESSERT

By Lynn Hoppe



PHOTOGRAPH: MIKE JENSEN FOOD STYLIST: MARIA ROLANDELLI

Get a triple serving of apple cider—in the crust, filling, and sauce.

APPLE CIDER PIE

Glorious apples shown to perfection—

- **1 recipe Cider Pastry (right)**
- **2 cups apple cider**
- **6 inches stick cinnamon**
- **8 cups sliced, peeled cooking apples (7 apples)**
- **1 tablespoon lemon juice**
- **1 cup dried mixed fruit bits *or* raisins**
- **⅓ cup sugar**
- **2 tablespoons all-purpose flour**
- **3 tablespoons butter *or* margarine**
- **Milk**
- **2 tablespoons honey**
- **1 tablespoon cornstarch**

Prepare pastry. Bring cider and cinnamon to boiling. Boil gently, uncovered, 20 minutes or till reduced to *1 cup.* Strain through a cheesecloth-lined sieve. Discard cinnamon; set aside.

For filling, if apples lack tartness, sprinkle with lemon juice. In saucepan combine *2 tablespoons* cider mixture and apples. Cook, covered, 4 to 5 minutes or till tender but not soft. Remove from heat. Add fruit bits; toss. Combine sugar and flour; stir into apples.

Divide pastry in half. For bottom crust, on a lightly floured surface roll *half* of the dough into a 12-inch circle; fit into a 9-inch pie plate. Trim pastry even with rim. Turn filling into pastry; dot with *1 tablespoon* butter. For top crust, roll remaining dough on floured surface into 12-inch circle. Make cutouts. Trim to ½ inch beyond edge. Seal and flute edge high. Brush with milk. Sprinkle with *sugar.* Cover edge of pie with foil. Bake in a 375° oven 25 minutes. Remove foil; bake about 20 minutes more or till crust is golden. Cool.

To serve, prepare sauce: In a saucepan combine remaining cider mixture, *2 tablespoons* butter, honey, and cornstarch. Cook and stir till bubbly; cook and stir 2 minutes more. Serve pie with *ice cream* and warm sauce. Serves 8.

CIDER PASTRY

Too much cider and the crust will be tough; too little and it will be crumbly—

Combine 2 cups *all-purpose flour* and ½ teaspoon *salt.* Cut in ⅔ cup *shortening* or *lard* till pieces are size of peas. Sprinkle 1 tablespoon cold *apple cider* over part of mixture; toss with fork. Push to side. Repeat till all is moistened (6 to 7 tablespoons cider total); cover.

Nutrition information per slice with sauce: 490 cal., 4 g pro., 74 g carbo., 22 g fat, 12 mg chol., 190 mg sodium. U.S. RDA: 16% thiamine, 12% iron.



Watch'em rise in the morning.

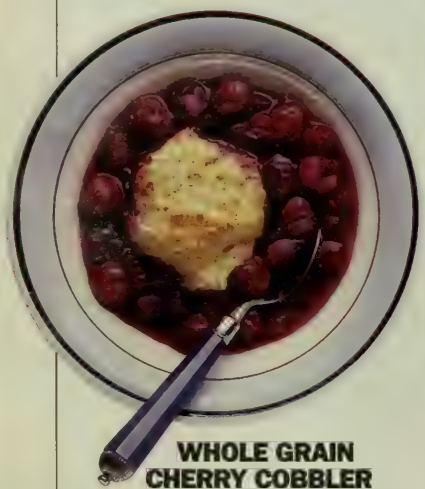


Mmm Ahh Ohh
You Poppin' Fresh® BRAND *dough*

© 1986 The Pillsbury Company

THREE WHOLE GRAIN RECIPES
FROM ONE BASIC MIX

Adding fiber to your daily meals is now easier than ever with this versatile Whole Grain Baking Mix. Stir it up, then keep the mix on hand to use in family-favorite recipes.



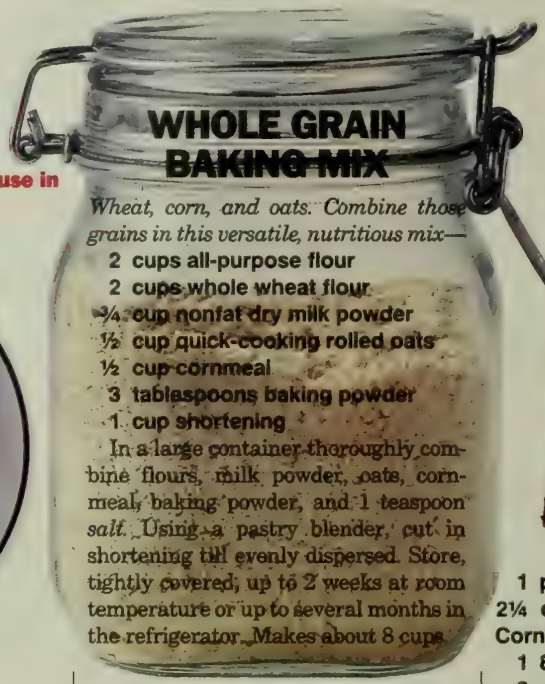
WHOLE GRAIN CHERRY COBBLER

- 4 cups fresh *or* frozen unsweetened pitted tart red cherries
- ½ cup sugar
- 1 tablespoon quick-cooking tapioca
- 1 tablespoon butter *or* margarine
- ¾ cup Whole Grain Baking Mix
- 1 beaten egg

For filling, thaw frozen cherries. In a large saucepan combine cherries, sugar, and tapioca. Let stand 15 minutes; stir occasionally. Cook and stir till bubbly. Stir in butter. Keep warm.

For topper, place Whole Grain Baking Mix in a mixing bowl. Combine egg and 2 tablespoons *water;* stir into mix just till moistened. Turn hot filling into a 1½-quart casserole. Immediately spoon on topper in 6 mounds. Bake in a 400° oven for 18 to 20 minutes or till a toothpick inserted in topper comes out clean. Serve warm. Makes 6 servings.

Nutrition information per serving: 202 cal., 3 g pro., 35 g carbo., 6 g fat, 51 mg chol., 116 mg sodium, 2 g dietary fiber. U.S. RDA: 23% vit. A.

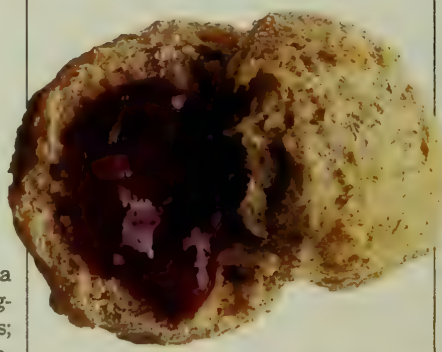


WHOLE GRAIN BAKING MIX

Wheat, corn, and oats. Combine those grains in this versatile, nutritious mix—

- 2 cups all-purpose flour
- 2 cups whole wheat flour
- ¾ cup nonfat dry milk powder
- ½ cup quick-cooking rolled oats
- ½ cup cornmeal
- 3 tablespoons baking powder
- 1 cup shortening

In a large container thoroughly combine flours, milk powder, oats, cornmeal, baking powder, and 1 teaspoon *salt.* Using a pastry blender, cut in shortening till evenly dispersed. Store, tightly covered, up to 2 weeks at room temperature or up to several months in the refrigerator. Makes about 8 cups.



WHOLE GRAIN BISCUITS

- 3 cups Whole Grain Baking Mix
- 1 cup water

In a bowl combine Whole Grain Baking Mix and water just till moistened. Drop by spoonfuls onto greased baking sheet. Bake in a 425° oven 10 to 12 minutes or till golden. Makes 16 biscuits.

Nutrition information per biscuit: 98 cal., 2 g pro., 11 g carbo., 5 g fat, 0 mg chol., 124 mg sodium, 1 g dietary fiber. U.S. RDA: 38% thiamine, 27% riboflavin, 25% niacin, 39% calcium, 34% iron, 33% phosphorus.



MIKE DIETER

WHOLE GRAIN CRUST PIZZA

- 1 package active dry yeast
- 2¼ cups Whole Grain Baking Mix
- Cornmeal (optional)
- 1 8-ounce can pizza sauce
- 2 cups desired pizza toppers (such as sliced pitted ripe olives, canned sliced mushrooms, *or* diced fully cooked ham)
- 1½ cups shredded mozzarella cheese (6 ounces)
- ¼ cup grated Parmesan cheese

For crust, soften yeast in ½ cup warm *water.* Stir in baking mix. Turn out onto lightly floured surface; knead 25 strokes. Cover; let rest 10 minutes.

Grease a 14-inch pizza pan or a 15x10x1-inch baking pan; lightly sprinkle with cornmeal. Pat crust onto bottom of pan; build up edges. Bake in a 425° oven 10 minutes. Spread sauce over crust. Sprinkle with desired toppers. Top with mozzarella cheese. Bake in a 425° oven 10 minutes more or till cheese is melted and pizza is heated through. Sprinkle with Parmesan cheese. Cut into wedges. Serves 6.

Nutrition information per serving: 361 cal., 19 g pro., 29 g carbo., 19 g fat, 29 mg chol., 990 mg sodium, 3 g dietary fiber. U.S. RDA: 11% vit. A, 27% thiamine, 26% riboflavin, 19% niacin, 43% calcium, 19% iron, 37% phosphorus.

Pass the Old El Paso® Southwest Taco Pie



Taco Pie

1 PET-RITZ® Deep Dish Pie Crust Shell
1 pound ground beef
1 medium onion, chopped
1 package (1-1/4oz.) OLD EL PASO® Taco Seasoning Mix
1 can (16oz.) OLD EL PASO Refried Beans
1 jar (8oz.) OLD EL PASO Taco Sauce, divided usage
2 cups (8oz.) shredded Cheddar cheese, divided usage
12 OLD EL PASO NACHIPS® Tortilla Chips, crushed
shredded lettuce, chopped tomato

Preheat oven and cookie sheet to 400°F Thaw pie crust 10 min. Prick bottom and sides of pie crust thoroughly with fork. Bake pie shell on cookie sheet for 10 min. Remove from oven and reduce temperature to 350°F In skillet, cook ground beef and onion until meat is browned; drain excess fat. Add taco seasoning mix to meat according to package directions. In a small mixing bowl, combine refried beans and 1/3 cup taco sauce; mix well. Layer half of refried bean mixture in bottom of pie crust. Top with half of seasoned meat, 1 cup Cheddar cheese and NACHIPS. Repeat layers, excluding NACHIPS. Bake on preheated cookie sheet 20-25 min. Remove from oven. Top with lettuce, tomato; add additional taco sauce to taste.

OLD EL PASO®

Pet·Ritz®

©1985 PET, INC.

COOKING WITH FLAIR

1. Melting Chocolate

Melt chocolate in a heavy saucepan over low heat, stirring it often with a wooden spoon to prevent any scorching. To melt chocolate in your microwave oven: place chocolate in a glass measuring cup and micro-cook, uncovered, on 100% power (high) till almost melted, 1 to 1½ minutes for 3 ounces, or 1½ to 2 minutes for 6 ounces. Remove it from the oven; stir the chocolate till it is melted and smooth.

2. Skinning Fruit

To remove the skin from a tomato, peach, or nectarine, spear the desired fruit with a fork; plunge it into boiling water for 30 seconds or till the skin splits. Immediately dip the fruit in cold water. Using a paring knife, pull off the skin.

3. Sectioning Citrus Fruit

Use a sharp knife to remove the peel and white membrane from an orange or grapefruit. Remove the sections by cutting between 1 section of the fruit and the membrane. Then turn the knife and slide it up the other side of the section next to the membrane.

4. Clarifying Stock

Clarifying stock removes solids too small for a cheesecloth to strain out. Strain the stock through a cheesecloth-lined sieve. Stir together ¼ cup cold *water,* 1 *egg white,* and 1 *eggshell,* crushed. Add the mixture to the strained stock; bring to boiling. Remove from heat; let stand for 5 minutes. Strain the stock again through a clean cheesecloth-lined sieve.

5. Clarifying Butter

Melt butter over low heat in a heavy saucepan without stirring. When the butter is completely melted, you will see a clear oily layer atop a milky layer. Slowly pour the clear liquid into a dish, leaving the milky layer in the pan. The clear liquid is the clarified butter; discard the milky liquid. Use clarified butter for high-heat sautéing, or as a dip for shellfish.



© 1986 Kraft, Inc.

On each package of Philly, in delicate print, is what we feel to be a very important message, and we're concerned that some of you may have missed it. So...

6. Grinding Seasonings

Use a mortar and pestle to grind herbs, seeds, or spices quickly. Place a small amount in the mortar and crush it against the bowl with the pestle.

7. Cooking with Whole Spices

Allspice, cinnamon, cloves, black pepper, and nutmeg are available whole, and work especially well in recipes with long cooking times. Wrap spices in a cheesecloth bag before cooking so you can remove them easily before serving.

8. Making Lump-Free Sauces

To prepare cooked sauces that are satiny and smooth, use a wire whisk. Stir often and don't forget corners. Stir vigorously, if necessary, to remove lumps as the sauce cooks.

9. Serving Soufflés Stylishly

Serve a soufflé immediately after removing it from the oven so that you can receive your kudos before it falls. Break the soufflé into servings with two forks.

Insert the forks, back to back, and gently pull the soufflé apart. Use a large spoon to transfer servings to plates.

10. Marinating Meat

For no-mess marinating place meat in a plastic bag, then set the bag in a deep bowl. Pour in the marinade and securely close the bag. Turn the bag to distribute the marinade. Repeat turning as the meat continues marinating.

11. Popping Popovers

To ensure that your popovers really pop, follow these tips. Use shortening to lightly and evenly grease the bottoms and sides of popover pans or the custard cups. Beat the batter only until it is smooth—it will be quite thin. Bake the popovers in a preheated oven. Do not open oven door until popovers are nearly done. A few minutes before removing popovers from the oven, prick each with a fork to prevent soggy popovers.

12. Baking Custards

Test baked custards for doneness to avoid under- or overcooking. Insert a knife near center—it comes out clean when custards are done. Overcooked custards have watery textures.

13. Stuffing Pork Chops

Using a sharp knife, cut a 1½- to 2-inch slit about 1½ inches deep on the fat side of each chop. Spoon about ¼ cup of stuffing into the slit. Secure the opening with 1 or 2 wooden toothpicks.

14. Shelling Shrimp

Open the shell lengthwise down the body. Holding the shrimp in one hand, peel back the shell, starting with the head. Leave the last section of the shell and the tail intact.

To remove the black vein running the length of the shrimp, make a shallow slit with a sharp knife along the back of the shrimp. With the tip of the knife, scrape out the vein. Rinse under cold water.

15. Sifting Dry Ingredients

Older recipes required flour to be sifted because flour was lumpy and compact. Today, however, stirring is all you need to get an accurate measurement.

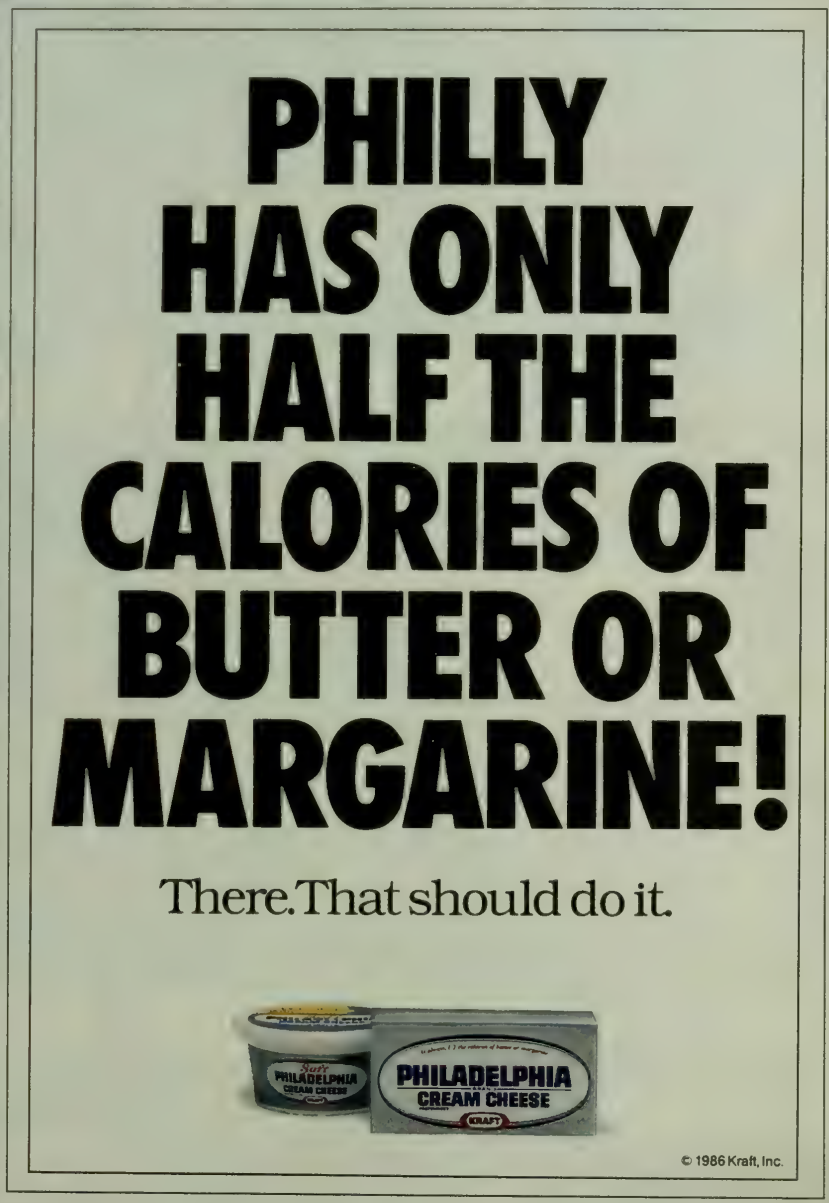
Do sift cake flour, which is very soft and tends to pack down, and powdered sugar, which gets lumpy.

16. Proofing Yeast Dough

Shape the yeast dough into a ball; place it in a greased bowl at least twice the size of the ball, turning to grease the entire surface. Cover with a cloth. Place in a warm, draft-free place until doubled. When you press two fingertips about ½ inch into the dough and the indentations remain, it's ready to shape into loaves or rolls.

17. Unmolding Gelled Salads and Desserts

With the tip of a paring knife, loosen the edge of the gelatin from the mold. Dip the mold just to the rim in warm water for a few seconds. Tilt the mold slightly to ease the gelatin away from one side, letting air in. Then tilt and rotate the mold so air can loosen the gelatin all the way around the mold. Center an upside-down serving platter over the mold. Invert the serving platter and mold. Shake the mold gently. Slowly lift off the mold, being careful not to tear the gelatin. If the salad does not slide out easily, repeat the process.




Nothing could be finer
than the taste of Aunt Jemima
in the morning.
Get out your toaster 'cause Aunt Jemima's taking care of breakfast. New & Improved Aunt Jemima Frozen Waffles. She spent a whole lot of time beating and blending and baking so you don't have to. Just pop 'em in the toaster and watch 'em pop up hot, crispy and tender. Ummm, one bite and you'll taste why they're the only waffles from a toaster good enough to be called Aunt Jemima.
Aunt Jemima
Aunt Jemima
12 Original Waffles
FAMILY PACK
©'86 The Quaker Oats Company

WIN MONEY FOR YOUR RECIPES
See Page 135 For Details

KITCHEN™
PRIZE TESTED RECIPES

Hearty Cheese Entrées

File under Eggs & Cheese



$100 WINNER *Catherine L. Brooks, Bellevue, Ohio*

Cream Cheese and Mushroom Enchiladas

A filling so creamy and delicious you'll never miss the meat—

- ½ cup chopped onion
- 1 clove garlic, minced
- 1 tablespoon cooking oil
- 1 28-ounce can tomatoes, cut up
- 1 tablespoon honey
- 1 tablespoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- Dash ground red pepper
- 12 ounces fresh mushrooms, sliced
- 2 tablespoons butter *or* margarine
- 1 8-ounce package cream cheese, cut up
- 1 cup dairy sour cream
- ¾ cup thinly sliced green onion
- 8 7-inch flour tortillas
- ¾ cup shredded Monterey Jack cheese *or* Monterey Jack with jalapeño peppers (3 ounces)

Cook onion and garlic in hot oil till tender. Stir in *undrained* tomatoes, honey, *1 teaspoon* of the chili powder, cumin, coriander, and pepper. Bring to boiling; reduce heat. Simmer, uncovered, about 30 minutes or till thick, stirring occasionally; set aside. In a saucepan cook mushrooms and the remaining chili powder in butter or margarine on medium-high for 4 to 5 minutes or till mushrooms are tender and liquid evaporates. Reduce heat; stir in cream cheese till melted. Stir in *¼ cup* of the sour cream and green onion. Spoon *⅓ cup* of the cheese mixture in center of *each* tortilla. Roll up; place, seam side down, in a greased 12x7½x2-inch baking dish. Spoon tomato mixture over tortillas. Cover and bake in a 350° oven about 30 minutes or till heated through. Top with cheese and dollops of remaining sour cream. Bake, uncovered, 4 to 5 minutes or till cheese melts. Serves 8.

BETTER HOMES AND GARDENS TEST KITCHEN™
PRIZE TESTED RECIPES

Delectable Drop Cookies

File under Cookies



$100 WINNER *Liba Burjetka, Clifton Park, N.Y.*

Hazelnut-Date Cookies

Liba based these cookies on a delicate Austrian nut torte recipe that she and her family enjoy on special occasions—

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ½ cup butter *or* margarine
- 1 cup sugar
- 1 egg
- 1 teaspoon finely shredded orange *or* lemon peel
- 1 teaspoon vanilla
- ⅓ cup orange juice
- 1½ cups ground hazelnuts (6 ounces)
- 1¼ cups snipped pitted dates
- Blanched hazelnuts, toasted (optional)

In a large mixing bowl combine flour, baking powder, and dash *salt.* Beat butter or margarine with an electric mixer on low speed 30 seconds. Add sugar; beat till fluffy. Add egg, peel, and vanilla; beat well. Stir in juice, then flour mixture. Stir in ground nuts and dates. Drop by rounded teaspoons 2 inches apart onto a greased cookie sheet. Top each with a whole nut. Bake in a 350° oven 10 to 12 minutes or till edges begin to brown. Remove; cool on wire rack. Makes 48 cookies.

Nutrition information per cookie: 90 cal., 1 g pro., 12 g carbo., 4 g fat, 11 mg chol., 30 mg sodium.





PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS
Now there are two loose-leaf Better Homes and Gardens' cookbooks! The famous red plaid *New Cook Book* has 1,251 tested recipes. The solid-red *My Recipe Collection* keeps your own recipes organized. At bookstores, or send

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Delectable Drop Cookies

File under Cookies



$50 Winner *Pamela Parker, Elkhart, Ind.*

Chocolate Peanut Crunch Cookies

This winning recipe is sure to please little ghosts and goblins on Halloween—

- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ⅓ cup butter *or* margarine, melted
- ⅓ cup granulated sugar
- ⅓ cup packed brown sugar
- 1 egg
- ½ teaspoon vanilla
- ½ cup chunky peanut butter
- ¼ cup chocolate-flavored syrup

In small mixing bowl combine flour and baking soda. In a large mixer bowl beat butter or margarine with an electric mixer on medium speed for 30 seconds. Add sugars and beat till fluffy. Add egg and vanilla; beat well on medium speed. Add peanut butter and chocolate syrup; beat on medium speed till well mixed. Add flour mixture to beaten mixture, beating on low speed after each addition till combined. Drop by rounded teaspoons onto an ungreased cookie sheet. Bake in a 375° oven about 10 minutes or till surface appears dry and cookies are set. Let stand on cookie sheet 1 minute; remove to wire rack to cool. Makes about 36 cookies.

Nutrition information per cookie: 71 cal., 2 g pro., 8 g carbo., 4 g fat, 12 mg chol., 53 mg sodium.

Photographs: Scott Little

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Hearty Cheese Entrées

File under Eggs & Cheese



$50 WINNER *Mrs. Clifford McCabe, Platteville, Wis.*

Cheesy-Sausage Loaf

Macaroni and cheese gets a new look! This clever recipe combines the two with sausage in one unique main dish—

- 1 cup elbow macaroni
- 1 8-ounce package brown-and-serve sausage links
- 2 tablespoons butter *or* margarine, melted
- 2 tablespoons all-purpose flour
- 1 cup milk
- 2 cups shredded American cheese (8 ounces)
- 1 cup shredded cheddar cheese (4 ounces)
- 2 eggs
- Pimiento strips (optional)
- Snipped parsley (optional)

Cook macaroni according to package directions *except* omit salt; drain. Brown sausage according to package directions; drain on paper towels. Halve each lengthwise; set aside.

Meanwhile, in a 1½-quart saucepan melt butter or margarine. Stir in flour. Add milk all at once. Cook and stir till thickened and bubbly. Add cheese, about ¼ at a time, stirring till melted. With a rotary beater beat eggs in a large mixing bowl; gradually stir in hot cheese mixture. Stir in macaroni. Arrange sausage links upright, cut side toward center, along the two long sides of a lightly greased 8x4x3-inch loaf pan. Spoon cheese-macaroni mixture into center. Cover loosely with foil. Bake in 350° oven about 1 hour or till set. Let stand 10 minutes in pan. Loosen edges and invert onto a serving platter. Garnish with pimiento strips and parsley. Makes 6 servings.

Nutrition information per serving: 459 cal., 23 g pro., 21 g carbo., 31 g fat, 178 mg chol., 971 mg sodium. U.S. RDA: 19% vit. A, 25% thiamine, 27% riboflavin,


AT LAST, A CHOCOLATE MOUSSE
FOR PEOPLE WHO LIKE EATING
BETTER THAN COOKING.
INTRODUCING
JELL-O® RICH & LUSCIOUS MOUSSE.
Now it takes just 10 minutes to make a mousse that's smooth and light and delicious. It comes out perfect every time—you just mix a package with milk. And it comes in two great flavors—chocolate and chocolate fudge.
With Jell-O® Rich & Luscious Mousse, there's no reason not to indulge yourself.
GENERAL FOODS
© 1986 General Foods Corp.
NEW JELL-O
Rich & Luscious
MOUSSE
CHOCOLATE FLAVOR
NEW JELL-O
Rich & Luscious
MOUSSE
CHOCOLATE FUDGE FLAVOR

Cambridge crushes generic competition!



New Cambridge: Taste breakthrough at a generic price!



LIGHTS

Regular & Menthol,
Kings & 100's

© Philip Morris Inc. 1986

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

Mfr. suggested retail price.

12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC method

TRAVEL TIPS

Good deals, great fun, and new ideas to get you going

NUMBERS TO KNOW

Have a complaint about airline service? Try working it out with the airline first. If you can't, call the U.S. Department of Transportation's (DOT) new hot line: ***202/755-2220.*** Operators will note your problem, and tell you if the DOT can help.

Uncertain about where it's safe to travel abroad? Dial the U.S. State Department's Citizens Emergency Center: ***202/647-5225.*** You'll be told what countries you should avoid.

NOW'S THE TIME

—to make those holiday plane reservations. The Air Transport Association estimates that 15 million of us will travel by air between December 20 and January 3. Some flights sell out as early as September.

—to apply for a passport. Your application will be processed fastest between October and February. Applying by mail is easiest. Just pick up a DSE-82 Form at any post office, and follow the instructions.

•••

NEW LODGINGS FOR LESS

Watch for two new lodging chains catering to family travelers. In an effort to lower rates, the **Wynfield** and **Hampton Inn** chains have both cut back on large lobbies, restaurants, and other money gobblers. Children stay free with parents. For example, at a Hampton Inn hotel (nearly 120 nationwide by year's end), a family of four overnights in Miami for $40. For $40 to $60 a family of four stays at Wynfield Inns (two properties in Orlando and eight more planned to open this year).

•••

MYSTERY WEEKENDS— VACATIONS WITH SURPRISE ENDINGS

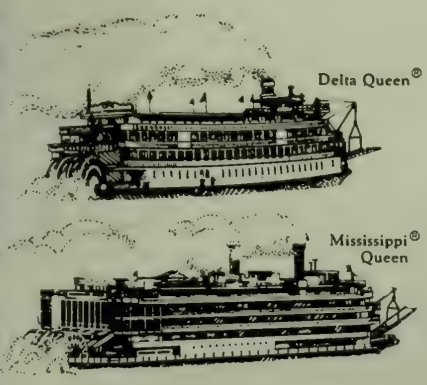
Picture yourself checking into a romantic hotel or inn. You meet the other guests at a Friday party. *Then, a murder occurs!* The rest of the weekend, everyone tries to solve the mystery.

Thickening plots

Participating in this latest vacation craze is a lot like living out your favorite Elmore Leonard novel. Occasionally, you're asked to play roles: the exotic

continued

STEAMBOATIN'©
IT'S STILL THE ONLY WAY TO TRAVEL.





FREE BROCHURE
See your travel agent or call toll-free
1-800-543-1949
or write: The Delta Queen Steamboat Co.
Dept. 0BH6 #30 Robin St. Wharf • New Orleans, LA 70130

2 to 12 Nights.
Suites. Staterooms. Cabins.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Area Code (_____) _____

Age: ☐ Under 35 ☐ 36-49 ☐ 50-64 ☐ Over 65 Ocean cruises taken: ☐ 0 ☐ 1 ☐ 2 or more.

Now open the way to learning with animated pictures!

Special screen with animated pictures, spelling exercises, puzzles, math problems, and more.

Expandable! Advanced math and spelling cartridges, optional voice cartridge available separately.

Computer-style keyboard.

13 learning activities for kids 6 and up.

Kids can create electronic music and artwork.



Learning-Window™

Available wherever toys or learning electronics are sold in U.S. and Canada.

VTECH Educational Electronics

© 1986, Video Technology Industries, Inc. Northbrook, IL. Video Technology (Canada) Ltd. Richmond

TRAVEL TIPS

continued

movie queen, the penniless count. An urbane sleuth—really a professional actor—usually leads the group and helps keep suspense building all weekend. The biggest surprise often comes when you discover who else among the guests are actors.

Scenes of the crime

To find a mystery weekend in your area, do some sleuthing through Sunday travel sections of big city newspapers, consult a travel agent, or write to the mystery-weekend organizers below.

- ***Blyth & Co., 310 Haymarket Square, Suite 310, Dept. BHG, 808 P St., Lincoln, NE 68508 (800/228-7712)****—Mystery weekends at small inns and classic hotels in the U.S., Canada, and Europe.*
- ***Murder to Go, Inc., 496 Hudson St., Suite 144, Dept. BHG, New York, NY 10014****—Theatrically staged mysteries at hotels and aboard cruise ships.*
- ***The Mystery Co., Box 1764, Dept. BHG, Billings, MT 59103****—Weekends in all western states, as well as other areas of the U.S.*

THE LATEST WORD

ON RESORTS

The Wyndham Virgin Grand Beach Hotel becomes the newest resort on **St. Thomas,** U.S. Virgin Islands, with 333 villa-style guest rooms on a hillside overlooking a private beach.

Long a Caribbean haven for scuba divers and international bankers, **Grand Cayman** in the British West Indies is the location of a stylish new resort, **The Grand Pavilion.** Furnishings alone reportedly cost $10,000 for each of the 60 rooms.

ON CRUISE SHIPS

Just launched: **Carnival Cruise Lines *Jubilee,*** making one-week cruises to the Caribbean from Miami. The Caribbean is also the winter destination of **Home Lines'** newest vessel, the ***Homeric,*** and for the newest addition to **Exploration Cruise Lines'** fleet of smaller cruise ships, the ***Explorer Starship.***

Under construction: two 1,600-passenger vessels—as yet unnamed—for **Sitmar Cruises.**

On the horizon: lower fares as cruise lines compete to fill an increasing number of ships.

ON CITY CELEBRATIONS

Taking its cue from **New York's Statue of Liberty** birthday bash, **Philadelphia** will mark our Constitution's 200th anniversary with rousing events during 1987. Meanwhile, **San Francisco** will celebrate the **Golden Gate Bridge's** 50th birthday with a three-month gala beginning in May.

ON PEOPLE HELPING PEOPLE

Westin Hotels provides free hotel rooms to cancer patients (and their families) who are receiving or en route to and from scheduled treatments. Reservations must be made in advance. Contact a local office of the **American Cancer Society** for details on how to apply.


Congoleum's Law:
Toast always lands jelly side down.
AMERICA'S FIRST NAME IN FLOORS
So pick Congoleum.® It's made to keep its beauty longer.
We've created a special Centennial Collection to celebrate our 100th Anniversary. Come see it at your Congoleum Studio Showcase® Retailer. (For the one nearest you and free literature, call 800-447-2882.)
Congoleum
Floors of longer lasting beauty.
SHOWN HERE
Marblesque™ Style 86131

The television with the best picture now comes with the best remote control.

For years we've been telling you that the Sylvania Superset has the best color picture . . . and now it has yet another advantage. The SupeRemote 44, the remote control that works with virtually any VCR or cable system equipped with wireless remote.

You see, we'd prefer that you own a Sylvania VCR, but if you already have someone else's, we won't make your television viewing more complicated. We will make it more satisfying, however, with the Superset's 178 channel capability and built-in broadcast stereo sound. There's even a parental control feature available to let you decide what your children watch.

So enjoy the best picture in television. You'll find it's better than ever, now that you don't need two or three remote controls to watch it.



The Sylvania Superset II with the new SupeRemote™ 44, the remote control that works with virtually any VCR or cable system.

SYLVANIA
AUDIO-VIDEO
electronic brilliance

©1986 N.A.P. Consumer Electronics Corp.
A North American Philips Company
Sylvania is a registered trademark of GTE Products Corp.
Simulated TV picture.

VCR QUESTIONNAIRE

Answer this national VCR survey.
YOU COULD WIN A *BETTER HOMES AND GARDENS*® BOOK.



David Jordan, Editor
Better Homes and Gardens®

Dear Readers,

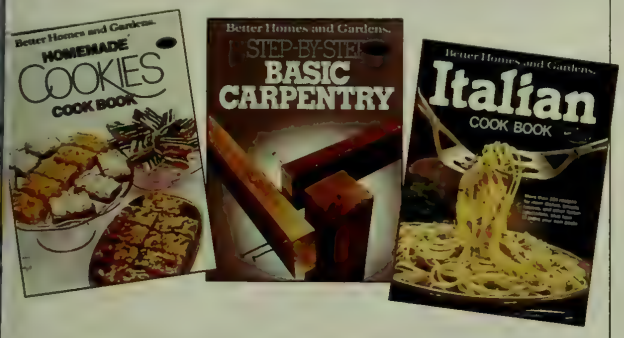
As an enthusiastic do-it-yourselfer, I know how much expert advice can help with a project. That's why I've become interested in the possibility of offering you inexpensive instructional videotapes from *BETTER HOMES AND GARDENS*®. These VCR tapes could cover a variety of subjects from wallpapering to financial planning to building a deck to microwave cooking.

But, I need your help. Please take the time to fill out this questionnaire to help us decide the subject areas of greatest interest to you. I'll send the first 3,000 people completing this questionnaire one of the *BETTER HOMES AND GARDENS*® books shown below.

David Jordan

3,000 WINNERS!

Win A Book From *BETTER HOMES AND GARDENS*®

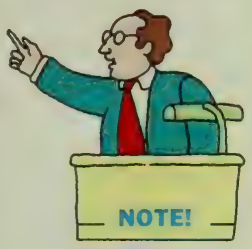


- **Homemade Cookies Cook Book:** 219 new and old-favorite cookie recipes.
- **Step-by-Step Basic Carpentry:** do-it-yourself woodworking techniques with how-to illustrations.
- **Italian Cook Book:** recipes for Italian dishes from readily available ingredients.

1. Do you own a VCR or are you planning to buy one in the next 12 months?
- 11-1 ☐ YES, own
- -2 ☐ YES, plan to buy
- -3 ☐ NO, don't own or plan to buy

2. Have you rented or bought any prerecorded videocassettes in the past 12 months?
- 12 ☐ YES, rented
- 13 ☐ YES, bought
- 14 ☐ NO, haven't rented or bought

3. If you own a VCR, how long have you owned one?
- 15-1 ☐ Less than 6 months
- -2 ☐ 6 to 11 months
- -3 ☐ 1 to 2 years
- -4 ☐ 3 to 4 years
- -5 ☐ 5 or more years



Please indicate whether the woman or man of the house would be interested in owning a prerecorded videocassette on the following subjects.

Mark only those topics of interest

	Woman Interest	Man Interest
4. GARDENING:		
• Solutions for landscaping problems	16 ☐	32 ☐
• Foolproof flower beds	17 ☐	33 ☐
• Houseplant clinic	18 ☐	34 ☐
• Greenhouse gardening	19 ☐	35 ☐
• All-season lawn care	20 ☐	36 ☐
• Low-maintenance gardening ideas	21 ☐	37 ☐
• Flowers and vegetables in containers	22 ☐	38 ☐
• Gardening in the shade	23 ☐	39 ☐
• Step-by-step to successful gardening	24 ☐	40 ☐
5. COOKING:		
• Fun cooking ideas for kids	25 ☐	41 ☐
• Microwave cooking made easy	26 ☐	42 ☐
• Step-by-step to delicious baked goods	27 ☐	43 ☐
• Fancy desserts without fuss	28 ☐	44 ☐
• Easy-does-it parties	29 ☐	45 ☐
• Oriental cooking, simplified	30 ☐	46 ☐
• Barbecue-perfect meats	31 ☐	47 ☐

Turn the page for more questions. ▶ ▶ ▶

FILL OUT, CUT OUT, AND RETURN THIS SURVEY TODAY.

FILL OUT, CUT OUT, AND RETURN THIS SURVEY TODAY.

BETTER HOMES AND GARDENS® VCR QUESTIONNAIRE

continued

	Woman Interest	Man Interest
6. MONEY MANAGEMENT: GUIDE TO PERSONAL FINANCE		
● Managing your household budget: What the advisers recommend	48 ☐	60 ☐
● Ten surefire ways to plan for a comfortable retirement	49 ☐	61 ☐
● Dos and don'ts of selling your house yourself	50 ☐	62 ☐
● The pitfalls of home-buying: The most critical problems to look for	51 ☐	63 ☐
● Servicing/repairing your own car: What pays and what doesn't	52 ☐	64 ☐
7. FAMILY SUBJECTS:		
● Woman's health: Warning signs and what they mean	53 ☐	65 ☐
● Family health: Preventive techniques that work	54 ☐	66 ☐
● Activities for kids: Exercising minds as well as muscles	55 ☐	67 ☐
● Travel: A peek at the 10 most restful spots in the U.S.	56 ☐	68 ☐
8. HOME IMPROVEMENT:		
● Deck and patio projects you can build	57 ☐	69 ☐
● Stretch your living space: Small additions that live big	58 ☐	70 ☐
● Decorating solutions for cramped spaces	59 ☐	71 ☐

Who filled out this questionnaire?

Female 55-1 ☐ Male -2 ☐ Both -3 ☐

If I'm one of the first 3,000 to send in this questionnaire, please send me the book checked below:



56-1 ☐

Homemade Cookies Cook Book



-2 ☐

Step-by-Step Basic Carpentry Book



-3 ☐

Italian Cook Book

NAME _____

ADDRESS _____

CITY _____ STATE _____ (57-58) ZIP _____ (59-63)

PHONE _____

Send to: David Jordan
Editor, *Better Homes and Gardens*®
Box 10287
Des Moines, IA 50336

	Woman Interest	Man Interest
9. HOME MAINTENANCE AND REPAIR:		
● Wallpapering and painting: Easy methods for professional results	11 ☐	33 ☐
● Home wiring made easy: Safe ways to replace the old, add the new	12 ☐	34 ☐
● Weatherproofing, caulking tips: Money-saving ideas	13 ☐	35 ☐
● Plumbing how-to: Doing your own repairs	14 ☐	36 ☐
● Appliance repair: Trouble-shooting and how-to	15 ☐	37 ☐
10. CRAFTS:		
● Creative sewing: Fashion and furnishings	16 ☐	38 ☐
● Make your own mats and picture frames	17 ☐	39 ☐
● Decorative painting and stenciling	18 ☐	40 ☐
● Patchwork and quilting: America's favorite designs; quilt-making techniques	19 ☐	41 ☐
● Learn to crochet: From basics to finished projects	20 ☐	42 ☐
● Learn to knit: From basics to finished projects	21 ☐	43 ☐
● The art of embroidery: Popular techniques and how-to	22 ☐	44 ☐
● Needlepoint workshop: Popular needlepoint stitches and how to work them	23 ☐	45 ☐
11. WOODWORKING TECHNIQUES AND PROJECTS:		
● The basics of building and installing your own cabinets	24 ☐	46 ☐
● Router techniques: Easy ways to add pizzazz to a project	25 ☐	47 ☐
● Veneer how-to: The tricks to repairing damaged surfaces and making new ones	26 ☐	48 ☐
● Wood carving: Rediscovering the fun of yesterday's craft	27 ☐	49 ☐
● Raised-panel construction: Easy work, fancy results	28 ☐	50 ☐
● Applying wood finishes: Treating the new, correcting the old	29 ☐	51 ☐
● Tool sharpening: How to do your own and save a bundle	30 ☐	52 ☐
● Furniture repair: The art of rebuilding, regluing, and refinishing	31 ☐	53 ☐
● Furniture upholstery: Techniques the pros use	32 ☐	54 ☐

Thanks for taking the time. David Jordan

WHISPERS WHILE IT WORKS.



Now, America's best dishwasher eliminates bothersome noise. The KitchenAid® Superba has a brand-new and exclusive hisper Quiet System) effective that you can lk on the kitchen phone entertain guests and :arcely know that your shwasher is running.

Besides this won- erful new quiet for your tchen, you'll find no :her dishwasher is the qual of the incompar- ble KitchenAid Superba. t every step of the ishwashing process, it eparts from ordinary ishwashers in extraor- inary ways.

Right at the start, it liminates the messy, me-consuming chore of rinsing ff your dishes before loading. he exclusive KitchenAid Triple Filtration System has a hard-food disposer that grinds up food. So dishes go straight from the dinner table to the dishwasher without hand-rinsing. And still come out dazzling clean.



For literature write KitchenAid, Dept. C-1D, P.O. Box 3900, Peoria, IL 61614.

Superb KitchenAid performance is matched by unparalleled durability. Independent surveys show that you can expect your KitchenAid dishwasher to last longer than any other leading brand.

With that record, it's small wonder those surveys show greater user satisfaction with KitchenAid dishwashers than with any other make of dishwasher. Over the years, the wholehearted enthusiasm of KitchenAid owners has built a reputation for KitchenAid dishwashers that the rest of the industry can only look upon with awe. If you're thinking of getting a dishwasher, you owe it to yourself to see the best dishwasher in the land. The incomparable KitchenAid Superba.



KitchenAid®

KITCHENAID® FOR THE WAY IT'S MADE.™

JUST OUT!

NEW ELECTRONICS FOR HOME AND FAMILY

By Steven Coulter and Nancy Hall

• ABOUT THESE PRODUCTS •

Check your favorite stores for these new and helpful products, or write to the manufacturer for a list of retail sources near you. Please don't send a check or request an order form from the company. The suggested retail prices listed may vary by store and location.

NEW SIZES

The world of home electronics changes rapidly, and we'd like to help you keep abreast of the latest trends. Three areas rate special notice. The first is NEW SIZES—from the smallest video camcorder to a 35-inch TV.



Home movies were never so good.

SMALL IS BEAUTIFUL

An easy-to-operate video camera.

The **JVC VHS VideoMovie camcorder** makes "smaller is better" come true in size and quality. The VideoMovie incorporates all the advantages of big video cameras, including auto-focus, full-auto color-tracking, white balance, high-resolution pictures, built-in recording and playback, and a 6:1 power zoom—all packed into a lightweight 2.9 pounds. And this little gem is truly user friendly right down to the handy palm grip.

● **VideoMovie GR-C7,** about $1,495 including case and accessories. JVC Co. of America, Dept. BH, 41 Slater Dr., Elmwood Park, NJ 07407.

MOVING? Now choose the mov









The self-service move...
U-HAUL® TRUCK & TRAILER RENTALS
• Moving Vans–Not Freight Trucks • Top Maintained
• One-way & Local Rentals • All Sizes
• Custom Trailer Hitches

Do-it-yourself...
MOVING AIDS & STORAGE
• Boxes • Furniture Pads • Hand Trucks
• Tow Bars • Tow Dollies • Car-Top Carriers
• Self-Storage Rooms

Pick up a FREE 132-PAGE CATALOG at your nearby U-Haul Center. Find us in the white pages. For reservations call toll free 1-800-GO-U-HAUL. Ask for Dept. 1A.



Quality sound from a compact disc.

MINI DISC PLAYER

Take your favorite music anywhere.

Technic's hand-held compact disc player (SL-XP7) weighs in at 1½ pounds including rechargeable battery. Special built-in free-floating, friction-free systems give you quality sound even when the unit is being carried. Plug in headphones or plug unit into your existing home audio system.

● **SL-XP7 disc player,** about $300. Panasonic, Dept. BH, One Panasonic Way, Secaucus, NJ 07094.

TV ON A BIG SCALE

Only the remote control is small.

Mitsubishi presents the giant end of the size scale with a 35-inch direct-view color monitor/receiver with full-function remote control and built-in stereo/SAP reception. This outstanding unit gives you 86 percent more viewing area than a standard 25-inch model and without any reduction in picture quality. The many on-screen mode display functions are accessible from the remote.

● **CK-3501R,** about $3,200. Mitsubishi Electric Sales America, Inc., Dept. BH, P.O. Box 6007, Cypress, CA 90630.



Now there's a large screen TV without distortion.

continued

hat's right for you...and save





The work-saver move...
PACKING, LOADING & UNLOADING
• We Pack & Load–You Drive & Save
• We do All or Part of the Job
• Available Nationwide

The full-service move...
MOVERS WORLD® VAN LINES
• Local, Long Distance & Worldwide Moves
• Warehouse Storage • Movers World Van Lines is a member of the U-Haul family of companies

More for your money at your U-HAUL® Center

continued

NEW SIZES



Brilliant color in the palm of your hand.

MINIATURE MARVEL

Four-way power supply.

The Pocket Watch is the latest addition to the miniature marvels in color and black-and-white televisions. With a 3-inch diagonal screen and weighing less than a pound, this set produces a clear, brilliant picture indoors or out.

● **Pocket Watch,** about $299. Panasonic, Dept. BH, One Panasonic Way, Secaucus, NJ 07094.

NEW COLORS

COLOR-COORDINATED ELECTRONICS

New styles and colors to punch up your decor.

The high-tech black and silver look will be with us for years. But electronic manufacturers are now offering new color choices. Here are just two examples.



PERRY STRUSE

Look for pastels and snappy colors.

Sharp slimline clock radios come in lavender, pink, green, or white to blend in with the decor in your bedroom or bath. You can even color-coordinate them with Sharp's most popular stereo radio/cassette players.

● **FX-C22 clock radio,** about $30. Sharp Plaza, Dept. BH, Mahwah, NJ 07430.

Zenith's DeLights lets your decorating creativity run riot by offering a 9-inch color TV in cherry, strawberry, blueberry, almond, or licorice cabinets. Color choice isn't the only bonus in these sets. The high-quality picture and color control is enhanced by 178-channel capability and programmable channel scan features.

● **DeLights,** about $279. Zenith Electronics Corp., Dept. BH, 1000 Milwaukee Ave., Glenview, IL 60025.

Now U-Haul® rents it all...the right



HOME CARE RENTALS
• Lawn & Garden • Floor & Carpet • Painting & Wallpapering • Plumbing & Electrical • Beds & Cribs

EQUIPMENT RENTALS
• Automotive • Builders' Tools • Hand Tools • Concrete & Masonry • Tractors & Backhoes

Pick up a FREE 132-PAGE CATALOG at your nearby U-Haul Center.
Find us in the white pages.

NEW FACES

New faces for familiar products describes the latest changes in electronics from a boombox with an LCD TV to a car cassette player/changer that goes in your trunk to a TV that also holds a VCR.

DIGITAL TV

Electronic toys for grown-ups.

The hottest new electronic toys are digital and stereo TVs. With most of the major manufacturers jumping on the bandwagon, there's little to distinguish one set from another.

With a digital TV, you can view a video tape and check regular TV programming at the same time, or watch one football game on the full screen while monitoring another game in one corner of the screen. Right now, digital is an expensive toy for those fascinated by electronic gadgets; prices start at more than $1,000, but improvements and modifications in these sets will soon bring new uses and lower prices. The picture quality from a digital set is outstanding.



One remote for the TV and VCR.

TV/VCR COMBO

A delightful unit for movie buffs.

Lloyd's TV/VCR combination does away with the pile of wires behind the TV set. This unique space-saving design combines a 13-inch color TV and a VHS videocassette player/recorder into a single cabinet smaller than most conventional 13-inch sets.

● **L950,** about $900. Lloyd's Electronics, Inc., Dept. BH, 180 Raritan Center Pkwy., Edison, NJ 08818.



Boombox fanatics will love this one.

THREE-IN-ONE BOX

Boomboxes aren't just for teenagers.

Citizen's 09TA boombox advances the boombox craze by including a 3.5-inch LCD television set with the traditional AM/FM stereo radio, stereo cassette recorder/player. It runs all day on battery power.

● **RTX-1 boombox,** about $200. Citizen Electronics, Dept. BH, 1200 Wall St., W, Lyndhurst, NJ 07071.

continued

roducts at the lowest cost.



PARTY RENTALS
ables & Chairs

AUDIO/VIDEO RENTALS

RECREATION RENTALS
• Luxury Motorhomes • Vacation Trailers • Tents
• Boats & Motors • Camping Gear

More for your money at your U-HAUL® Center

Some comforting thoughts from The Intelligent Window.



The Intelligent Window® is the window made with *Sungate*® coated glass—the glass with the exclusive PPG coating that prevents inside heat from escaping. And that can be a comfort in a lot of ways.

It keeps you warm. You can feel the difference the *Sungate* coating makes with your own hands. The coated glass in the windows actually stays warmer. Which reduces condensation and keeps your home more comfortable. But that's not all.

It keeps your home beautiful. *Sungate* coated glass isn't reflective glass; it has the clear look of traditional windows. And inside, the coating actually reduces the fading of the fabrics in your curtains, carpets and furniture. So your home's good looks last longer. That can save you money. But it's not the only way *Sungate* saves.

It saves energy. Double-paned windows and doors with *Sungate* coated glass are as energy-efficient as triple-glazed. It's because of the special coating. The coating lets light and heat inside, and keeps the heat inside, so you save on heating bills. And all that adds up to something wonderful.

It increases your home's value. A home with *Sungate* coated glass feels warmer, looks great inside and out, and saves money, too. That makes a comfortable difference while you live there. And can make a big difference at resale time. What could be more comforting than that?

THE INTELLIGENT WINDOW
SUNGATE

Sungate coated glass and The Intelligent Window are registered trademarks of PPG Industries, Inc.

ontinued

NEW FACES

CAR CASSETTE PLAYER

A thief can't tell you own a cassette.

Alpine's 7375 Cassette Remote Changer saves space in your car and adds security to your audio sound system. Install the control unit for your AM/FM radio and cassette player in the dash of your car. The six-cassette magazine holder and the actual player mount in your trunk with a fiber optic computer link that runs to the dash. Fiber optics maintain the high-quality sound of this unit. A simple touch of the dash-mounted buttons lets you pick and choose your selections from the tapes in the trunk.

Almost every possible convenience feature has been built into this unit to allow you random access, programmed selection, repeat play, blank skip, tape scan, and rapid fast forward. Plus, the unit lets you listen to the radio while the machine is in the rewind or fast-forward modes.

The six-cassette magazine makes a great storage case for tapes and you can leave it in the unit. Extra cassette magazines can be used to hold extra tapes. And the sealed protective chamber of the trunk-mounted player will keep the magazine left in the machine dust free.

So sit back, relax, and enjoy easy listening with the security of knowing your car cassette can't be ripped out in a few minutes, because would-be thieves won't even realize you have a tape player in your car.

● **7375 Cassette Remote Changer,** about $1,500, plus installation. Alpine Electronics of America, Inc., Dept. BH, 19145 Gramercy Pl., Torrance, CA 90501. Or call toll-free 1-800-ALPINE1.



No more cassette storage worries.



PERRY STRUSE

A truly user-friendly word processor.

TYPEWRITER UPDATE

Here's a simplified word processor.

Magnavox's Videowriter could be the answer to replacing your old typewriter. It has all the features of a word processing system. The screen holds a page-wide Writing Screen plus a Prompt Screen to help with each step.

● **Videowriter,** about $899. Videowriter Information Center, Dept. BH, P.O. Box 555, Old Andrew Johnson Hwy., Jefferson City, TN 37760. Or call toll-free 1-800/841-7070.



At last, affordable home security.

DO-IT-YOURSELF SECURITY

Don't become a burglary statistic.

Keepsafer—Schlage's wireless electronic security system—requires no more than a screwdriver for installation. Secure all your doors and windows inexpensively. The system is user-friendly and "talks" to you as you operate it.

Options can be added: smoke detectors, panic transmitters for elderly or handicapped, and a backup rechargeable battery in case of a power failure.

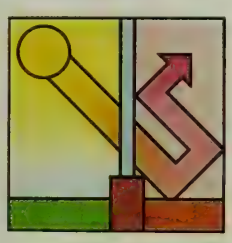
● **Keepsafer,** about $179. Schlage Lock Co./IHS, 15540 Roxford St., Sylmar, CA 91432.

And now The Intelligent Window tells all.

Here's why more and more people are choosing the comfort, beauty, energy savings and value of The Intelligent Window®—the one with *Sungate*® coated glass from PPG.



It's the exclusive *Sungate* coating: it lets in the sun's light and heat, but reflects the heat from your furnace, and the other radiant heat in your home, back into your rooms.



You can get the full story on how *Sungate* coated glass works by filling out and returning this coupon. Or, to find out who in your area sells windows and doors with *Sungate* coated glass, just call 1-800-2-GET-PPG.



PPG INDUSTRIES, INC.
SUNGATE MARKETING GROUP SC160
P.O. BOX 8727
HARRISBURG, PA 17105

Please send me more information on how windows with *Sungate* coated glass from PPG can add to the beauty, comfort and value of my home.

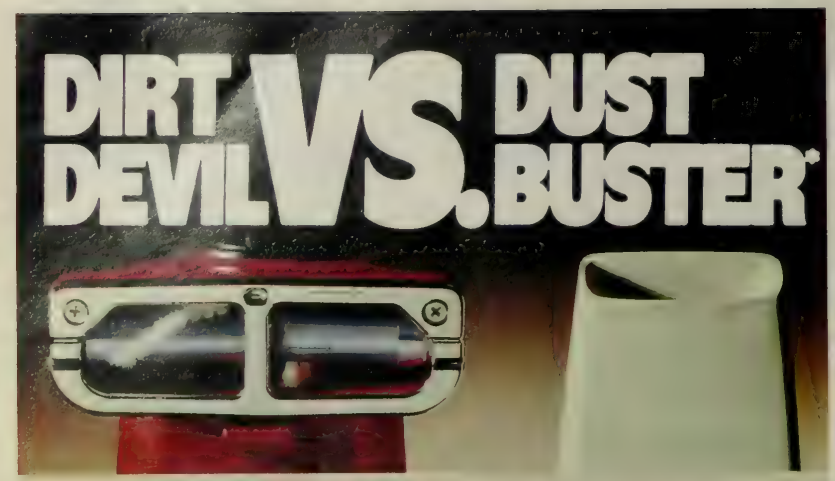
Name_____

Address_____

City_____

State_____ Zip_____

PPG



A STEP-BY-STEP COMPARISON.



Dirt Devil's revolving brush sweeps up pet hair.



Dirt Devil's wide nozzle won't choke on popcorn.



Dirt Devil's 2-qt. bag handles big jobs.

Verdict: A sweeping victory for Dirt Devil, the only hand vac built like the big ones. With powerful suction, motor-driven brush and extra-long cord. Call **1-800-447-4700** for the retailer near you.

Dirt Devil® by Royal®

*Registered trademark of Black & Decker Co.

Quality vacuum cleaners since 1905.

SHOPPING

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens*® can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

DAYS-OF-THE-WEEK DESIGNS
To Appliqué and Embroider

Pages 63–65: Embroidery floss—DMC, 107 Trumbull Street, Elizabeth, NJ 07206. **Hardanger fabric**—Hansi's Haus, 35 Fairfield Place, West Caldwell, NJ 07006.

BETTER HOMES & GARDENS® HOME DECORATING CONTEST WINNERS

Pages 104–105: Wallpaper "Dancing Ducks"—Gear for Kids, 19 West 34th Street, New York, NY 10001. **Crib**—Childcraft, Box 444, Salem, IN 47167. **Pages 106–107: Carpet**—Sears, Roebuck & Company, Sears Tower, Chicago, IL 60684. **Curtains**—Waverly Decorative Fabrics, 79 Madison Avenue, New York, NY 10016. **Windows, door**—Moulding Products, Incorporated, P.O. Box 226957, Dallas, TX 75222-6957. **Bed pillows**—Paper White, Limited, Box 956, Fairfax, CA 49430.

Pages 108–109: Carpet—Bigelow-Sanford Inc., 140 Madison Avenue, New York, NY 10016.

Page 116 (*top right*): Wallpaper—Ralph Lauren for Motif Designs, 20 Jones Street, New Rochelle, NY 10801. **Wicker chairs**—Deutsch, Incorporated, 196 Lexington Avenue, New York, NY 10016. **Sofa fabric**—Brunschwig & Fils, 979 Third Avenue, New York, NY 10022. **Bleached pine coffee table**—Casa Stradivari, 221 McKibben, Brooklyn, NY 11206.

MICROWAVE COOKING
New Recipes, New Techniques
From 3 Cooking Pros

Page 125: Casserole—The Pfaltzgraff Company, 140 East Market Street, York, PA 17401. **Fish plate**—courtesy of Things are Cooking, 5475 Chamblee Dunwoody Road, Dunwoody, GA 30338. **Au gratins**—Rowoco, Building 4, Warehouse Lane, Elmsford, NY 10523; courtesy of Things are Cooking, 5475 Chamblee Dunwoody Road, Dunwoody GA 30338.

Page 127: Rust plates, white dishes, cake plate—The Pfaltzgraff Company, 140 East Market Street, York, PA 17401.

Page 128: Pizza cutter—Rowoco, Building 4, Warehouse Lane, Elmsford, NY 10523. **White plates** "Merimekko"—The Pfaltzgraff Company, 140 East Market Street, York, PA 17401.

Page 129: Platter "Silver Gray"—Franciscan Ceramics, Incorporated, 2901 Los Feliz Boulevard, Los Angeles, CA 90039. **Fork**—Imperial Glass Corporation, 29th Street, Bellaire, OH 43906. **Chili pot**—B.I.A. Cordon Bleu, 375 Quarry Road, Belmont, CA 94002.

BEST-OF-SEASON: APPLES
The New All-American Dessert

Page 158: Plate "Heritage"—The Pfaltzgraff Company, P.O. Box 1069, York, PA 17401. **Pie plate**—Marsh Industries, 1224 East 28th Street, Los Angeles, CA 90011.

PRIZE TESTED RECIPES

Page 165 (*left*): Baking dish—Pyrex, Corning Glass Works, Corning, NY 14830. **(*Right*): Plate and cup** "Josephine"—Rosenthal USA Limited, 6626 Metropolitan Avenue, Middle Village, NY 11379.

Page 166 (*right*): Glasses "Monaco"—Sodahl America, Incorporated, 600 Cleveland, Suite 990E, Clearwater, FL 33515. **Platter** "Hunter Green"—Waechtersbach USA, Incorporated, 8300 NE. Underground Drive, Kansas City, MO 64161.

Available in limited areas.

1 lb.	料理した赤身の牛肉（ソース漬け、薄切り）
4 tbsp.	エンドウマメ
1 tbsp.	パインアップルジュース
¼ cup	角切りパインアップル
1½ cups	赤胡椒大切り
1 tbsp.	特選シェリーワイン
	玉ねぎ
Dash	ガーリック
Pinch	香料
3 cups	白米と野性米（上手に炊く事）
1 cup	水
2 cups	やわらかい緑のブロッコリー
¼-½ cup	醤油
1 cup	長め薄切りの人参
1 cup	ウォーターチェストナット(菱)
	他材料色々

INTRODUCING CANDLE LITE® DINNERS
FROM WEIGHT WATCHERS.
SIX GOURMET DISHES FROM AROUND THE WORLD.

© Weight Watchers International, Inc. 1985.





No one prepares Beef Teriyaki the way we do.

Waikiki Experts

Outrigger is the largest hotel chain in Waikiki with 6,350 rooms among 18 hotels.

Rates range from $22/night for budget-minded fun to $165/night for luxurious beachfront suites.

For the Waikiki that's just right for you, contact the experts. See your travel agent or call us toll-free.

1-800-367-5170

Outrigger HOTELS HAWAII
The Waikiki Experts



TRAVEL WEST

HAWAII!

Adventure Vacations For the Whole Family

This article continues the neighbor island adventures feature that begins on page 186.

THE BIG ISLAND

Upcountry Trail Riding

Saddle up for a Hawaiian adventure you'd never expect: Go horseback exploring high in the rich rangelands of the Big Island's cattle country.

Whether you're an amateur or a master equestrian, these trips take you far from the island's usual vacation spots. Panoramic views of rolling green hills, sparkling coastline, and ancient lava flows surround you. You'll probably even see real Hawaiian cowboys (called *paniolos*) working cattle.

Check into these two outfitters near the Kona Coast resort area. Both have quality horses and wranglers, and they offer a variety of trail rides. ***Ironwood Outfitters, Ltd., Box 832, Dept. BHG, Kamuela, HI 96743 (808/885-4941); Waiono Meadows, Box 628, Dept. BHG, Holualoa, HI 96725 (808/329-0888).*** Half-day, picnic, and sunset rides are especially popular. Hourly rates run about $15 to $20 per person.

Deep-Sea Fishing

You don't have to go far from shore on the Big Island of Hawaii to catch trophy-size game fish. Calm, deep, plankton-rich seas barely a couple of miles offshore are paradise for marlin, yellowfin tuna, snapper, and mahimahi. Nothing compares with the thrill of hauling in a prize catch at the end of an 80-pound test line!

Want to try your luck? Head for the Kailua-Kona area, where a seaworthy armada of more than 60 charter boats stands ready. Rates for shared fishing crafts (usually four to six persons per boat) run $80 to $90 for half days, $115 to $125 for full days. No experience required; just bring lunch. Gear, tackle, guides, and advice are included.

Three reliable agencies that arrange deep-sea trips are: ***Kona Activities Center, Box 1035, Dept. BHG, Kailua-Kona, HI 96740 (800/367-5288); Kona Charter Skippers Assoc., 75-5663 Palani Rd., Dept. BHG, Kailua-Kona, HI 96740 (800/367-8047, ext. 360); Kona Coast Activities, Box 5397, Dept. BHG, Kailua-Kona, HI 96740 (800/367-5105).***

MAUI

Day Hiking

Maui's dramatic coasts, volcanic craters, primeval jungle, and glistening waterfalls unfold before you on island day hikes that range from easy level-land junkets to rugged adventures at 4,000 feet. Trips are led by a guide who adds to the fun with knowledge of the island's history and flora and fauna.

Some 50 different day trips are available at prices that run $45 to $85 per adult, $25 to $45 for kids. Picnic lunch, day pack, rain gear, and trailhead transportation are included. Contact: ***Hike Maui, Attention: Ken Schmitt, Box 10506, Dept. BHG, Lahiana, Maui, HI 96761 (808/879-5270).***

TRAVEL PLANNING

See this page for a listing of free travel information and literature you can order.

T R A V E L

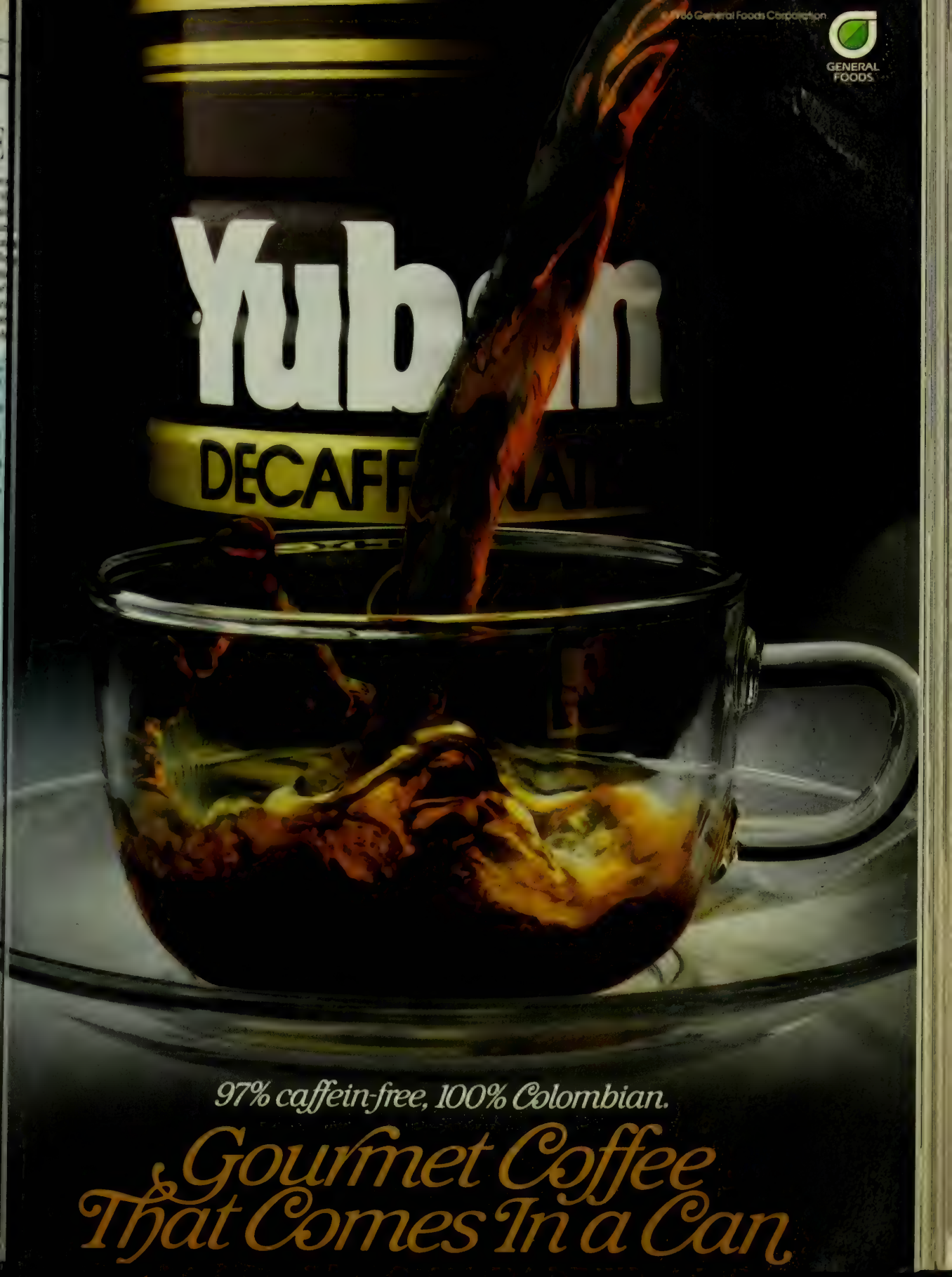
TRAVEL PLANNING GUIDE

The *Better Homes and Gardens* travel advertisers listed below will provide you with free information about their facilities and services. Circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers. When using an advertiser's facility or service, please mention literature received through this *BH&G* service. Coupon expires one year after the month of this issue.

1. **American Cruise Lines**—Enjoy the elegance of an American Cruise—Miss. River, East Coast, N.E., Fla.
2. **Amtrak**—Schedules and brochures. All Aboard Amtrak.
3. **Arkansas**—Send for vacation planning kit.
4. **Bermuda Government**—Write for a colorful brochure to find out why Bermuda is you.
5. **Bolton Valley Resort**—In Vermont's Green Mountains. Family Packages.
6. **Delta Queen**—Steamboatin'. The original American vacation. Brochure.
7. **Disney! Epcot! Sea World! More!**—See it all from Kissimmee-St. Cloud.
8. **Georgia**—"The Way to Fun" 76-page comprehensive travel guide.
9. **Innisbrook, Fla.**—So many great Floridas in one. Golf, tennis, families.
10. **Jekyll Island, Ga.**—Georgia's Island Resort. Historical tours, color brochure.
11. **LaPorte County**—Indiana's Dune Country. Family fun at Lake Michigan.
12. **Outrigger Hotels, Hawaii**—is Waikiki's largest chain of hotels, 6,000 rooms.
13. **Pensacola, Fla.**—White gulf beaches, historic districts. Call 1-800-874-1234.
14. **Rec Vee RV Rentals**—Rent a new luxury equipped motor home or travel trailer at your U-Haul Center.
15. **Regal Tower**—Distinctive adult community in Tennessee's Smoky Mountains.
16. **Rhode Island**—Free kit, map, guide, to attractions, lodging, Newport mansions.
17. **Royal Caribbean Cruise**—Exciting 7-8-10 and 14-day cruises from Miami.
18. **Savannah, Ga.**—Vacation packet, beach and city lodgings, restaurants, sightseeing, recreation, map.
19. **Seabrook Island Resort, Charleston, S.C.**—Sports and equestrian center.
20. **Sugarbush Inn**—Treat yourself to Vermont's premium mountain resort.
21. **Sugarbush Village Real Estate**—Vermont's finest family vacation mountain condominiums.
22. **Sugarloaf USA, Maine**—Family ski vacations, free brochure.
23. **Utah**—Utah Ski Planner, a complete catalog of all Utah Ski Resorts.
24. **Virginia Is For Lovers**—Virginia Beach, Skyline Drive, Blue Ridge Parkway, Colonial Williamsburg and more.

Name _____
Address _____
City _____
State _____ Zip _____

Mail to: (Include 50¢ handling charge)
BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 610W
DES MOINES, IA 50336


©1986 General Foods Corporation
GENERAL FOODS
DECAFF
97% caffein-free, 100% Colombian.
Gourmet Coffee
That Comes In a Can

BREAKFAST NOOKS
With Style and Charm

Getting up for breakfast is easy when you have a sunny spot for morning munching. You don't need a special breakfast room; instead, squeeze space out of the kitchen for a welcoming breakfast corner that you can enjoy all day long.

RISE-AND-SHINE BREAKFAST NOOK

Cheery on even the gloomiest of days, this informal eating area (*top right*) makes rising for breakfast always a pleasure.

Carved out of unused kitchen space, the inviting spot is convenient to the kitchen, yet distinct enough so that it retains its own personality.

Make a room within a room

Painted a deep tone, the end wall sets a sense of depth so that the small space appears to be a room by itself. Three even sections of shelves frame and define the breakfast area, and are ideal for displaying pottery, holding overflow dishes, or stashing the morning paper.

Mirror a wall for morning gazing

Mirroring one section of the wall not only expands the area visually but also creates an interior "window." Cheery baskets filled with plants further complete the "window" idea and give color and texture to the area.

Choose informal furnishings

Crisp and clean, with just the right touch of informality, the trestle table and four casual straight-back chairs fit neatly into the mirrored space. A small chandelier above the table further defines the area, and a striped dhurrie rug helps separate the spot from the rest of the kitchen.

DAYTIME DINING ON THE DIAGONAL

Morning meals can be a soothing experience in this wholly created "window" nook (*bottom right*).



Create a stylish breakfast spot by painting and mirroring one kitchen wall.



Turn a spare corner into a welcoming nook with day-brightening accessories and lightly scaled table and chairs.

Photographs: Ernest Braun. Design: Ponderosa Homes/ Color Design Art. Field editor: Helen Heitkamp

Put a corner to work

Although the execution is fresh, the corner arrangement borrows from the old-fashioned corner cabinet. In this case, two mirrored panels, flanked by shutterlike detailing, form the corner and create a small "window" for early-morning daydreaming.

Built-in shelves show off plants and such texture-adding accessories as nubby baskets. A triangular storage cabinet is built in below.

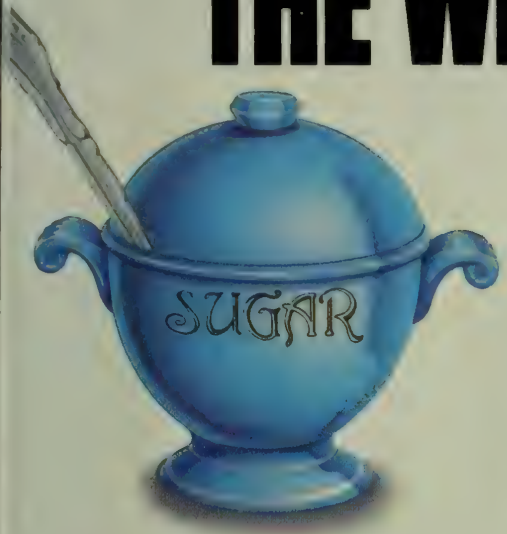
Angle a lightweight table

Set on the diagonal, the slender rattan parsons table handily holds two bowls of cereal. Amply cushioned armchairs can be tucked under the table when they're not in use, and offer an almost royal morning welcome. Their brightly patterned seats add color and cheer to the spot. Both chairs and table are light enough to be moved easily for access to the cabinet, or eliminated entirely when extra space is needed.

THE RIGHT STUFF.



THE WRONG STUFF.







At Adams, we believe there's only one thing that belongs in peanut butter. Peanuts, freshly roasted and lightly salted. Anything else just spoils the taste.

ADAMS 100% NATURAL PEANUT BUTTER. SIMPLY NUTS.

Made in the Northwest since 1916.



©1986
MULTIFOODS.

© 1986 The Berelson Company



The Great Pretender.™



The taste says "lobster," but the label says "Pacific Fish
nd Lobster." Sea Legs® brand. Tail, Chunk or Salad Style.
)elicious deception, in your grocer's fresh seafood section.

Sea·Legs

"Great music lasts through the ages, art endures, but Crèmerie is only with us for a moment."



You'll cherish your brief moment with new Crèmerie triple creme appetizer cheese.

New Crèmerie triple creme cream cheese. Blended with selected herbs and spices. In four delicious varieties. You'll find Crèmerie next to the Philadelphia Brand cream cheese in your grocer's dairy case.



New Crèmerie triple creme appetizer cheese from Philadelphia Brand.
Now disappearing at the finest occasions.

Available in limited areas.

© 1986 Kraft, Inc

What's **HOT** In COOKTOPS

A built-in cooktop transforms a central counter or island into a snazzy custom cooking center. Use our primer to pick a unit that fits your culinary style.



Remodelers prize the drop-in cooktop because it lets you put your day-to-day cooking center in one place and the oven in another. Many cooktops are down-venting, so you can install them without a range hood overhead.

COOK'S CHOICE

Your most basic decision is power source: gas or electricity. *Gas* units offer high efficiency and the ability to adjust heat instantly; *electric* models tempt you with an intriguing array of heat elements. Here are your options in electric units, listed in order of increasing cost:

Conventional cooktops offer traditional coil burners that heat by electric resistance. They get hot quickly and accommodate almost any cookware.

Solid-element cooktops feature cast-iron disks, sealed to the cooktop, for gradual heating without hot spots. Flat-bottom pans are required for good heat transfer, and you must season the disks with cooking oil periodically to avoid rust.

Glass ceramic cooktops conceal the heating elements beneath a sleek surface; you must use flat-bottom pans and clean the cooktop after *each* use so food won't burn on.

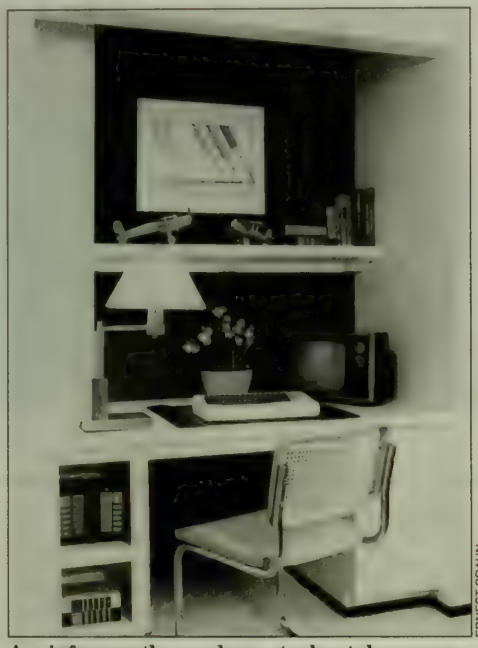
Magnetic induction cooktops offer a smooth cooking surface and a revolutionary cooking technology. Their hidden coils generate a magnetic field that produces heat in the pan, but not in the cooktop itself. Prime benefits: you can control heat instantly, and the cooktop never gets really hot. However, you must use magnetic pans (steel and iron, or any pan that attracts a household magnet), and the units cost four to five times as much as coil cooktops.

INTERCHANGEABLE ELEMENTS

You *can* have your cake and eat it, too: Both gas and electric units offer interchangeable grills, griddles, and rotisseries, as well as wooden covers you can use for cutting boards. For electric cooktops, there are also fryers, cast-iron disks, induction burners, and canning and wok elements.

Out-of-the-Closet OFFICE SPACE

Putting in overtime is easy when you have a quiet corner to call your own. If space is tight, make that awkward niche or little-used closet work as hard as you do. Here's one way to do it.



ERNEST BRAUN

An infrequently used guest closet becomes a hardworking home office instead.

Tired of shuffling papers, books, and a word processor around, these homeowners transformed a seldom-used guest closet into a small, but workable, office.

A built-in desk with plenty of room for storage makes use of every precious inch of space. The desk top provides ample room for a lamp, a computer keyboard, and a small television set. A duo of cabinets on each side of the desk area keeps work materials, such as files, computer discs, and reference books, easily accessible.

Other books and a few playful collectibles sit within easy reach on an overhead shelf. (Curved wooden brackets attach the shelf to a 1×4 that's screwed into the wall.)

Painting the back wall a solid dark color creates the illusion of depth so that the space appears self-contained without being claustrophobic.

Wallpaper, in the same light-colored delicate print as the rest of the room, combines with the crisp white of the desk and shelf to keep the look of the area from jarring with the overall room scheme.

Design: Color Design Art. Field editor: Helen Heitkamp

"It's the last piece of Crèmerie."

"You take it, dear."

"No, you take it, darling."

"You take it, sweetheart."

"No, you take it, honeybunch."

"You take it, my angel."

"No, you take it, oh heart of my heart."

"Ok, I'll take it!"

"You don't really love me, do you!"



True love means giving up the last piece of new Crèmerie triple creme appetizer cheese.

New Crèmerie triple creme cream cheese from Philadelphia Brand. Rich. Creamy. Tempting. Choose from French Onion. Herb and Garlic. Garden Vegetable. And Garden Herb. Serve Crèmerie soon and watch it disappear.



New Crèmerie triple creme appetizer cheese from Philadelphia Brand.
Now disappearing at the finest occasions.

Available in limited areas.

© 1986 Kraft, Inc.

HAWAIIAN FRESH PINEAPPLE. ALWAYS RIPE, JUICY & READY TO EAT.



Choosing a ripe pineapple is easy. Just look for the label that says Hawaii.

Hawaii's rich volcanic soil, tropical sun and warm rains produce the sweetest, juiciest pineapple you can find. We then take special care to harvest every pineapple when it's at its ripest. Once picked, it doesn't ripen any more.

That's why as long as the pineapple you buy is from Hawaii, you can be sure that it's juicy, sweet and ready to eat.

So you can forget all the old wives' tales about pulling leaves from the crown. Or thumping the fruit. Or checking the shell color. (Shell color varies from season to season.) Instead, just find out where it was grown.

You'll find Hawaiian Fresh Pineapple delicious on its own or used in salads, entrees, desserts or beverages.

For a free recipe booklet, send

POP YOUR OWN

FLAVORED POPCORN

Pop! Pop! Pop! It's easy for you to imitate popular, flavored popcorns with your own popper. Try these recipes that use off-the-shelf ingredients.

MOCHA POPCORN

- ¼ cup butter *or* margarine
- 1 teaspoon instant coffee crystals
- 8 cups popped corn (about ¼ cup unpopped)
- 2 to 3 tablespoons presweetened cocoa powder

In saucepan combine butter or margarine and coffee crystals. Heat and stir till butter is melted and coffee crystals are dissolved. Pour over popped corn; toss to coat. Immediately sprinkle cocoa powder over top; toss again. Serve immediately. Makes about 8 cups.

Nutrition information per 1 cup: 79 cal., 1 g pro., 6 g carbo., 6 g fat, 16 mg chol., and 63 mg sodium.



SCOTT LITTLE

Give your popcorn extra flavor and zip with these simple recipes.

HONEY 'N' SPICE POPCORN

Crisp and crunchy, this honey-sweetened version will remind you of an old favorite: caramel corn—

- 10 cups popped corn (about ⅓ cup unpopped)
- ¼ cup butter *or* margarine
- ¼ cup honey
- 1 teaspoon finely shredded orange peel
- ¼ teaspoon ground cinnamon

Place popped corn in a large roasting pan. In a small saucepan combine butter or margarine, honey, orange peel, and cinnamon. Heat and stir till butter melts. Pour over popcorn, tossing to coat. Bake in a 300° oven for 30 minutes stirring 3 times. Transfer popcorn to a baking sheet or sheet of foil; cool. Break into small clusters. Makes 8 cups

Nutrition information per 1 cup: 112 cal., 1 g pro., 15 g carbo., 6 g fat, 16 mg chol., and 59 mg sodium.

Build Your Deck to Last

That deck you're planning to build could last five years or 50, depending on how you build it. Choice of materials and a few small details of construction will make the difference.

What not to do

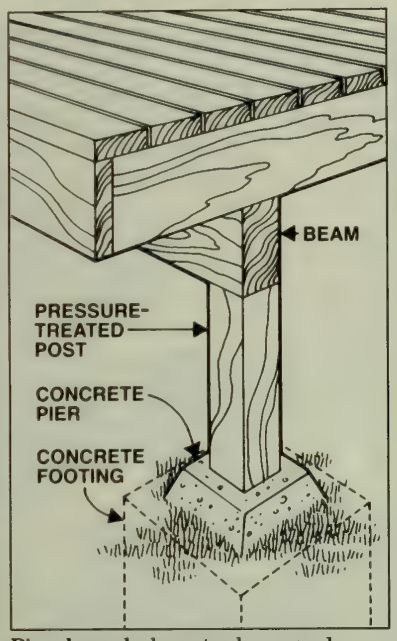
These are some of the common mistakes that shorten a deck's life:

- Using untreated pine or fir
- Sinking the posts directly into the earth
- Nailing the ledger directly to the house
- Covering the wood right away with a coat of ordinary paint.

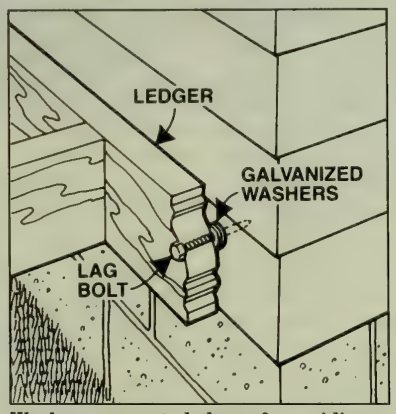
The right stuff

To avoid trapping moisture and encouraging dry rot, adopt these simple construction methods:

- Build the deck supports—posts, joists, and ledger—with cedar, redwood, or pressure-treated wood. For best-quality treated wood, look for an AWPB stamp (it stands for American Wood Preserves Bureau). Like cedar and redwood, treated wood is more expensive than plain fir, but well worth it in the long run.
- Put the posts on a masonry pier, so no wood touches the ground. Or sink treated posts specified for ground contact (LP-22) in postholes filled with concrete. If you live in a cold climate, sink your posts or piers below the frost line.
- Bolt the ledger to the house, and maintain a space between by slipping a few galvanized washers on each bolt, or by inserting rot-resistant wood spacers.
- For deck boards, use redwood, cedar, cypress, or treated lumber.
- Maintain a ¼-inch space between deck boards and at butt joints where shorter boards meet end to end.
- When building deck stairs in shady, wet spots, use metal cleats to attach the treads to the stringers (stair sides). That way, you don't have to cut the stringers in a sawtooth pattern to fit the treads, a cut that exposes much moisture-absorbing end grain.
- Let your new deck dry out for 60 days before giving it a finish treatment.



Piers keep deck posts above grade.



Washers separate ledgers from siding.

Finishing touches

There are four basic ways to give your deck a protective finish: let it weather naturally to a driftwood gray, put a clear, water-repellent sealer on it, apply an oil-based stain, or paint it (with a porch and deck paint only). If you use treated wood and don't like its greenish hue, you may be able to buy prestained tan-colored treated wood in your area. Otherwise, you can stain it yourself. If left unstained, treated wood will turn gray in a couple of years.

Illustration: Carson Ode

Everything You Need To Make Your Bed... Beautifully!



SAVE UP TO 65%

Now in one complete eyelet ruffled set: • Comforter • 2 Pillow Shams • Dust Ruffle • Fitted Sheet • Flat Sheet • 2 Pillowcases

(Twin has 1 case and sham, King has king cases and shams)

This is the famous "Remembrance" ensemble by **Dan River,** one of America's most popular bed fashions of all time—now at special savings from **Domestications,** America's fastest growing home furnishings catalog.

Luxuriously soft 180 thread-count percale is generously trimmed with romantic embroidered eyelet ruffles and lace. The ultimate in bedroom beauty.

And it's made to stay beautiful for a lifetime. Quality-made in USA, of course, in easy-care machine washable cotton/poly. Choose a shade to complement your decor: White, Ecru, Peach, or Pale Blue.

SPECIAL OPPORTUNITY, SPECIAL SAVINGS

You've seen sets like this sold elsewhere for up to $400 for the 8 pc. King set! But now through this special magazine offer you enjoy spectacular savings up to 65% ...

SOLD IN COMPLETE SETS:

TWIN:	**Val. $200 Now $ 69.99**
FULL:	**Val. $300 Now $119.99**
QUEEN:	**Val. $340 Now $159.99**
KING:	**Val. $400 Now $189.99**

ORDER RIGHT NOW FOR SPEEDY DELIVERY

To: DOMESTICATIONS, Dept. T9617
Bldg. 71, Hanover PA 17333

☐ YES, Rush me the special value "Rememberance" eyelet ruffled bedroom ensemble by Dan River in the color and size checked below. I must be satisfied or you will refund my purchase price in full.

☐ Peach ☐ Blue ☐ Ecru ☐ White
☐ **TWIN** 6 pc. set (TZ332767B) $69.99
☐ **FULL** 8 pc. set (TZ332775B) $119.99
☐ **QUEEN** 8 pc. set (TZ332783B) $159.99
☐ **KING** 8 pc. set (TZ332791B) $189.99
☐ I have enclosed cash, check or money order for purchase price plus $7.95 shipping/handling. *(PA & NV residents add sales tax)*

Please charge my: ☐ MasterCard ☐ VISA ☐ Diners Club ☐ American Express

Acct # _____ Exp. _____

Your signature _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TUCKED AWAY BUNKS
MAKE ROOM FOR PLAY

Kids, like baby animals, love room to romp. When it's rest time, however, they feel most secure in a snug little nest. After a busy day, climbing into these sleeping nooks almost makes up for having to go to bed.

Conventional beds would have taken a big bite out of this 8½ × 11-foot room. Hoping to find a way to get the beds up off the floor and make space for a play area, the father of two small girls checked behind the walls of this tiny room for a solution to the space crunch. He found pockets of unused space just large enough to hold two bunks for his pint-size daughters.



▲ Tucking the beds into the walls clears the deck for projects and play with big brother.



▲ Favorite toys are easy to reach and the more fragile treasures are displayed on upper shelves.

Claiming lost space

Being careful to avoid electrical wiring, Dad cut away portions of the interior walls and replaced a rough-sawn support with a smoothly sanded 4 × 4 corner post. He built the lower of the two sleeping platforms in the recessed area directly above the front entry of the split-level home. A second platform is tucked under the eaves.

Both sleeping areas are small. The lower bunk measures 43 × 72; the upper one, at 64 × 108 inches, has enough room for a small play area at the end. The girls sleep on futons, although you can have mattresses custom made to fit odd spaces like these.

Climbing into bed

A single ladder provides access to the bunks. Both youngsters use it to reach the lower bunk, where the younger girl sleeps. Her sister crawls through the framed opening at the far end to reach her higher platform. Balustered railings keep the girls from rolling out of bed, but leave plenty of room for good-night kisses. They also make great perches for stuffed animals.

Make way for play

Getting the beds up off the floor had a second advantage. It opened up the room for play. Now the little girls have plenty of space for puzzles and games, and for building things with their big brother.

Open shelves display toys

Toy boxes are great for storing building blocks, but more fragile items can get crushed in the jumble of a toy chest. This built-in shelf system was intended to display as well as organize the many books, games, and toys the little girls collect. Lower shelves contain favorite toys and books that are used most frequently, and breakable dolls and more complicated games are stored above.

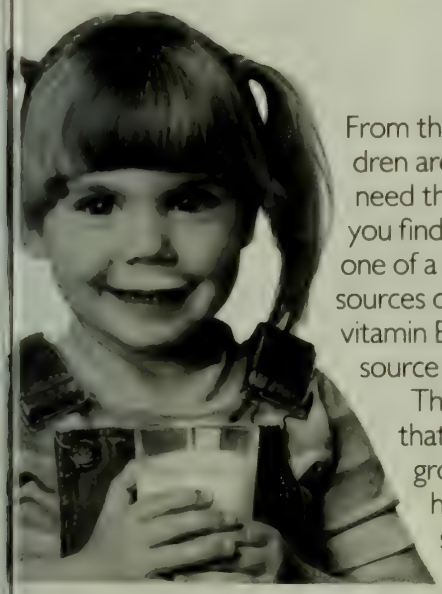
Dad also designed and built the desk (*above*). The girls use it for coloring or homework and it folds up handily for easy storage when not in use.

Interim solution buys time

One of these days, the girls will outgrow their beds. By then the family will be ready to add on or move to a bigger house. For now, the girls enjoy sleeping high above the open play area. By pressing unused space into service, their father solved the immediate problem of how to make room for playtime activity and created an unforgettable sleeping environment.

Photographs: George Ceolla. Design: John Porto
Field editor: Maxine Schweiker

UNIVERSITY STUDIES SHOW PAPER MILK CARTONS GIVE YOU MORE VITAMINS TO THE GALLON



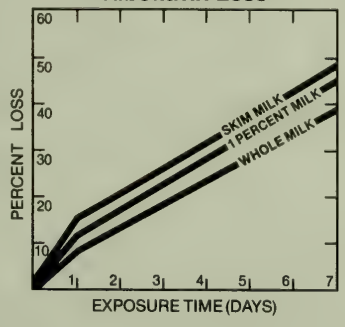
From the moment children are born, they need the nourishment you find in milk. Milk is one of a child's best sources of riboflavin, or vitamin B_2. And a good source of vitamin A. These are vitamins that help a child grow and stay healthy, have soft skin and bright eyes. In fact, scientists include both vitamins in a list of *leader nutrients* that play a key role in human nutrition.

Important vitamins lost in plastic containers

Over 20 independent studies conducted by scientists at major universities, including Michigan State and Cornell, have been published on the damage light does to milk. One study shows: In just 24 hours, milk in transparent plastic containers sitting under fluorescent lights can lose this much riboflavin (vitamin B_2): whole milk—8%; low-fat milk—10%; skim milk—14%.

Riboflavin Loss

This shows milk's loss of riboflavin in plastic containers under fluorescent lights.* Other tests show that milk loses even more of its vitamin A.
*Source: "Protecting Your Milk from Nutrient Loss," by Dr. G.F. Senyk and Dr. W.F. Shipe, Department of Food Science, Cornell University.



Much of milk's natural vitamin A is skimmed off with the fat in low-fat and skim milk. So Federal law requires dairies to "fortify" it, to replace what's lost.

Bigger loss in low-fat milk

But fortified vitamin A is even more sensitive to light than natural vitamin A. In only four hours light can destroy up to 44% of vitamin A in low-fat and skim milk in plastic containers.

A few supermarkets have recognized the problem with fluorescent lights and have installed light shields. But this doesn't protect milk from other light.



Fluorescent lights penetrate plastic milk containers and destroy important vitamins. But paper cartons keep most harmful light out and more vitamins in.

Paper cartons block out 98% of harmful light

There is a way to make sure your children's milk is better protected: buy it in *paper cartons.* Paper cartons block almost all harmful light. Scientific tests show that light penetration of plastic milk containers can be up to 35 times greater than with paper cartons. Buy your children milk in protective paper cartons. And give them more to the gallon.

Get more vitamins to the gallon with protective paper cartons

© 1986 Paperboard Packaging Council



More than a spaghetti sauce.

Golden Grain Marinara is the perfect ingredient for your special dishes. A rare blend of tomatoes, garlic, Golden Grain's own special seasonings and pure olive oil. Taste the delicious difference it makes in these recipes.



Chicken Cacciatore

3 lbs. chicken pieces
salt and pepper
¼ cup olive oil
2 cups (¼ lb.) thickly sliced mushrooms
1 green pepper, diced
1 jar (32 oz.) GOLDEN GRAIN Marinara Sauce
½ cup Marsala wine

Salt and pepper chicken; brown in oil; remove from pan. Add mushrooms, green pepper; sauté 4 minutes. Add Marinara, wine and chicken. Simmer, covered, 45 minutes.

Serves 6.

Swiss Steak Italiano

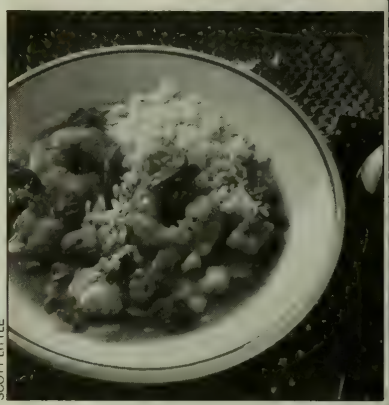
1½–3 lbs. round steak
1 clove garlic
½ cup flour
½ tsp. salt
¼ tsp. pepper
3 Tbsp. butter or margarine
1 cup chopped onion
½ cup chopped celery
¼ cup chopped carrots
¾ cup water
1 can (15 oz.) GOLDEN GRAIN Marinara Sauce

Rub steak with garlic clove. Combine flour, salt and pepper. Pound steak and dredge in flour mixture. Brown steak in 3 Tbsp. butter with onions, celery and carrots. Stir in water and simmer 45 minutes, or until tender. Stir in Marinara sauce and continue to simmer for 45 minutes or until tender.

Serves 4–6.

LOUISIANA GUMBO

THE REAL STUFF!



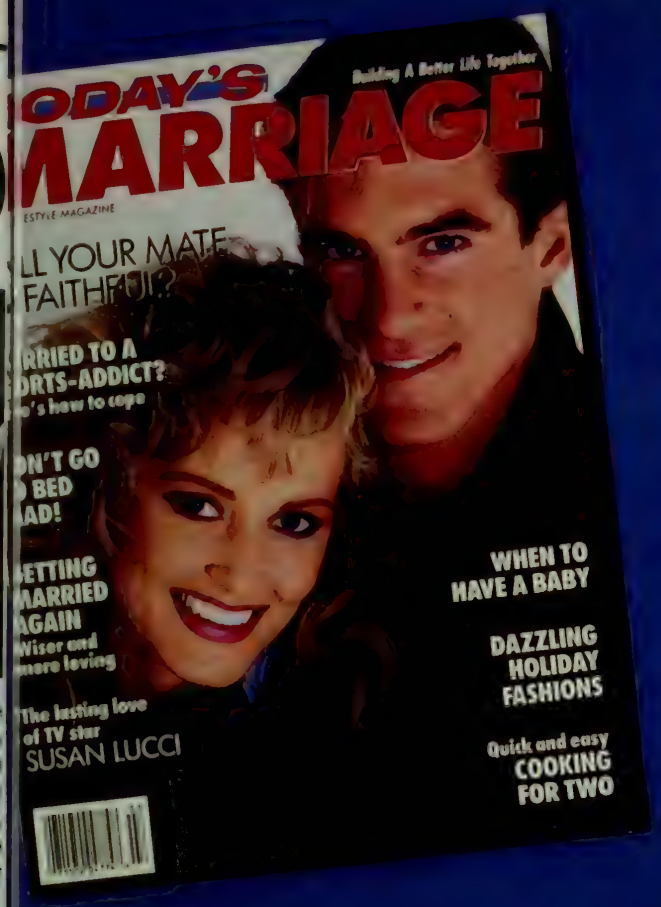
SCOTT LITTLE

What makes a real gumbo—okra or filé powder? No two cooks agree, but while the feuding continues in the South, one thing is certain: Gumbo is a delicious seafood, meat, sausage, or poultry stew that's thickened with a roux, plus okra or filé powder, and served with rice.

SEAFOOD GUMBO

1 pound frozen shelled shrimp
1 6-ounce package frozen crabmeat
½ cup all-purpose flour
½ cup cooking oil
2 cups chopped onion
1 cup chopped green pepper
5 *or* 6 cloves garlic, minced
1 10-ounce package frozen cut okra, thawed
¼ teaspoon ground red pepper
1 bay leaf

Thaw seafood. In a heavy 4-quart Dutch oven combine flour and oil. Cook over medium heat, *stirring often,* 35 minutes or till a dark reddish-brown roux is formed. Add next 3 ingredients; cook and stir over medium heat 10 minutes or till vegetables are tender. Stir in 6 cups *hot water.* Stir in okra, red pepper, bay leaf, 1 teaspoon *salt,* and ¼ teaspoon *pepper.* Bring to boiling; reduce heat. Cover; simmer 1 hour. Add seafood; simmer, uncovered, 5 minutes or till shrimp turn pink. Remove bay leaf. Serve the gumbo with *cooked rice.* Makes 6 servings.



It's romantic, wonderful, and exciting. It's new. It's the most important part of your life.

DAY'S MARRIAGE is a brand new magazine itten expressly for young marrieds. It gives you kind of practical, dependable advice, straight k and emotional support a best friend might offer. d TODAY'S MARRIAGE understands your eds and anticipates your questions. So you'll ways have the answers to important issues that are re to come up along the way.

hy should you make TODAY'S MARRIAGE a art of your married life? Because it's all about aking the traditional values of marriage work in e very untraditional 80's. It discusses important subjects like • fidelity • fantasy • finances • in-laws • health • having children. And it has regular features on decorating, cooking-for-two, fitness and fashion tips.

This October, don't miss articles on the right time to have a baby, new findings on the pill, confessions of a house-husband, money matters, romantic fantasy and more.

Make TODAY'S MARRIAGE part of your married life. Pick up the latest issue at your newsstand in October.

On Sale in October at Supermarkets, Newsstands, and Wherever Better Magazines are Sold.



Give a little love . . .

"Give a little love to a child, and you get a great deal back."

These words of John Ruskin echo every day within the walls of the Children's Hospital, a "miracle of a place" for children suffering from serious diseases and disabilities. Hard-to-live-with illnesses such as cancer, cystic fibrosis, cerebral palsy, and more.

You can help these boys and girls to healthier, happier lives by shopping at Allied Arts in Menlo Park. This charming group of boutiques and crafts shops in a garden setting is owned and managed by the Woodside-Atherton Auxiliary to Children's Hospital. Proceeds benefit the young patients.

So visit Allied Arts Guild soon. You'll be giving a little love to a child. And you'll get a great deal back.

Allied Arts Guild
75 Arbor at Cambridge
Menlo Park, CA

Luncheon: 324-2588
Information: 325-3259

Woodside-Atherton Auxiliary to
Children's Hospital at Stanford

SF/H 2



"My father gave me ambition, courage and dignity. The United Negro College Fund gave me the chance to use them."

Every year, qualified students get the chance they've been dreaming of when they study at the 43 predominantly black colleges of the United Negro College Fund. They go on to enrich society as scientists, lawyers, engineers and psychologists.

Now more than ever, your contribution is needed to make theirs possible.

Please send your check to the United Negro College Fund, 500 East 62nd Street, New York, NY 10021.

And give someone a chance to make a difference.

A mind is a terrible thing to waste.

Ad Council



Feel The Difference

First you'll notice the beauty of the wood. You'll want to touch it ... and you will. Rich, satiny smooth. You'll run your hand over a second cabinet with the same result.

You're experiencing the Wood-Mode difference ... a difference you can feel.

Providing you this quality difference requires a great deal more time; a lot of individual care and attention to detail. But, because we take the time and the care, our hand-rubbed finishes—which include oil rubbing, steel wool polishing and sheepskin buffing—have set a standard for the world.

In fact, Wood-Mode's multi-step finishing process of hand-applied wiping stains, sealers, catalyzed varnishes, oven baking and hand-rubbing result in a cabinetry finish unsurpassed in beauty, durability and toughness. It won't chip, peel or waterspot.

Wood-Mode fine cabinetry finishes. A story of quality. A story of value. And, another of the many reasons why Wood-Mode is America's best selling line of custom-built cabinetry.

WOOD-MODE®

Fine Custom Cabinetry

For More Information Contact Any Of The Following Authorized Dealers –

Albany
House of Kitchens
1325 Solano Ave.
Albany, CA 94706
415-525-9576

Los Gatos
European Kitchens
7 N. Santa Cruz Ave.
Los Gatos, CA 95030
408-395-1944

Millbrae
Kitchens, Baths & Cabinets
1795 El Camino Real
Millbrae, CA 94030
415-952-6323

Oakland
Federal Building Co.
3630 Park Blvd.
Oakland, CA 94610
415-482-0300

Redwood City
Selby House
1 E. Selby Lane
Redwood City, CA 94063
415-364-9686

San Francisco
Siematic
200 Kansas St.
San Francisco, CA 94103
415-558-8811

San Jose
Pacific Kitchens
1110 Meridian Ave.
San Jose, CA 95125
408-723-7073

San Rafael
Lamperti Inc.
1241 Andersen Dr.
San Rafael, CA 94901
415-454-1623

Sonoma
Design Cabinet Showroom
800 W. Napa St.
Sonoma, CA 95476
707-938-5087

Sunnyvale
International Kitchen Exchange
1175 A East Homestead Rd.
Sunnyvale, CA 94087
408-296-3055

SF/H 4

HOW TO ORDER

Better Homes and Gardens®

Better Homes and Gardens® Family Shopping Service has selected the products shown below to help you re-create in your own home the ideas shown on our editorial pages.

You save time because we've done the shopping for you.

And you can be completely confident the craft patterns, cookware, books, and plans presented on this page are of the highest quality and meet our strict standards of excellence.

Days-of-the-Week Designs (page 63)



Our **Children-of-the-Week Poster** (at left) features a timeless traditional poem enhanced by the luscious detail of our seven embroidery designs. Available framed or unframed, the poster measures a generous 24 x 36 inches.

Our **Days-of-the-Week Iron-On Transfer Pattern** can be used to duplicate these lovely motifs on your choice of clothing, wall hangings, or pillows. The pattern includes all seven designs in three sizes — 21 transfers in all!

The clothing shown in this feature was specially designed to accommodate our **Days-of-the-Week** motifs. Each of our **Children's Clothing Patterns** include complete directions and sizing for children's small (2-4), medium (6-8), and large (10-12) sizes. Choose from the apron, pants, jumper, or skirt.

The *Days-of-the-Week* iron-on motifs, clothing patterns, and Children-of-the-Week poster are available exclusively to readers of Better Homes and Gardens® and are not available in stores.

Forced To Be Beautiful! (page 118)









Enjoy springtime color this winter with these indoor-blooming bulb collections specially selected for readers of *Better Homes and Gardens®*. The **Tulip Collection** contains 30 bulbs (6 each of 5 varieties) including: Kees Nelis (red with orange), Pink Pixie (pink), Albury (red), Christmas Gold (yellow), and Angelique (pink). The **Daffodil Collection** contains 15 bulbs (3 each of 5 varieties) including: Professor Einstein (large white with orange center), Dutch Master (large yellow), Early Splendor (small white with orange center), Kewpie Doll (white with yellow center), and Tete-A-Tete (small yellow). The **Crocus Collection** contains 48 bulbs (12 each of 4 varieties) including: Remembrance (purple), Joan of Arc (white), King of the Striped (blue and white striped), and Pickwick (pale blue and white). The **Hyacinth Collection** contains 24 bulbs (3 each of 8 varieties) including: Queen of Pinks (dark pink), Blue Jacket (blue), Carnegie (white), Jan Bos (red), Marconi (soft, light pink), Bismarck (pale blue), L'Innocence (white), and Amethyst (violet). **No room for a whole potful?** Try our special Bulb Kits with everything you need to force one lovely bloom. Choose from the **Amaryllis Kit**, the **Hyacinth Kit**, or the **Daffodil Kit**. The Amaryllis Kit contains a molded pot, hand-graded premium bulb, and growing medium; the Hyacinth and Daffodil Kits each contain a stylish glass vase, hand-graded premium bulb and nutrient packet for forcing in water.

Fantasy Castle (page 50)

Great Gift Ideas





We give complete build-it-yourself detail for the* Fantasy Castle** on pages 52 to 57, but if you prefer to work from a blueprint (or intend to hire a carpenter who does), order our **Fantasy Castle Project Plan.** This ***Better Homes and Gardens® Project Plan includes ***full-size pattern pieces,*** detailed drawings, lists of materials, construction tips, and complete step-by-step instructions.

Characters from fairy tales fill the 12 blocks of our stunning **Fantasy Quilt,** and pennants fly from every tower of our **Castle-in-the-Clouds Enchanted Hanging.** Create your own versions of this stunning needlework art with our full-size patterns.

Microwave Cooking (page 124)



The **Crisper/Griddle** base and plate are designed to be used as one unit. The base is made of non metallic Chill-Therm™ which totally surrounds the cooking plate preventing metal to metal contact with the microwave walls. After pre heating, the surface becomes hot enough to crisp and brown foods. The convenient 10¾ x 10¾ x 1¾-inch size is ideal when cooking for one or two. ***Identical to the Crisper/Griddle shown on page 128.***

Send check or money order to:

Better Homes and Gardens SHOPPING SERVICE

Locust at 17th
Dept. 25A, Box 374
Des Moines, IA 50336

Name _____

Address _____

City _____

State _____ Zip _____

Page	Description	Qty.	Price	Total
	Days of the Week Designs			
63	No. 11599 Children-of-the-Week Poster		$9.95	
63	No. 11600 Children-of-the-Week Poster (Framed)		$24.95	
63	No. 01442 Days-of-the-Week Iron-On Transfer Pattern Set		$9.99	
63	No. 01447 Children's Apron Pattern		$4.99	
63	No. 01448 Children's Pants (Knickers, Shorts) Pattern		$4.99	
63	No. 01449 Children's Jumper Pattern		$4.99	
63	No. 01450 Children's Skirt Pattern		$4.99	
	Forced To Be Beautiful!			
118	No. 09179 Tulip Collection		$16.95	
118	No. 09180 Daffodil Collection		$13.95	
118	No. 09181 Crocus Collection		$12.95	
118	No. 09182 Hyacinth Collection		$18.95	
118	No. 09183 Amaryllis Bulb Kit		$13.95	
118	No. 09184 Hyacinth Bulb Kit		$10.95	
118	No. 09185 Daffodil Bulb Kit		$10.95	
	Fantasyland			
50	No. 50653 Fantasy Castle Project Plan		$4.95	
	No. 01359 Fantasy Quilt Pattern		$14.99	
	No. 01378 Castle-in-the-Clouds Enchanted Hanging Pattern		$7.99	
	Microwave Cooking			
128	No. 31229 Crisper Griddle		$24.95	

***TAX NOTE:** We are required to collect and pay **STATE** taxes in Arizona, Connecticut, Florida, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, New Mexico, Pennsylvania, Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, New York, Ohio, Tennessee, Texas, Virginia, Washington.

Total of Merchandise _____
Sales Tax * _____
Shipping/Handling ** _____
GRAND TOTAL _____

****Shipping and Handling:**

For orders up to $5.00	$1.00
$5.01 to $10.00	$1.95
$10.01 to $20.00	$3.00
$20.01 to $30.00	$3.75
$30.01 to $50.00	$4.35
Over $50.00	$4.75

Credit Card Orders Speed Delivery! Fill in the lines below or **CALL TOLL FREE 800-247-5099.** In Iowa, call collect, 515-284-2856. (Toll Free not available in Alaska or Hawaii)

Credit Card Users Call TOLL FREE 800-247-5099

Credit _____
Card No. _____
Expiration Date (Month/Year) _____

100% MONEY-BACK GUARANTEE if not completely satisfied!

YOU Can Do It! We Show You How

QUICK COVER-UP FOR BASEMENT WALLS

Unfinished masonry walls are the bane of below-ground living areas. Civilize your basement with attractive paper-covered paneling. Readily installed and inexpensive, papered panels provide an alternative to more conventional cover-ups such as paint, wallpapered drywall, or simulated wood paneling. Here's how you can do it yourself.

TIPS

Before installing papered panels, let them adjust to the temperature and humidity of the room for 48 hours. Be sure to wear safety goggles when nailing furring strips to concrete. If your basement ceiling is also unfinished, install the wall panels first to avoid gouging the ceiling.

MATERIALS LINEUP

Here's what you'll need:

- 1×2-inch furring strips
- ¾-inch foam insulating board
- 6-mil plastic vapor barrier
- ½-inch drywall
- drywall nails
- papered panels
- panel adhesive
- colored, ring-shank finishing nails
- finish molding (optional)

Georgia Pacific, our project sponsor, recommends plywood-backed panels for use in basements. The other panel type has wallpaper facing applied over a wood-fiber backing, which is more affected by basement humidity.

COST

Papered wall panels range in price from about $10 to $16 per 4×8-foot sheet. Panels with plywood backing cost somewhat more than those with fiberboard.

1 Preparing a masonry wall for paneling begins with a wood frame grid. Using masonry nails, attach 1×2-inch furring strips horizontally at top and bottom and vertically every 16 inches. Measure from the center of one strip to the center of the next.



Cut and attach furring.

2 The next step is to insulate exterior walls. Cut pieces of ¾-inch foam board to fit between the furring strips, and glue them in place with panel adhesive. Then staple a 6-mil plastic vapor barrier over the grid and insulating panels.



PERRY STRUSE

Insulate and cover.

3 Nail 4×8-foot sheets of ½-inch drywall to the furring strips. The drywall protects against fire and also provides a solid support for the paneling. To cut drywall, score it with a knife, and carefully break along the scored line. Because sheets of drywall are rather heavy and difficult to maneuver, have a helper assist you in positioning them. Space drywall nails about 8 inches apart.



Nail up drywall.

4 Install the papered panels over the drywall, starting in a corner. Use a level to square your first panel, ensuring a true vertical seam. Apply strips of panel adhesive to the back of the papered panels (avoid water-based adhesives). Press the panels into place and nail with ring-shank nails the same color as your panels. Install molding along the ceiling, floor, and corners for a more tailored appearance.



Install panels.

h, the image of gourmet store coffee.



Taster's Choice® uses the very same beans found in gourmet stores, Arabica beans, for superior tasting coffees. Choose original Taster's Choice or dark-roasted Maragor Bold,® both available in regular or naturally decaffeinated.
The choice for taste is Taster's Choice.



The Choice For Taste

HAWAII!

Action Adventures that Make Good Vacations Great!

By Barbara Humeston



Pack a big smile and your spirit of adventure for the best vacation in the island state ever! Tennis and golf, luaus and mai tais are fine. But make time for an adventure in paradise. No special skills or gear required. Though the prices aren't cheap, the rewards are great: fantastic fun and memories that last a lifetime!

Photographs: Jon Jensen

continued

Island Adventures

The neighbor islands of Maui, Kauai, Hawaii (also called the Big Island), and Molokai are settings for our favorite adventures.

- **RAFT** across the ocean to a wave-battered shore (see photo).
- **BICYCLE** down a quiet volcano.
- **SAIL** away for a day surrounded by enormous sea creatures.
- **EXPLORE** an enchanted valley favored by Hawaiian royalty.

For tips to help you plan your vacation, see page 193.

The only thing artificial in our drink is the straw



SAVE
50¢

10 PACK • ANY FLAVOR

CAPRI SUN®

SAVE
50¢

To Dealer: CAPRI SUN, INC. will pay you the face value plus 8 cents handling provided you have complied with the terms of this offer and if we request, submit proof thereof satisfactory to CAPRI SUN, INC. Offer good only if coupon received in connection with purchase by retail customer of specified CAPRI SUN item(s) in the specified quantity above. One coupon per purchase. Good only in the U.S.A. Redemption through outside agency, broker or other unauthorized party is prohibited. Mint condition and gang cut coupons (coupons not circulated to, and redeemed by, the consumer) will not be redeemed. Customer must pay sales tax and deposit. Coupon is non-assignable and non-transferable by you. Void if taxed, restricted or prohibited. Failure to enforce any of these items shall not be deemed a waiver thereof. Cash value 1/20th of 1 cent. For prompt payment mail to CAPRI SUN, INC., P.O. Box 4664, Clinton, Iowa 52734

Offer expires
June 30, 1987.

98866 · 902582

THERE'S ONLY ONE CAPRI SUN



Your craft bounces along the coast.



There's always time for a swim.

NA PALI COAST RAFTING

Exploring Kauai's rugged, remote shore

The Pacific's power engulfs you as you bound across bottomless sea that crashes the Na Pali Coast. Your craft for this rowdy ride is a motorized raft that puts Kauai's most spectacular scenery within reach.

Rarely seen sights

An exciting raft ride and sights most visitors never see make this a double-barreled adventure. You travel across turquoise surf to a netherworld of pinnacles in a thousand shades of green, massive sea cliffs, and golden beaches. Pods of playful dolphins jump, circle, and squeal, as if to point the way.

Some of the scenery may look familiar. This coast is a favorite filming location for movies such as *South Pacific, King Kong,* and *Raiders of the Lost Ark.*

Dandy diversions

You'll discover sea caves shrouded in spray that twinkles like diamond dust in the sun. Rainbows arch across valleys where legends say leprechaunlike creatures called menehunes once dazzled Hawaiians with amazing feats.

For fun, your captain probably will detour for a deep-sea scavenger hunt. Finders keepers is the rule of the sea, though distant treasures you spot may turn out to be bits of flotsam and jetsam or jumbo sea turtles riding the waves.

Weather permitting (summer seas are calmest), your craft bounces to shore, where you can have lunch, go snorkeling, and do some on-foot exploring before bucking back down the coast.

Trip specifics

Captain Zodiac and his merry mariners offer all-day (lunch included) and three-hour Na Pali Coast trips. Day-long outings cost $85, $65 for kids 2 to 11; half days, $50 and $35. When the north coast surf is too rough, trips switch to the south shore. ***Captain Zodiac, Box 456-BHG, Hanalei, Kauai, HI 96714 (808/826-9371 or 826-9772).***



You start your ride above the clouds.



Making new friends is part of the fun.

HALEAKALA BICYCLING

Gliding down Maui's sleeping volcano

After watching a blazing sunrise atop a dormant volcano, you bicycle to the sea. Only a couple of dozen pushes on your pedals speeds you along the circuitous route down Mt. Haleakala to Maui's northern shore. It's the closest thing yet to flying without wings!

Easy, euphoric outing

Your 38-mile downhill bicycle excursion begins in a chilly above-the-clouds realm of craters and moonlike scenery, after a van trip up 10,000 feet to the volcano top. As the sun climbs higher in the sky, a barrage of color decorates the landscape—from pastel cinder-cone gardens to jet black lava outcroppings.

Coasting on down from the summit, your biking brigade (15 riders maximum) dips below the clouds through a fragrant eucalyptus grove to sunny pasturelands. Maui unfolds before you. Each switchback brings new delights.

Pleasant interruptions on the way include a hearty lodge breakfast or a picnic at a carnation farm. A leader bicycles with every group to offer suggestions: "Keep together." "Stay low and lean into the curves." A van brings up the rear to handle any mechanical problems and to pick up pedalers who might prefer not to bicycle all the way.

As the choruses of songbirds fade into the sounds of the surf, you know you're near the end of your ride.

Pedaling particulars

Though a trio of companies operates Mt. Haleakala bicycle tours, Cruiser Bob's is Maui's original downhill cycling group. Trips cost $85 per person, including van shuttle; heavy-duty bikes with never-fail megabrakes; helmets, gloves, and windbreakers; and breakfast or lunch. Ages 8 to 80 have taken the trip. ***Cruiser Bob's, Bob Kiger, 505 Front St., Dept. BHG, Lahaina, Maui, HI 96761 (800/654-7717).***

continued

WHY GMC TRUCK IS SAYING...

"IT'S NOT JUST A TRUCK ANYMORE."

The key word here is "just." "Just a truck" implies mere adequacy. Functionality and nothing more. That's the way trucks were. That's not the way GMC trucks are today. At all.





LET'S GET IT TOGETHER . . . BUCKLE UP.

WE'RE CIVILIZED.

Time was when trucks had to hide out in the alleys and byways of the country making pickups and deliveries. You just couldn't take them anywhere.

That's not the case today. A GMC truck is bred for better things. It will still pridefully perform the work of our nation. But it will do so with a lot more style.

Light-duty GMC trucks come with the well-mannered niceties of a car. They offer air conditioning and stereo and plush seating and power this and power that. What's more, there's something about the lively "lemme at it" look of a truck that hints of an active and probably interesting lifestyle.



So, today, you will see GMC trucks perched proudly in the darndest places. Like the front of Restaurant Chez Posh. And the driveway of the rather impressive split-level at the end of your block.

GM

Trucks are the hottest-selling vehicles in the country today. And at GMC Truck, business has never been better. GMC trucks are preferred by tasteful buyers seeking quality and integrity.

WE'RE PROUD.

There was a time not so long ago, when a job putting together trucks was probably pretty unexciting. That's when trucks were just trucks.

Today, as the vehicles of preference for so many interesting buyers, trucks border on the glamorous. We can sense that feeling filtering from the showroom to the assembly line.

From the design engineers to the people who assemble to the final inspection teams, there's an infectious new sense of pride and purpose. Everyone knows they're producing something important: trucks that more and more people want today.

WE KEEP GOOD COMPANY.

GMC Truck today is a beehive of activity. We bring you heavy-duty Generals and medium-duty Top Kicks and buses for schools. We offer Jimmys and Safari Vans and small space-age pickups. All crafted with such enthusiasm, we're saying they're "not just trucks anymore."

Since we're not just trucks, we feel most comfortable associating with other vehicles that are not run-of-the-mill. So in addition to our GMC Truck dealers, our trucks are sold by selected Buick, Cadillac, Oldsmobile and Pontiac dealers. Four fine names indeed. Not "just" cars. Or... maybe their cars are sold by our fine GMC Truck dealers. Depends on how you look at it. However you choose to, just look in the Yellow Pages under "Truck." Or under "Automobile." We're listed under both. For increasingly obvious reasons.

GMC TRUCK

IT'S NOT JUST A TRUCK ANYMORE.



TRILOGY EXCURSIONS

Crafts set sail from the island of Maui.

AUAU CHANNEL SAILING

Discovering water wonders off Maui's coast

Tradewinds fill your sails, and your craft glides out across warm waters of the Auau Channel. With the morning's first light, you're bound for a gentle journey most sailors would envy, from Maui's Lahaina harbor to the little pineapple-growing island of Lanai.

Camaraderie plus

You realize almost in an instant that you'll spend this day at sea with friends. Even before the Maui Mountains disappear from sight, the captain knows everyone aboard (usually about two-dozen passengers) by name, and the crew serves up the day's first surprise: gooey saucer-size cinnamon rolls.

As you're licking your fingers, a super show starts. Between November and March, humpback whales winter in waters off Maui's shore. These giants astound you with their acrobatics, as they breach, blow, fluke, and flipper flop close enough for picture taking. Shouts of "Thar she blows, 2 o'clock! Thar she blows, 9 o'clock!" resound throughout the trip. With the help of a microphone lowered overboard, you even listen in on humpback serenades.

When you reach Lanai, everyone gathers at a marine preserve for snorkeling (gear and instruction provided). Zigzagging among coral gardens, neon waves of finned creatures seem as curious about you as you are about them. Locals who know Lanai, and make you feel as if you do, too, guide tours after a barbecue lunch. Then you whale-watch your way back to Lahaina.

Sailing strategy

The Coon family, which has made sailing this channel its business since 1973, specializes in daylong excursions in three 40- and 50-foot multihulled crafts. Prices run $110, $55 for ages 3 to 15, including everything. ***Trilogy Excursions, Box 1121-BHG, Lahaina, Maui, HI 69767 (800/874-2666).***



You roll along through the lush valley.



Some trips end with a quiet river float.

WAIPIO VALLEY JEEPING

Savoring the Big Island's timeless haven

Creeping down a steep trail, you enter a valley crowned with clouds, sprinkled with mist, and webbed in waterfalls. The beauty of yesteryear's Hawaii surrounds you on this four-wheel-drive foray into the largest of five ancient gorges on the Big Island's wet windward side.

Valley exploring

Much of the way, your vehicle follows the course of a twisting tropical river. You splash bumper deep through streams, even travel along right in the river beneath a leafy green canopy. The scent of wild ginger fills the air; the quiet is overwhelming. Fewer than 75 people live in this valley, which once was home to thousands of Hawaiians.

Cleared patches for taro farming and a handful of homes and ramshackle dwellings dot jungly landscapes. You almost expect Tarzan to swing through the mango and monkey pod trees.

Walls 2,000 feet high isolate the valley on three sides. On the windward shore, the ocean roars like thunder along a black sand beach, where a tidal wave swept in 40 years ago. You lunch beside the sea and prowl the beach for shells and other mementos before climbing back up the trail.

Touring logistics

All-day valley junkets from hotels along the island's resort-filled Kona Coast cost $67.50 per person (four-passenger minimum), half price for under age six, with lunch. ***Pat Wright, Paradise Safaris, Box A-d, Dept. BHG, Kailua-Kona, HI 96745 (808/329-9282).*** Other outings include trips to the top of Hawaii's highest peak.

You also can tour Waipio Valley in land rovers ($15 for 90-minute trips, $5 for ages under 12). Drop-off and pickup service can be arranged, too. ***Waipio Valley Shuttle, Box 5128-BHG, Kukuihaele, HI 96727 (808/775-7121).***

continued

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.



A celebration of style and taste by YVES SAINT LAURENT

RITZ



13 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.



Better Just Got Bigger

Big news. Tough cleaning Tide's
not only better than ever. It's bigger than ever.
Because that great Tide clean
now comes in a 25 lb. box.

Introducing Tide's biggest size ever.
Tide's biggest savings ever.

MORE NEIGHBOR-ISLAND ADVENTURES

Additional excursions to excite and delight vacationers!

KAUAI RIVER FLOAT



Paddling is easy on the lazy Huleia River in nearly tip-proof kayaklike crafts. You glide along through a national wildlife refuge from the wide mouth of the river until it dwindles into a lovely tree-tunneled stream. Three-hour trips cost $26, including a snack and van shuttle back to your put-in spot. Kids ride in their parents' craft free. ***Island Adventure, Inc., Box 3370-BHG, Lihue, Kauai, HI 96766 (808/245-9662).***

MOLOKAI MULE TREK



DOUGLAS PEEBLES

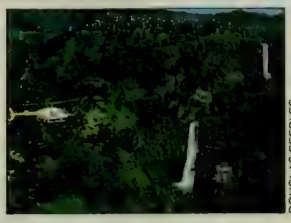
Climb aboard a surefooted mule to thread down a switchback trail 1,600 feet above the sea. Your destination is the isolated settlement of Kalaupapa, home of more than 1,000 victims of leprosy over 100 years ago. Riders must be at least 16 and physically fit; $55 per person, including a van tour of the settlement and a picnic lunch. ***Rare Adventures, Ltd., Box 200, Dept. BHG, Kualapuu, Molokai, HI 96757 (800/567-6088).***

BIG ISLAND HIKE



On this island's sunny Kona-Kohala coast, learn about Hawaii's lore and legends along a trail that linked ancient villages. You're cooled by ocean breezes, as you traipse lava-flow landscapes, stopping at beaches and bays. Overnight stays are at comfy campsites. Ages 10 and up, $299 for three days, including meals and gear. Day trips $49. ***Hawaiian Walkways, Box 1264, Dept. BHG, Kailua-Kona, HI 96745 (808/325-6677).***

KAUAI COPTER RIDE



DOUGLAS PEEBLES

Soar and swoop like an eagle above Kauai. You skim awesome cliffs, descend into hidden valleys, hover beside waterfalls. Music orchestrated to your flight adds to the drama. Among the best of a half-dozen helicopter operations are: ***Papillon Helicopters, Box 339-BHG, Hanalei, Kauai, HI 96714 (800/367-7095); Kenai Helicopters, Inc., Box 30301-BHG, Honolulu, HI 96820 (800/367-2603).*** Flights start at about $90 an hour.

HAWAII VACATION HOW-TO

Tips to help you plan your trip

• THE BEST DEALS

Packages, which sometimes include air fare, lodgings, and rental cars.

• ACCOMMODATIONS

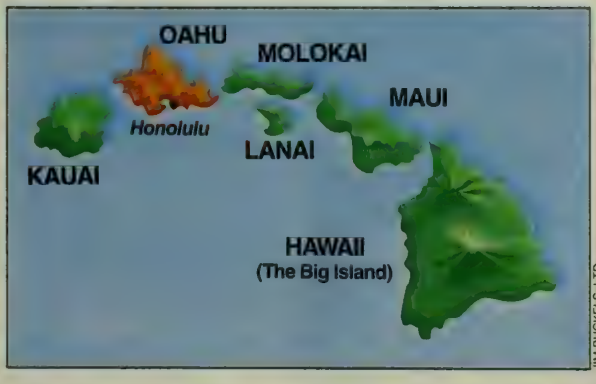
Condos are good for families. Firms below offer rentals and packages. Reserve directly or use a travel agent.

Colony Resorts, 32 Merchant St., Honolulu, HI 96813 (800/367-6046).

Creative Leisure, 951 Transport Way, Petaluma, CA 94952 (800/426-6367).

The Maui Connection, Box 1746, Kihei, Maui, HI 96753 (800 / MAUI - PRO). Rentals of 500 individually owned, economical condos on Maui's southwest shore.

Pleasant Hawaiian Holidays, 2404 Townsgate Rd., Westlake Village, CA 91361 (800/242-9244).



JIM BUCKELS, LTD.

Vacation Travel Concepts, 2222 Kalakaua Ave., Suite 707, Honolulu, HI 96815 (800/367-2341).

Aston Hotels & Resorts, 2255 Kuhio Ave., Honolulu, HI 96815 (800/367-5124). All-suite hotel lodgings (with kitchens and maid service).

A reservation agency helpful in locating lodgings is: ***Maui 800, Box 1506, Kahului, Maui, HI 96732 (800/367-5224).*** Condos and hotels throughout the islands.

• GETTING THERE

More visitors travel to Hawaii on United than any other airline. United flies nonstop from the mainland to two neighbor islands: Maui and Hawaii. Western flies nonstop to Maui. All the neighbor islands can be reached from Honolulu via interisland airlines. American, Continental, Delta, Hawaiian Air, Northwest Orient, TWA, and World serve Honolulu.

• MORE INFORMATION

Contact **Hawaii Visitors Bureau** offices at:

Maui—***172 Alamaha St., Box 1738, Dept. BHG, Kahului, Maui, HI 96732 (808/871-8691);*** also information about Molokai and Lanai

Kauai — ***Suite 207-BHG, 3016 Umi St., Lihue, Kauai, HI 96766 (808/245-3971)***

The Big Island—***180 Kinoole, Dept. BHG, Hilo, HI 96720 (808/961-5797)***

Molokai — ***Destination Molokai Assoc., Box 200-BHG, Kualapuu, Molokai, HI (800/367-4753)***

Adorable Picture Value! Only $10.00 each

Beautifully framed in solid oak and under glass for lasting beauty.

These superbly executed calico prints by E. Brownd portray the nostalgic beauty of Early American Folk Art. They're the ideal accessory for foyer, bedroom, or family room walls, and a truly outstanding value. Handsome 16" x 13" solid oak frames and glass cover showcase the prints perfectly. Choose either the delightful geese family resplendent with their bow ties; or the whimsical mother and kitten; or buy both and double the decorative impact. A truly great gift idea.



Act today and save! As always, your satisfaction is assured with Wild Wood Gallery or your money promptly refunded.



CLIP AND MAIL TODAY!

Wild Wood Gallery, Inc. Dept. 965S
P.O. Box 300, 4001 South Salina St.
Syracuse, NY 13205-0300

Yes! Please rush my order today!

#501064 Geese Print _____ (qty.)
#501073 Cats Print _____ (qty.)
at $10.00 + $3.00 shipping for each ($13.00).
Buy both: #83010-00 both prints _____ (qty.)
at $20.00 + $5.00 shipping for both ($25.00).

Total $_____
Sales Tax (NYS residents only) $_____
Total Enclosed $_____

☐ My check or money order is enclosed (DO NOT send cash).
Charge to ☐ MasterCard ☐ Visa ☐ American Express

Card # _____ Exp. Date ___/___

Name _____

Address _____

City _____ State _____ Zip _____

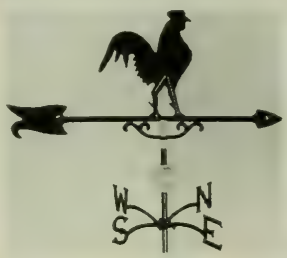
I understand I must be completely satisfied or my money will be refunded. (U.S. shipments only.)

Better Homes and Gardens®

Shopping editor's choice

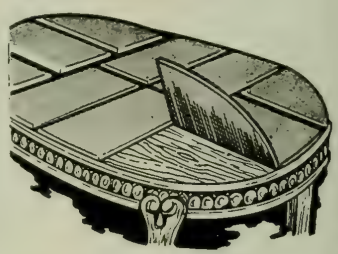
Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

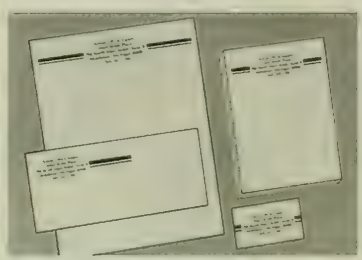
By Ann Lively



Wind direction at a glance
This splendid Crowing Rooster weather vane will add the finishing touch to your home, garage, farm or ranch. The weather vane is made of rust-free aluminum with baked vinyl coating. The arrow is 23" long; the support is 27" high. Makes a lovely gift for any homeowner. Send just $16.97 plus $3 postage. Also available in horse motif. Holst, Inc., Dept. BHW-1086, 1118 West Lake, Box 370, Tawas City, MI 48764.

Custom table pads
Protect your dining table. Save up to 50% by buying direct from Factory. Pads have washable, heat-treated vinyl tops, insulating felt bottoms and fold easily for storage. Factory guarantees on workmanship for 5-15 years. Call toll-free for info: 1 (800) 428-4567; In Indiana: 1-800-433-3618. Factory Direct Table Pad Co., Dept. BH-10, 959 N. Holmes Ave., Indianapolis, IN 46222.





Coordinate your business stationery
Matching envelopes, business cards, memo pads printed in black on ivory. Stationery includes 250 personalized sheets, 100 plain; 8½"×11". Business size envelopes; memo pad 5½"×7¼"; business cards 3½"×2"—all in sets of 250. PLEASE PRINT name, address and phone, up to 6 lines. Order P3120 Stationery, $12.99; P3121 Envelopes, $9.99; P3122 Memo Pad, $4.49; P3123 Business Cards, $2.99 ppd. Walter Drake BH20 Drake Building, Colorado Springs, CO 80940.

Send photo greeting cards this year
Get 12 for $3.95, envelopes included. Perfect copies from your favorite photos (5" × 7" or smaller) no negatives or slides, please. 3½"×7" cards express your choice of greetings: MERRY CHRISTMAS or HAPPY HOLIDAYS (please specify). Add $1.00 for each set of 12 for handling and First Class postage. Reliance Color Labs, Inc., Studio XBH, Box 159, Stamford, CT 06904.





350 one-story home plans
A 256-page book of one-story homes under 2,000 square feet. For those with restricted, or modest building budgets. Over 800 illustrations. Distinctive exteriors of popular traditional and contemporary design styles. Efficient and practical floor plans for family living. Blueprints available. $4.95 postpaid. Write to: Home Planners, Inc., Dept. BHE6X, 23761 Research Drive, Farmington Hills, Michigan 48024.



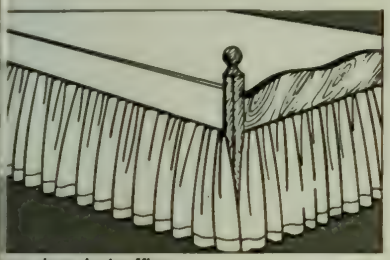
ıe KENYA® Gem

rivals the finest blue-white diamond with a scintillating illiance that never fades; no one but your jeweler will ow the difference. To enjoy yourself or give as a gift someone very special. Women's and men's styles t in 14K white or yellow gold (please specify). Priced ɔm $75 a carat. Write for free color booklet. KENYA® ɜm, Dept. BH-10, 1760 North Howard St., Philadelıia, Pennsylvania 19122.



Good humor country T-shirts

They'll be laughling coming and going. Face forward and folks will see the front of a deer, cow, pig or horse, turn your back and folks will see the "back-side" view. These clever shirts are silk-screened in full-color. Made of 50/50 poly/cot. Deer is gold; cow, white; pig, gray; and horse gray. Adult sizes 34-46. Youth sizes 2-16 (specify). Adult $8.95; Youth $6.95. Add $1.85 post. Holst, Inc., Dept. BHS-1086, 1118 W. Lake, Box 370, Tawas City, MI 48764.



eep drop dust ruffles

gh colonial beds look better dressed with old fashned dust ruffles. Generously gathered; split corners ıd self-matching fabric platform. Quality opaque poly/ ɔtton blend no-iron muslin. Natural or White. 18" op—twin $37; full $45; queen $55; king $60. 22" op— twin $47; full $54 ; queen $64; king $70. Add 3.50 post. Free color catalog. Colonial Maid Curtains, 9E-AV, Mamaroneck, NY 10543.



Pet Identification Tags

For Pet's Sake! Don't worry about your dog or cat getting lost! Stainless steel lifetime I.D. tag ensures a safe return. Engraved with pet's name, your name, address, phone. Handy hook attaches to animal's collar. WE SHIP IN 48 HOURS. Send $3.00 ppd. Order from Gemini Engraving Co., Dept. 410-C, 5695 Xenon Way, Arvada, CO 80002.

Lowest Prices! LEVOLOR BLINDS

60% OFF SUGGESTED RETAIL, NOT INFLATED PRICE LISTS

LEVOLOR FOREVER NO-DEPOSIT WARRANTY

The original national discounter guarantees to beat any legitimate price on these products, down to our cost. Get your best price, then call us. Don't be fooled by our imitators. There is only one number 1. Shop and compare, use suggested retail and discount percentage for comparison only. We discount everyday.

NOBODY BEATS OUR LEVOLOR PRICES

LEVOLOR MONACO 1" MINI BLIND 60% OFF
LEVOLOR CUSTOM VERTICAL BLINDS 55% OFF
we also carry
LEVOLOR RIVIERA 1" MINI BLINDS
LEVOLOR WOOD BLINDS, MICRO BLINDS AND "Z" PLEATED SHADES
DEL MAR VERTICALS, DEL MAR SOFTLIGHT PLEATED SHADES * KIRSCH VEROSOL AND LOUVER DRAPE VERTICALS.

CALL TOLL FREE (800) 547-8982
FREE Free color swatches and info. Free UPS shipping (48 states)
WELLS INTERIORS, INC. (9 Calif. locations)
7171 Amador Plaza, Dublin, CA 94568

MASTECTOMY

HALF STORE PRICE on 100% silicon breast prosthesis. Natural & soft like real breast. UNDETECTABLE. Now by mail 2 yr. guarantee. 30-day money-back trial. 48-hr. delivery

FREE BRA — $25 VALUE

Keep bra even if you return prosthesis.

Write for free brochure NARITA CORP., Dept. 502A (Manufact./Mastectomy Prod. 1939 Del Prado Blvd., Cape Coral, FL 33904

Send me Burpee's free 1987 garden catalog!

I want your color garden catalog describing more than 1,600 vegetable seeds, flower seeds, trees, shrubs, bulbs, and garden aids. (If you ordered from Burpee in 1986, your new catalog will be sent to you automatically in January.)

Since 1876, Burpee has been developing new vegetable and flower varieties that are easier to grow *and* more productive. All backed by Burpee's famous guarantee: your money back or a replacement if you are not completely satisfied.



Burpee®

30379 Burpee Building, Warminster, PA 18974

Name_____
(Please print)

Address_____

City_____ State_____ Zip_____

We will start sending out Burpee's 1987 Catalog in January 1987.

© W. Atlee Burpee Co. 1986



REMOVE HAIR FOREVER

Perma Tweez® is the ONLY home electrolysis instrument recommended by 4 medical textbooks (titles on request). 'Tweezer-like' action permanently removes hair from face, arms, legs and body. Save hundreds of dollars over salon electrolysis.

14 DAY MONEY BACK GUAR.
$16.95 (check/M.O.)
Cal. residents add 6% sales tax.

A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

☐ Enclosed $16.95 full payment.
☐ MasterCard/Visa # / Exp. date.

© 1985 GEN MED CO

GENERAL MEDICAL CO., Dept. BH-231
1935 Armacost Ave., Los Angeles, CA 90025



THE CATALOG FOR PEOPLE WHO LOVE THEIR PETS

Unique, hard-to-find items that make life with your pet easier. Feeders, collars, pet fashions, grooming supplies and more. PLUS gifts and clothing featuring your favorite breed.

☐ **Send your FREE color catalog**
Name _____
Address _____

pedigrees The Pet Catalog
Box 110, BH-94, Spencerport, N.Y. 14559



PERSONALIZED SEWING LABELS

Your originals deserve these washable woven rayon taffeta labels. Sew into knits, dresses. Eggshell background, rich red printing with multi-colored trim. Specify "hand made" or "made especially" and your name per set.

We ship in 48 hours
•20/$4.95 •40/$7.95 •80/$11.95

GEMINI GIFTS Dept. 410-B, 5695 Xenon Way
Arvada, Colorado 80002



Send for FREE color brochure
Printed on Kodak paper
Excellent quality & service
Available in 6 color designs
FREE envelopes with order
Name imprint... Low, low prices!
FREE matching Add-A-Notes with early order. Send now or call:
(513) 421-6620

ASSOCIATED PHOTO CO.
Box 14270 Dept. BHG, Cincinnati, Ohio 45214

LEVOLOR

LEVOLOR PRODUCTS NEVER NEED REPLACEMENT OR REPAIR

UP TO **60%** OFF Comparable Retail

VISA

LEVOLOR 1" Monaco Blinds
And Other Window Treatments

Plus Custom Window Treatments From:
LOUVER DRAPE
DEL MAR • KIRSCH

FREE DELIVERY
ON MOST WINDOW ITEMS IN USA EXCEPT HAWAII & ALASKA

WALLPAPER NATIONAL BRANDS SUPER SAVINGS

CUSTOM WINDOWS & WALLS
32525 Stephenson Highway
Madison Heights, MI 48071

1-800-772-1947
In Michigan Call (313) 585-3026



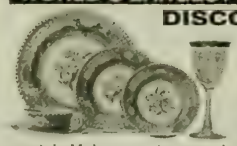
Quaint Victorian
COFFEE TABLE
with Imported Marble top

New way to save on Yesteryear furniture. Most items shipped direct from factory to you. Huge choice of sofas, chairs, tables, quaint lamps, clocks. Also beds, mirrors, desks. Send $1.00 for 80 page catalog; we refund $2 on first purchase

$89.95

MAGNOLIA HALL (Dept. BH-106)
726 Andover, Atlanta, GA 30327

WORLD'S LARGEST INVENTORY!
DISCONTINUED *China* & **CRYSTAL**



ALL major brands of bone china, earthenware & crystal. Make your treasured settings complete. Write or call for a list of pieces available from our huge stock of discontinued patterns.

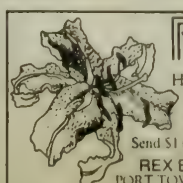
USE VISA, M'CARD,
• BUY or SELL (919) 275-7224 **REPLACEMENTS, LTD.**
1510-G HOLBROOK ST., GREENSBORO, N. C. 27403-2785

BUY THE MOST HEARD OF
WALLCOVERING
AT UNHEARD OF NATIONAL
WHOLESALE
PRICES!

VISA MasterCard

•INSTANT PRICE QUOTE •CALL WITH BOOK NAME AND PATTERN NUMBER •SAME DAY PROCESSING!
FREE DELIVERY-ALL FIRST QUALITY!
"WE MAKE WALLPAPER AFFORDABLE."
NATIONAL WHOLESALE WALLCOVERING, Rt. 10 Ledgewood, NJ

1-800-631-9341

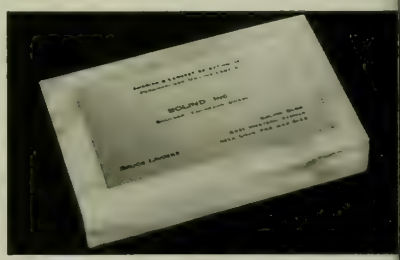


REX LILIES

HUNDREDS OF WORLD FAMOUS GARDEN AND GREENHOUSE VARIETIES
Send $1 (deductible) for 72-page catalog to:
REX BULB FARMS, BOX 774 E
PORT TOWNSEND, WASHINGTON, 98368



Personalized Children Plaque
Solid wood; brass figures custom engraved with first names. Length varies with number of children. Print names, specify boy or girl for each. One child $3.98; two children $4.98; 3/$6.98; 4/$7.98; 5/$8.98; 6/$10.98; 7/$11.98; 8/$12.98; 9/$13.98. Add $1.50 p&h. SHIPPED IN 48 HOURS. Gemini Engraving Company, Dept. 410-E, 5695 Xenon Way, Arvada, CO 80002.



Business card paperweight
They photo-engrave any business card on brass-colored metal and mount it on ¾" white marble base. Bottom is cork padded. (Note: please do not use paperclips or staples. Card will be exactly duplicated.) $12.50 + $1.50 postage. A unique gift for someone special. Order from Bruce Bolind, BH-10 Bolind Building, P.O. Box 9751, Boulder, Colorado 80301.

AFFORDABLE LUXURY



A Four Seasons® Greenhouse Addition!
(Each Center Independently Owned & Operated)
Imagine opening up your home to the look and feel of the great outdoors with a Four Seasons® Greenhouse addition. Exclusive Four Seasons® features, including Heat Mirror™ glass (R-4) and insulated Super Shades™ (R-7), make your Four Seasons® addition as insulated as your house walls (R-11) but more exciting!

FOR DEALER NEAREST YOU AND FREE COLOR CATALOG
CALL TOLL FREE
DIAL 1-800-FOUR SEASONS
5005 Veterans Memorial Hwy.
Holbrook, NY 11741

FOUR SEASONS GREENHOUSES
Designed & Remodeling Centers

© 4/86 Four Seasons Marketing



ADDRESS LABELS IN FREE DISPENSER

Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

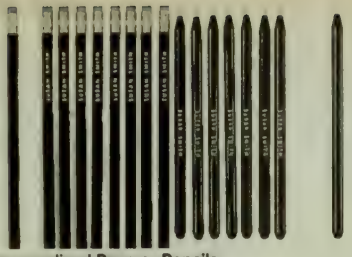
	WHITE	GOLD	CLEAR
1 Order	$ 4.95	$ 5.95	$ 6.95
3 Orders (Mixed copy OK)	$11.95	$14.95	$17.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)

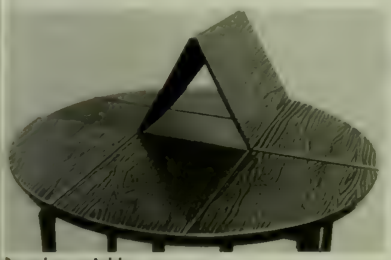
Send to: LABELS UNLIMITED, Dept. 603
P.O. Box 346, Sonoma, CA 95476
Dealer Inquiries Welcome



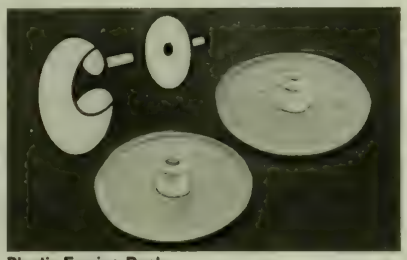
Overdoor rack
Instantly gives you 6 double hooks for that extra closet space you need. Just slides over the back of your door, and you have 12 hooks to hold coats, sweaters and anything else you need added room for. Twelve rubber capped hangers stretch 20" wide. Handsome enough for any room! Set of 2 racks $10.98 + $2.95 post. Essex House, Dept. G10-6E, Rahway, NJ 07065.



Personalized Pens or Pencils
The perfect holiday gift that will be used all year long. Set of 12 with same name printed in Gold on each set. Pencils—No. 2 lead, non-toxic. Pens—medium point, blue ink, stainless steel tip. $2.50 per set. Please allow 6 weeks for delivery. Send check and list of names for imprinting to Atlas Gifts, Dept. HE 76, Box 600, Hollywood, FL 33022.



Guard your table
Guard your table and save with custom made table pads direct from the factory. Washable vinyl surface and 100% cotton felt base. Concealed interior stitching with re-inforced hinges. Order direct from America's oldest and largest table pad manufacturer. No advance deposit or messy C.O.D. Call toll free 1-800-328-7237 ext. 210. Sentry Table Pad Co., 108 Briarcliff, Thomasville, NC 27360.



Plastic Earring Backs
Add support to secure large, fashion earrings! They're specially designed to hold up heavy earrings that droop and pull ear lobes. Fit securely on all post and many French hook earrings; replace usual backs; set of 12. Surgical-grade polyethylene helps prevent infection. Order N3213 Ear Supports, $1.59 postpaid from Walter Drake, BH23 Drake Building, Colorado Springs, CO 80940.



FREE COLOR CATALOG - Exciting 56 pages of quality, no-iron curtains, bedspreads and deep drop dust ruffles. Colonial and country reproductions you cannot find elsewhere. Send for yours today.

Name _____

Address _____

City _____ State ___ Zip _____

Colonial Maid Curtains
Dept. CAS-AV, Mamaroneck, N.Y. 10543

Create BRAIDS

Many styles for long and medium hair and any texture



Made easy, step-by-step illustrated instructions are like an expert hair stylist helping you with this guide. A variety of styles for daytime, work, sports, swimming, dancing, dating, parties and sophisticated occasions. From basic English, French and Dutch braids to exotic styles. Advice on hair care for attractive braids, best outfits and hair ornaments for each style. Send $7.95 plus 95¢ shipping for braids book. 30 day money back guarantee.

VALCO Publ., Dept. B3L
Box 2012
New Rochelle, NY 10802



OUR "LITTLE FARMERS"

Have been truly "adopted" by folks all over, as their very own! Thousands have hung posters of the twins in their homes, offices and even in barns. Folks just can't stop smiling when they glance at these famous "kids". Now, their precious expression, "You been farming long?" has been captured in a top-quality porcelain figurine. Handcrafted and handpainted in true to life colors, figurine is about 5½" high on an oval base. Treasured gift or beautiful collectible you'll cherish year after year!

$29.95 plus $3 shpg.

Two Famous Farmers!



These little farmers are warming hearts in rural homes across the country! *Thousands* of large *full-color* posters of this picture have been ordered to date. Now you, too, can order one of these BIG (14" x 18") posters for just **$3.00**, plus $1.25 shpg. Also available set of 12 notecards 4½" x 6" of our "Two Famous Farmers", on rich ivory paper, with 12 envelopes for **$4.95** plus $1.00 post.

WALL PLAQUE gives our full-color poster picture a gleaming, quality finish that'll last a lifetime. Full-color picture of our "Two Famous Farmers" is mounted on 14" x 18" wood base, then sealed with acrylic for lacquered effect. Only **$12.95** plus $2.85 shpg.

☐ I'd like _____ copy(ies) of Poster at **$3.00** plus $1.25 shpg.
☐ I'd like _____ set(s) of 12 Notecards of picture above for **$4.95** plus $1 post.
☐ I'd like _____ copy(ies) of Wall Plaque at **$12.95** each plus $2.85 shpg.
☐ I'd like _____ copy(ies) of Porcelain Figurine at **$29.95** each plus $3 shpg.

Print Name _____
Address _____
City _____ State _____ Zip _____

Send Check or M.O. 20 day money back guarantee.

HOLST, INC. Dept. BHP-1086, 1118 West Lake, Box 370, Tawas City, Michigan 48764.

PECANS

Specially Selected PECANS ... the freshest of the new crop direct from our Georgia grove. These shelled, tasty and meaty fancy pecan halves are delicious for snacking or your baking pleasure. Five pounds are carefully packed in our Pecan Carton.

Only $18.95 *Delivered! 4-Pound Box*

NEW CROP



☐ Send me your FREE 30 Page Catalog

The finest in choice nutmeats from the heart of America's Southland and around the world—gift ideas for yourself, friends, family and business.

SATISFACTION GUARANTEED OR YOUR MONEY BACK.

(Send your gift list on a separate paper.)

For Major Credit Card Orders and Fastest Delivery, Call

1-800-323-9754

ACE PECAN CO., Dept. 332
9th & Harris, Cordele, GA 31015
Offer Expires 12/31/86

GREAT COLOR WALLETS and ENLARGEMENTS

EXPRESS PHOTO SERVICE℠ ONLY $2.50



FULL COLOR • BORDERLESS
Five choices only $2.50 each

- ★ 40 Wallets
- ★ 32 Wallets & One 5″x 7″
- ★ 8 Wallets & Four 5″x 7″s
- ★ 2 Custom 8″ x 10″s
- ★ 20 Jumbo Wallets

Vibrant Permaprint™ copies on KODAK paper. Send any instant print or photo up to 8x10(returned). Add 75¢ each set for handling and postage. For Rush Express Photo Service add $2.00 per order. Enclose check or M.O. with return address. send to:
RELIANCE COLOR LABS, INC.
STUDIO E814-10, P.O. BOX 159, STAMFORD, CT 06904



72-Hour Service

TULIP BULBS

50 for $2.98

Flaming Mix Assortment

Healthy, hardy medium size (2¼-3″ circ.) planting stock bulbs in assorted colors. Guaranteed many blooms next spring, full bloom 2nd year and 3 years thereafter or free replacement. Your order shipped within 72 hours of receipt! 50 for $2.98, 100 for $5.90, 200 for $11.65. Includes 6 free Crocus if order rec'd by Nov. 1. Add 60¢ postage. Send now.
MICHIGAN BULB CO., Dept. RP-36 6
1950 Waldorf, Grand Rapids, Mich. 49550

BASEMENT TOILET
FLUSHES UP To Sewer or Septic Tank
No Digging Up Floors
Install It Yourself - Anywhere
Write McPherson, Inc., Dept. 28
Box 15133 Tampa, Florida 33684



Uniquely Yours Photo Calendar

☐ Features a quality 10x10″ print of an adorable grandchild, favorite pet, family portrait, or candid shot, plus any name or short message (limit of 2 lines, 22 letters and spaces per line). Send your best color print, slide, or negative (but no disc film, please). It will be returned along with your 10x17½″ calendar that includes a full year whenever you order. *Please print plainly; allow 2-4 weeks for delivery.* Additional copies must be of same photo ordered at same time as original.

RF596—Photo Calendar **$8.95**
RF599—Additional Copies .... each, **$7.95**



WRITE FOR NEW FREE GIFT CATALOG!

Miles Kimball 245 Bond Street Oshkosh, WI 54906

CUSTOM TABLE PADS
SAVE 50%
By Buying Direct



$49.95 Reg. $99.95

5 Year Factory guarantee

any normal size

This offer may expire without advance notice
Look under table and tell us any numbers that may appear
FACTORY DIRECT TABLE PAD CO.
Toll Free 1 (800) 428-4567 *Indiana: 1 (800) 433-3618*

LOWEST PRICES GUARANTEED!

LEVOLOR®



70%
OFF RETAIL

1" MINI-BLINDS

CUSTOM MADE:
- Real Wood Blinds
- Vertical Blinds
- 1" Mini-Blinds

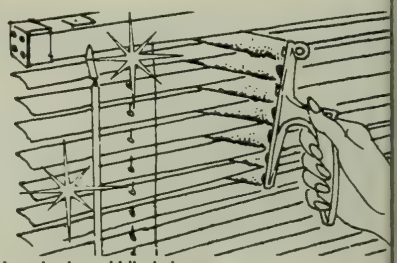
CALL TOLL FREE *For Information & Prices:* **1-800-351-1150** In Michigan (313) 358-1494

AMERICAN BLIND FACTORY

3000 Town Center #750 Southfield, MI 48075



Reed & Barton Crystal
Beautifully detailed, hand-blown full lead crystal from Germany. Large Savings (1-r) 6¼″ Vase—$64.95 10½″ Footed Vase—$79.95, 8¼″ Bud Vase—$29.95 Shipping and Insurance charges $5.00 each or $7.00 for two or more. Mail orders to: Kaiser Crow, Inc., 747 Sheridan Blvd., 2D., Dept. BHG-O, Denver, CO 80214 Or call 1-800-468-2769.



Levolor brand blind cleaner
Washable synthetic lambswool rollers. It works on all vertical and horizontal blinds, including Levolors, venetian blinds, shutters etc. Brushes can be rotated to expose clean surfaces and when completely soiled, are easily removed for washing and reuse. $4.99 + $ postage. 2 for $9 + $2 postage. Wells Interiors, Dept BH-10, 7171 Amador Plaza Rd., Dublin, CA 94568.

SASSON

DESIGNER BRAS FOR FULL & HEAVY BUSTS





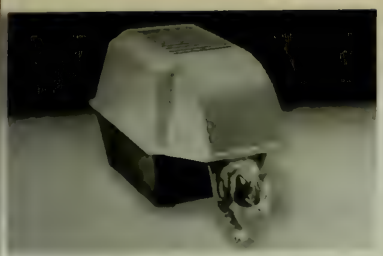
ULTRA COMFORT™ STRAP HELPS STOP SHOULDER PAIN!
Patented cushiony soft adjustable straps eliminate knife-edge cutting! Double-Ply Undercups!
SATISFACTION GUARANTEED
SIZES: 36 to 46 C, D, DD and F cups
ONLY $23, White or Beige

Send Check for $23 + $2 PER ORDER Post/Hdlg to: INTIMATE CONCERN 275 Grand Blvd. Westbury, NY 11590 SEND NO CASH!

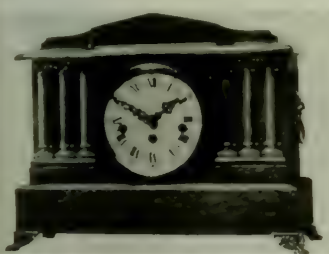


SNEAKER NAMEPLATES
Stylish way to tag and identify your sports and jogging shoes. 1½″ lifetime solid brass plate with holes to slip onto bottom rung of any shoelace. Handsome, decorative nameplate engraved any way you wish. Neat ID's for joggers and children. Helps identify your child.
WE SHIP IN 24 HOURS **$2.50 each Ppd.**

Gemini Engraving Co. Dept. 410-A, 5695 Xenon Way Arvada, Colorado 80002



arcoal-filtered Boodabox
aranteed 100% odor-free, ends litter spill and gives s the privacy they prefer. Attractive design; lift top for sy cleaning. 8" deep litter pan. 27" Long x 17" High x ' Wide. Soft Beige. $34.95 plus $4 shipping. Filters t 6 months. By mail replacements, $3.95 each (about a day). MC/Visa. Order from Booda Products, Dept. -106, 439 South Detroit Street, Los Angeles, CA 036. 213-934-1093.



arming mantel clock
ca 1900 Mantel Clock kit comes with pre-cut solid ¾" d ⅝" cherry case pieces; solid brass, key-wound, ur-striking, Westminster chiming movement and solid ass dial with glass bezel made by W. German family ns; easy to follow instr. Also, fin. 12½"H × 15¼"W 5½"D. Factory direct prices. For information write: nperor Clock Company, Dept. 2127. Emperor Indus- al Park, Fairhope, AL 36532.



Levelor blinds
Also a full range of other custom window treatments (soft-light shades, verticals, wood blinds, micro blinds, etc.) are available at savings up to 60% off comparable retail prices. For Free Information write: Custom Window and Walls, Dept. BH10, 32525 Stephenson Hwy, Madison Heights, MI 48071 or Call Toll Free 1-800-772-1947.

ly-of-the-Valley
uxuriant foliage is accented ith white, delightfully scent- d blooms. Pre-planted in a vely brass bowl, using a pecial growing medium— dd water and watch them row. Blooms in about 3 eeks. Available Oct. thru ec. 1, $9.95; 2, $17.95; 4, 32.95. Ppd. Van Bourgon- ien Bros., Dept. 4010, Box , Babylon, NY 11702.





Stair-Glide® Deluxe
Ride up, down stairs in a normal sitting position. Especially designed for those who can't or shouldn't climb stairs. Uses 110-volt household current. Call or write for information. American Stair-Glide Corporation, Dept. EBHG-1086, 4001 East 138th Street, PO Box B, Grandview, Missouri 64030. (816-763-3100).

HOW TO LEARN MORE ABOUT EVERYTHING!

The Video Schoolhouse rents and sells-by-mail over 5,000 fascinating "how-to" videotapes on . . .

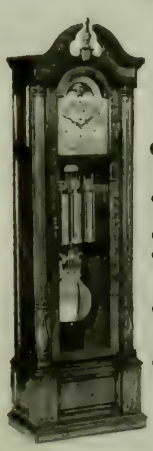
Gardening, Cooking, Arts and Crafts, Parenting, Self-Improvement, Sports, Health and Medicine, Home-Improvement, Academia, Business, etc.

Please send $3.00 for our 250-page catalogue!
2611 Garden Rd. Dept. BHG
Monterey, CA 93940

VIDEO SCHOOL HOUSE®

FACTORY DIRECT GRANDFATHER CLOCKS

Do-It-Yourself Clock Kits



Prices Starting Under **$300**
(including movement and dial)

OR
Completely Assembled and Finished

- Solid 3/4" hardwoods: black walnut, cherry, oak
- Heirloom quality
- Solid brass West German chiming movements and dials
- Easy to assemble kits or completely assembled and finished
- Money back guarantee

SEND $1 FOR 32-PAGE FULL COLOR CATALOG

EMPEROR® CLOCK COMPANY
WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
Dept. 2103, Emperor Industrial Park
Fairhope, Alabama 36532 • Phone 1-205-928-2316

I am interested in ☐ Do-It-Yourself Kits ☐ Finished Clocks

Name_____
Street_____
City _____
State _____ Zip_____
(please print)

Country Curtains®

FREE COLOR CATALOG



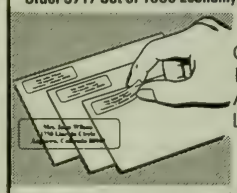
Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service. Curtains in cotton muslin or carefree permanent press, some with ruffles, others with fringe or lace trim. Also tab curtains, insulated curtains, charming balloon and lace curtains, wooden curtain rods . . . wonderful items for your home. Free color catalog. Please call **413-243-1300** or write us. **Satisfaction guaranteed.**

☐ PLEASE SEND FREE CATALOG
Name_____
Address_____
City_____
State_____ Zip_____

COUNTRY CURTAINS®
At The Red Lion Inn
Dept 4416, Stockbridge, Mass. 01262



1000 RETURN ADDRESS LABELS $1.49
1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) . . $1.49



250 Crystal-Clear RETURN ADDRESS LABELS $2.98
The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $2.98



250 Self-Stick WHITE GLOSS LABELS $2.98
Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $2.98

Walter Drake
3050 Drake Building
Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
_____ S717 1000 Labels @ $1.49 $_____
_____ P2031 Crystal-Clear Labels@$2.98 $_____
_____ P6030 White Gloss Labels@2.98 $_____
Add 30¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

32 COLOR PHOTO SPECIALS $2.45



Full color quality copies of your favorite photo—at low, low prices! Send any color slide or photo (up to 8"x10")—no negatives, please! Your original returned unharmed. Order by item number below:

Walter Drake Photo Labs
Zebo Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____

P6359 32 Wallet Photos @$2.45	$
P6360 16 Wallets, Two 5"x7"@$2.45	$
P6362 16 Wallets, Four 3½"x5"@$2.45	$
P4082 Two 5"x7", One 8"x10"@$2.45	$
P6406 Two 8"x10"@$2.45	$
Add 55¢ per set for shipping & handling	$
SATISFACTION OR YOUR MONEY BACK! Total	$



Ride up and down stairs.

Install an *Inclinette*

Inclinette is the safe and easy way for the handicapped or elderly to ride up and down stairs with just a push of the button. And . . . it's tax deductible when recommended by a doctor.

SEND FOR FREE LITERATURE

Describes and illustrates Inclinette. Also, StairLIFT, the economy model, and "Elevette", the modern home elevator.

INCLINATOR COMPANY OF AMERICA
DEPT. 1
P. O. BOX 1557
HARRISBURG, PA 17105-1557

Save $$$$ on Your Car & Prevent Accidents

Our new booklet will instruct you how to safely maintain your car, which could double the car's life saving you $3,000, $4,000 or more! What do you know about your car's 5 vital fluids? How to select honest mechanics and buy parts for up to half price. Save hundreds on purchasing a new or used car. Every day without this book is costing you money! It's easy!!! Be SAFE and SAVE $$NOW$$.

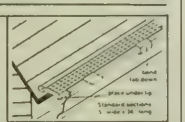
Name _____
Address _____
City/State/Zip _____

Send $14.95 — 30 day money back guarantee
WARREN PUBLISHING
5642 Park Place East • Salt Lake City, Utah 84121

HOMEOWNERS!

Get "SUPER" Gutter Guard Protects gutters from leaves, twigs, snow, and ice. Made of SMOOTH WIRE MESH with RIGID STEEL EDGING, attached clamps for easy installation.

37 YEARS SATISFACTORY USE
Steele Plastics Co. • 4341 St. Rt. 5, Ashland, Ky 41101 (606) 329-1433
(Dealers wanted)



Wider widths available

95¢ per ft. UPS PPD Visa MasterCard accepted

PERSONALIZED GOLF TEES

2 1/8" Tees, asst'd. colors. 17 letters & spaces. Same name on each set. Allow 4 weeks for delivery. Check with order. **100 Tees - $5.00.**

Send Check To:
ATLAS PEN & PENCIL CORP.
P.O. Box 600, Dept. H106, Hollywood, FL 33022



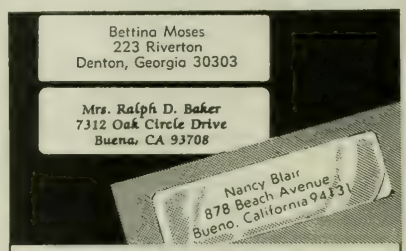
Rolling SLACK RACK

$12.99
Plus $2.95 Post.

SPECIAL:
Two for $23
Plus $4.95 Post.

Hangs 12 pairs of pants in unused space under jackets and shirts in closet. Twelve non-slip vinyl-covered arms keep slacks wrinkle-free. Rack may be easily rolled out to make selection. About 18" × 26" h. Enameled steel; plastic rollers. Easy assembly. Check, MC or Visa.

ESSEX HOUSE Dept. G10-6, Rahway, NJ 07065



EXCLUSIVE SELF-ADHESIVE LABEL SELECTION

Select from seven COLORS: White, Gold, Silver, Transparent, Blue, Pink, or Yellow. Select your favorite TYPE STYLE: Block, #PR or Calligraphy #CPR Select from two QUANTITIES: 450 or 1,000 labels. Printed with black ink. Adheres to almost any surface to identify your possessions and correspondence. 1¾"x½". Up to 26 letters and spaces per line. 3 or 4 lines. Packed in plastic sleeve with pull bar. 450 white, gold or silver (alike) for $7.95; 1,000 white gold or silver (alike) for $12.50. Transparent. Blue, Pink or Yellow labels are $8.95 for 450, $13.50 for 1,000. Add 75¢ to each order for postage and handling. Useful 80-P. Gift Catalog, $1.00. **Bruce Bolind**, 1510-CPR Bolind Bldg., P.O. Box 9751, Boulder, CO 80301. *(Since 1956, thanks to you!)*

A cut above.



Take a look at the Lindal Planbooks. You'll see why we're a cut above in every detail from design flexibility and quality construction to pure structural beauty. Get both full-color books for just $7.00. Write, or call toll free and use MasterCard or VISA.

1-800-426-0536

LINDAL CEDAR HOMES
P.O. Box 24426, Dept. H06, Seattle, WA 98124. (206) 725-0900.



The Electropedic® Bed

This bed is so comfortable and relaxing, you'll wonder why you waited so long to pamper yourself. Designed to bring you the ultimate in comfort by adjusting to almost any position you desire, making the ⅓ of your life you spend in bed, more luxurious. Twin $899 (reg. $1,299), Full $1,099 (reg. $1,599), Queen $1,299 (reg. $1,899), Dual King $1,798 (reg. $2,598). Order direct from Electropedic® Factory. Call Toll Free 1-800-551-2010 or 1-800-237-7534.



Dancer shoe from Kraus of California

Genuine leather—only $24.99 (reg. $28). Elasticized at collar and instep strap. Stacked ½" wood-look heel. Cushioned insole. White, Black, Red, Bone, Camel and Navy. Full & Half sizes: 7-10, 11N; 5-10,11 M; 6-10,11W. Save $4 when you buy 2 pairs for $45.98. Add $2.25 postage and handling (one), $3.50 (two), $4.25 (three). FREE 60-page color catalog with order. Order from Old Pueblo Traders, Dept. CZE1B, 3740 E. 34th St., Tucson, AZ 85713-5305.



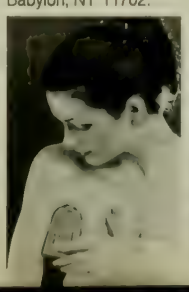
At-home dental care set

Scientifically designed; helps provide improved oral hygiene between visits to your dentist. Two stainless steel instruments included for precise care. 6½" curved-handle mirror lets you see your teeth from every angle. 6" probe-pick cleans between teeth removing plaque and impacted food. 2-pc. set $9.97 + $1 shipping. Holst, Inc., Dept. BHD-1086, 1118 W. Lake, Box 370, Tawas City, MI 48764.

Christmas Amaryllis

Pre-planted, just water and watch them bloom in 4 to 6 weeks. "Carnival" brilliant deep scarlet, striped white. Imported from Holland and produces huge colorful blooms up to 8" across. #4006, 1, $9.95; 2, $17.95; 4, $32.95. Postpaid. Order from Van Bourgondien Bros., Dept. 4006, Box A, Babylon, NY 11702.



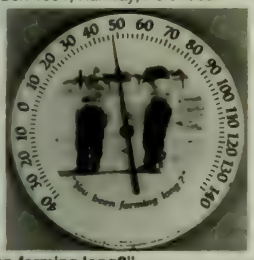


Stop Sweat for 6 weeks

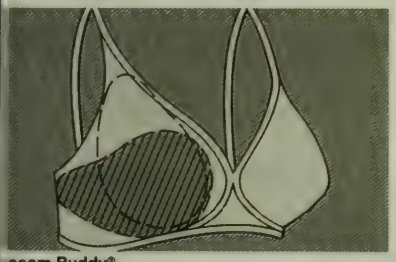
Drionic® the answer to underarm, hand or foot sweat. Short treatment with electronic Drionic® keeps areas dry for 6-week periods. Recommended by dermatologists. Write for free information. Clinical studies available to physicians. General Medical Co., Dept. BHE-94, 1935 Armacost Ave., Los Angeles, CA 90025.



esigner wallcoverings discounted
op-of-the-line wallcoverings that exclusive designers se, discounted as much as 40%. No seconds or close-uts, satisfaction guaranteed or your money back. Or-ers shipped prepaid. Visa or MC accepted. Call 1-800-34-6330, Operator 7 with Book Name and Pattern umber or Page number. Priced-Rite Wallcoverings, c., P.O. Box 1031, Rahway, NJ 07065.

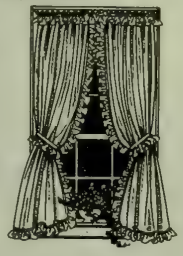


You been farming long?"
Little Farmers" Thermometer will make the weather ine whatever the weather is! Large dial measures 12" diameter with BIG numbers that will display the mperature clearly—easy to read from a distance. Weather-proof metal construction. $19.97 plus $2.85 hipping. Makes a unique gift. Holst, Inc., Dept. BHT-086, 1118 West Lake, Box 370, Tawas City, MI 48764.



osom Buddy®
reast Form for mastectomees fits inside your bra, natches former size and contour. Cool, comfortable nd washable. No plastic, silicone or rubber used in onstruction. Fits your regular bra. Please specify bra nd cup size. $49.95. Larger sizes $55. Add $3 ostage. Money back guarantee. Free brochure. isa/MC. B & B Company, Dept. BH-3106. Box 5731, oise, Idaho 83705. Phone (208)343-9696.

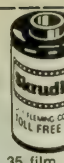
arrow ruffles
ountry Curtains made of otton and Polyester in Natu-al or White. 78" wide per pr. ith 2" ruffles. 45" or 54", 20.00 pr.; 63" or 72", 22.00 pr., 81" or 90", 24.25. Valance 11"×70", 6.00 ea. Other sizes avail-ble. Add $4 post. per order. ree 56-pg. color cat. Coun-y Curtains, Dept. 4476, tockbridge, MA 01262.





Paperwhite narcissus
Pure white fragrant cluster flowered paperwhites can be planted every week from September to December directly in the house or greenhouse for continuous flowers. Easy to grow in soil or pebbles. #4005, 12, $5.95; 24, $9.95; 48, $14.95. Add $1.50 post. Van Bourgondien Bros., Dept. 4005, Box A, Babylon, NY 11702.

FREE FILM. 35mm



After 50 years in the photo business, Skrudland has found a 35mm film that meets our strict standards for fine grain and color reproduction. And now we'd like to send you a roll or two of this fresh 100 ASA, 20-exposure color print film absolutely free. Plus for every roll you send us for processing, we'll send you a free replacement roll. You'll never have to pay for film again!

Skrudland 35 ®
A division of Skrudland Photo, Inc.
5311 Fleming Court, Austin, TX 78744

☐ Send me 1 roll of Skrudland 35 film. I'm enclosing 50¢ for postage and handling.

☐ Send me 2 rolls of Skrudland 35 film. I'm enclosing $1 for postage and handling.

Limit 2 rolls.

Name _____

Address _____

City _____

State _____ Zip _____

11930 Satisfaction guaranteed. Call toll free 800-468-0091.

LOWEST PRICES on LEVOLOR 1" BLINDS

62% off



Call for prices on 1" blinds, verticals, pleated shades and wood blinds from Levolor, Bali, LouverDrape, Del Mar and Joanna. Plus Jayson's own, shipped in 7 days or FREE.

FREE Delivery in Continental U.S.
CALL TOLL FREE
1-800-5 BLINDS
In Michigan 313-832-5630

Jayson Window Fashions
P.O. Box 02579 Detroit, MI 48202

GENUINE SUEDE!

only $17.99 two pairs $34.98

INCREDIBLE VALUE... ORIG. $27.95



- THICK CUSHION CREPE TRACTION SOLE & 1" HEEL GRIP SLIPPERY SURFACES
- 6" SIDE ZIPPER WITH INSIDE ZIPPER GUARD
- PLUSH ACRYLIC LINING
- MONEY BACK GUARANTEE

REAL SUEDE Women's pant boot- Imported. *COLORS:* Desert Sand-56, Black-40. FULL SIZES: 5-11M, 6-11W.
Add $2.25 p&h one item, $3.50 for two, $4.25 for three.
Az. res. add 7% tax.

CHARGE ORDERS CALL (602) 747-5000
We accept VISA, MasterCard, Am. Ex., Diners Club.
Send $1 for CATALOG or ORDER NOW & receive CATALOG and $2 BONUS CHECK good on next order.
Dept. CZE1A, 3740 E. 34th St., Tucson, AZ 85713-5305
Old Pueblo Traders since 1946



Distinctive Burner Covers add European charm to brighten your kitchen

Europeans discovered decades ago the beautiful touch burner covers add to the kitchen. Now you can too! With your choice of over 18 colorful designs, burner covers will give a distinctive charm to **your** kitchen.

- made from strong steel and porcelain enamel
- heat resistant and easy to clean
- sizes for electric **and** gas ranges
- inexpensively priced
- burner covers make unique gifts

Brighten your kitchen and show your special individual taste. Write or call for our **FREE** color brochure today!

MAX BURTON ENTERPRISES Dept. 810
502 Puyallup Ave., Tacoma, WA 98421
(206) 627-2665

Please mail me your FREE color brochure and price list for ☐ Electric ☐ Gas Ranges

Name_____

Street_____ Apt._____

City_____

State_____ Zip_____

FIRST QUALITY FAMOUS BRAND WALLCOVERING!

Wholesale-Direct Prices!

Any brand name. Any book. Any pattern. Any style. All the traditional standards plus all the latest designer patterns. *Most are $9.95 or less a single roll! You save because of our **Wholesale-Direct Prices.** You save state and local taxes (excl. NJ). We ship direct to your home in just a few days and we even pay the freight. Plus your satisfaction with our product and our service is **fully guaranteed!** Simply shop around in your hometown then call us **toll-free.**

$9.95 PER ROLL OR LESS*

PRICED-RITE Wallcoverings
P.O. Box 1031
Rahway, NJ 07065

CUT OUT & SAVE THIS AD! THEN CALL
TOLL FREE 1-800-634-6330
CALL OPERATOR 31
WEEKDAYS 9 to 9 (EST)
SATURDAYS 9 to 6 (EST)

GIVE US THIS INFO

FREE 20-page, fully illustrated "How To Hang Wallcovering" Guide included with any order.

BRAND NAME _____
BOOK NAME _____
PATTERN NUMBER _____
PAGE NUMBER _____

VISA MasterCard

THE MAN NEXT DOOR

Dick Dresch suggests that today's youngsters may someday regale their grandchildren with tales of the old days when they had to make do with one-computer schoolhouses.

Liz Randall likes to keep her bird feeder filled, she says, because she can't think of a better way to be entertained for the price of chicken feed.

"It's YOU!" our Judy, 11, said of my new blue suit. "It's JUST like your old one." I think it was a compliment.

"This is my favorite month," Chris remarked at dinner the other night. "The heat of summer is over, there's an invigorating nip in the air, and . . ." at which point Burt, Jr., broke in with "and the grass doesn't have to be cut anymore, and the leaves don't have to be raked yet."

Congressman Nick Hanfli admits that politicians and kids sometimes make promises they never intend to keep—the politicians to get votes, the kids to get pets.

Christine and I stayed at a terrific bed-and-breakfast place last weekend—great meals with home-baked snacks, quiet and comfortable, flowers in the bedroom, rooms full of antiques, and wonderful hospitality. We agreed we should visit Grandma and Grandpa Hillis more often.



"You may come out now, Aldwin. The summer people have left."



"I'll be right with you. I'm in the hot tub."

Bill Norman loves to twit carousers late in an evening with the thought that "it's the life of the party who looks like death warmed over the next day."

Editor Earl Reeves commented that everything has its price—people who have the best of everything usually need the best watchdog, too.

"With these low interest rates," Lee Bayless suggested wryly, "it's a real bargain to be in debt."

Burt, Jr., has a simple test for judging his favorite Halloween decorations: "They're the ones you can eat," he says.

I ran into Harry Dent at the shopping mall last Saturday and asked him how he liked retirement. "Terrible," he said. "No weekends, no holidays, no vacations. I never get a day off."

This summer, Burt, Jr., and I were the vegetable gardeners in the Hillis family, and we had a great time at it.

Our plot was planted thick with tomatoes, cucumbers, beans, spinach, carrots, lettuce, radishes, and onions. We also tried a few exotics (for us), like Chinese broccoli and Swiss chard (use it just like spinach, the seed package said).

The garden is about finished now, except for those ever-prolific string beans. Young Burt and I even put up a dozen or so quarts of tomato juice. We also shared a lot of the harvest with neighbors.

But I think we both count the many gardening hours together as the best part of the experience. There were chances for long, relaxed talks about this and that. Not necessarily important. Just friendly. Very friendly.

On the minus side, Burt, Jr., learned that he dislikes Swiss chard as much as spinach.

Burton Hillis

TTER HOMES & GARDENS
November 1986

a Magazine For American Families

3 9042 015 6803 1

Better Homes and Gardens®

ORATING
WINNERS!
u Love To Come Home To

THIS ISSUE
RAVEL
ONEY
EALTH
DUCATION

OLIDAY MAKE-AHEADS

zzling Desserts, Hors d'Oeuvres,
okies, Breads

November 1986
• $1.50

ODAY'S EW SOLAR OUSES

th Yesteryear
arm

ERSONALITY ITCHENS

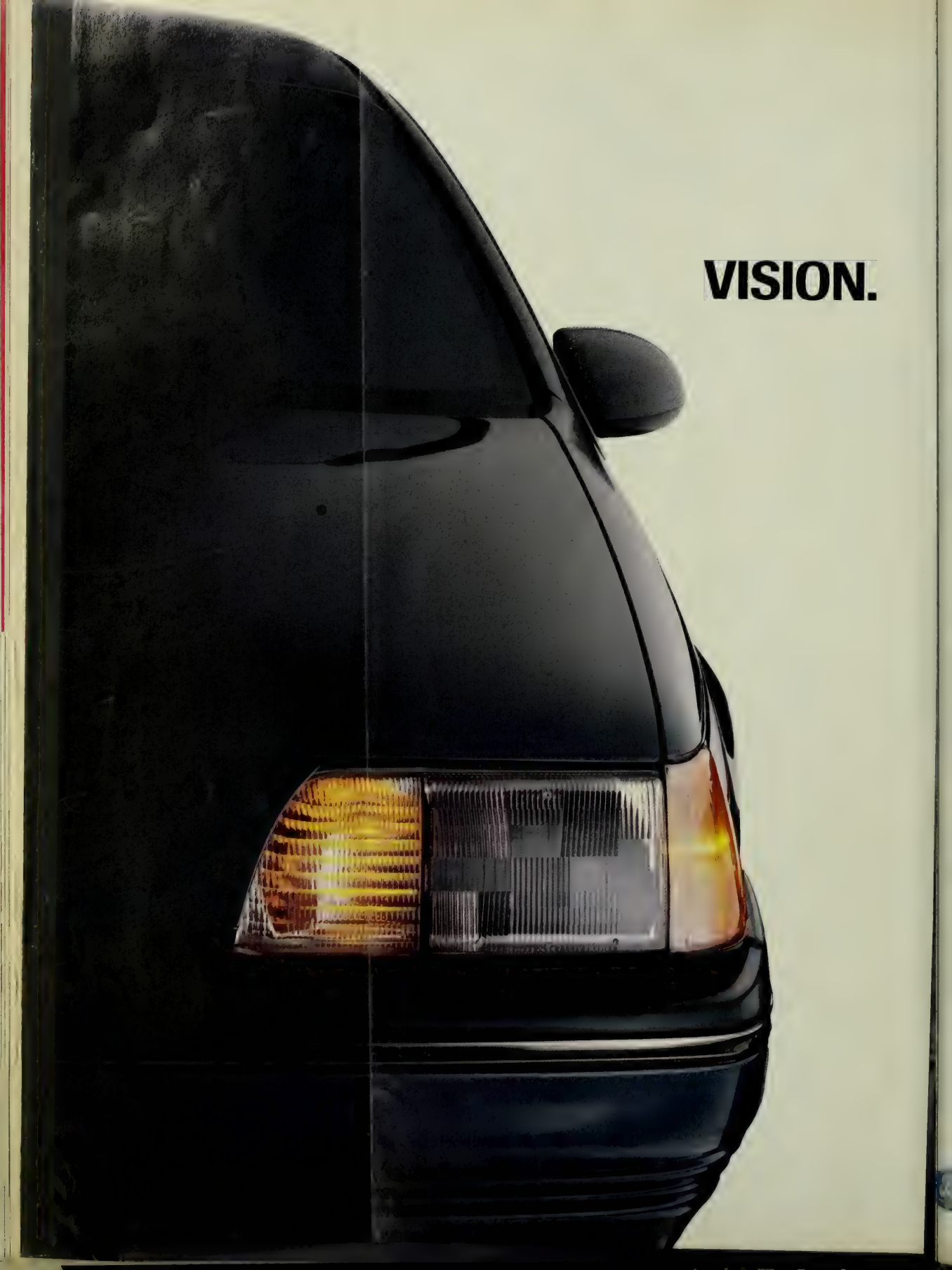
w To Make
ur Kitchen
ur Style

on't
ing!

The Hot New Cars For Under $6,500

BURLINGAME
OCT 22 1986
LIBRARY

#31C*****CAR-RT-SORT**C046
11-LBRPRM-480993 2 15FXL
JUN87 ED 09424 02
BURLINGAME PUBLIC LIBRY
480 PRIMROSE RD
BURLINGAME CA 94010
140055


VISION.


TAURUS
Ford

FOREIGN INTRIGUE

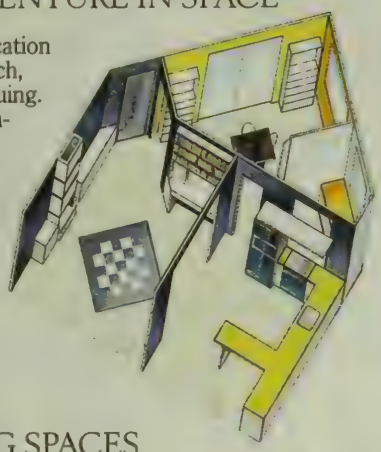
THE EUROSTYLE KITCHEN SUITE



AN ARMSTRONG ADVENTURE IN SPACE

When European polish and sophistication meet an all-American split-level ranch, the result is, to say the least, intriguing.

The ranch's predictable kitchen-and-separate-formal-dining-room layout has been transformed. Now, instead of the expected spaces, you have a cozy den with fireplace, family room, entertainment center, home-work and computer area, formal and informal dining room, and a place to enjoy family and company while you cook. In other words, a kitchen suite.





THREE UNIQUE LIVING SPACES UNITED BY A DESIGNER SOLARIAN®II FLOOR.

The look is sleek and glamorous. And it's the Armstrong Solarian floor that makes it all work. Installed on an angle, the bold squares of the Solarian floor accentuate the suite's diagonal walls. The floor's glossy, no-wax shine is the perfect foundation for the Eurostyle look. But, most important, it's the Armstrong Solarian floor flowing throughout and uniting all the spaces that makes this suite come together so beautifully.







To see more: For a free color "Eurostyle Kitchen Suite" booklet with many photos, floor plans, and product information, call the toll-free, Armstrong Consumer Line: 1 800 233-3823, ask for Dept. 6BFBH. Or send coupon to:

Armstrong, Dept. 6BFBH, P.O. Box 3001, Lancaster, PA 17604

Armstrong

so nice to come home to™

Name _____

Street _____

City _____ State _____

Zip _____ Tel. ( ) _____



COVER PHOTOGRAPH: TIM SCHULTZ

HOLIDAY MAKE-AHEADS

PAGE 130

Hors d'oeuvres, desserts, and more



PERSONALITY KITCHENS

PAGE 120

Make your kitchen suit your style



PAGE 35

TODAY'S NEW SOLAR HOUSES

CONTENTS

NOVEMBER 1986; Vol. 64, No. 11

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®

FEATURES

Editor's Letter 10
What's Happening *New trends and developments* 20
The Man Next Door® *Writes about family, friends, and neighbors* .. 208

MONEY

Over-the-Counter Stocks *How to find the winners* 29

BUILDING

TODAY'S NEW SOLAR HOUSES *They keep the best of the past* 35
New House Options *Getting what you want* 77
Smoothing the Move 79
Under-the-Eaves Suite 80
Choosing and Using a Setback Thermostat 106
PERSONALITY KITCHENS
Kitchens to suit your style 120
Light and Lofty Attic Redo! 126
Kids' Rooms *"Comfort" corners cut the clutter* 176

GARDENING

FLOWERING HOUSEPLANTS *That keep on blooming* 51

PARENTING

HOW TO COPE WITH "MEDDLING" GRANDPARENTS 56

EDUCATION

School Volunteers
Getting involved is easy—and rewarding 58

CARS

THE HOT NEW CARS FOR UNDER $6,500 62

TABLE SETTINGS

Holiday China *To collect, to enjoy, to give* 70

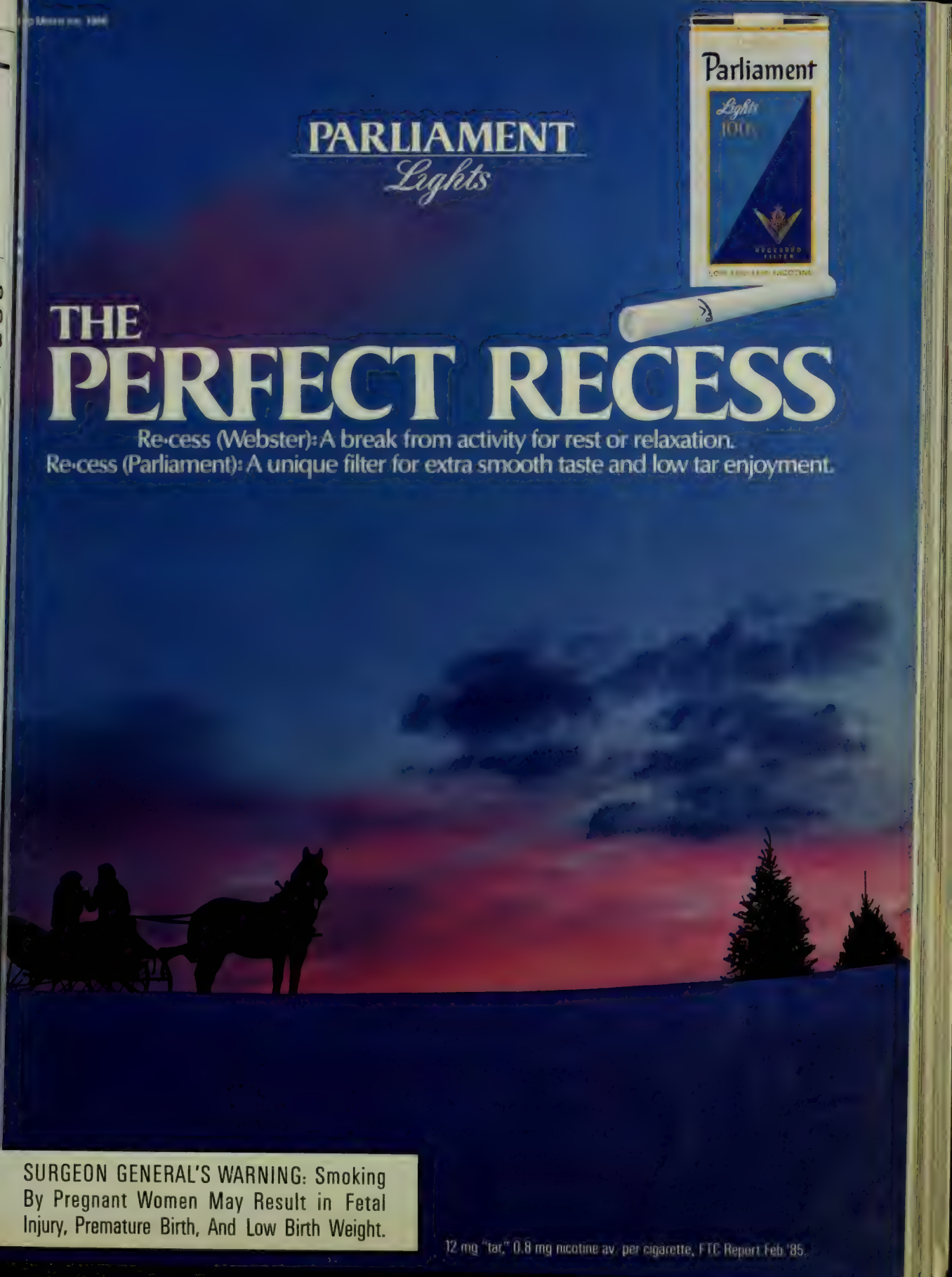
FOOD

Thanksgiving Dinner Just for Two
Festive, tasty, easy! 72
Wok Up a Winter Salad 78

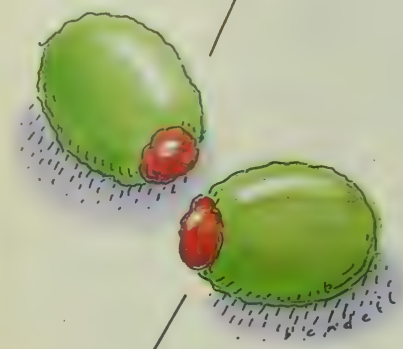
continued on page 6

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $14.00 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription Prices:** One year $14.00 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. November, 1986. Vol. 64, No. 11.

© Copyright Meredith Corporation 1986. All rights reserved. Printed in U.S.A.


PARLIAMENT
Lights
Parliament
Lights
100s
THE
PERFECT RECESS
Re·cess (Webster): A break from activity for rest or relaxation.
Re·cess (Parliament): A unique filter for extra smooth taste and low tar enjoyment.
SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.
12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Feb '85.

I'm so special, they serve me in a crystal dish.



I'm so irresistible, they eat me right from the jar.



Durkee
America's #1 Olive

CONTENTS

continued

FOOD

Lunch Box Make-Ahead 85

HOLIDAY MAKE-AHEADS
Dazzling hors d'oeuvres, spectacular desserts, fancy breads, festive cookies 130

Turkey Roasting Guide 138

How to Use Nutrition Information 140

Win Money for Your Recipes 169

Prize Tested Recipes® 171
Quick and easy candies
Hot and spicy main dishes

Diet and Health *Sodium* 175

DECORATING

Home Tech *Tracking down computer furniture* 87

Celebrating the West *Design in review* 88

BH&G® HOME DECORATING CONTEST WINNERS!
Rooms you love to come home to, Part 2 109





HEALTH

Fever *New facts you should know* 90

Exercise Equipment for Home Workouts
How to pick and choose what's right for you 92

Giving Birth *New options for expectant parents* 97

Health Update 100

Dry Skin *What to do about it and how to prevent it* 103

PETS

Pet Behavior Problems *How to cope and keep your cool* 180

TRAVEL

Into the Outdoors *Focus on skiing* 194

Holiday Celebration Vacations *Do something different this year!* 198

SHOPPING

Buying Guide 178

How to Order 191
Special offers, project plans, and kits featured in **Better Homes and Gardens®** *magazine*
Names and addresses of retailers and manufacturers of products shown on our editorial pages

Shopping Editor's Choice 202

From the well-loved Karo Pie come exciting new pies to love.

Karo® Corn Syrup.
As natural to pecan pie as pecans. Now Karo has exciting new pecan pies that start with the recipe you already love. They're just as easy to make as the classic pie. And they're all just as lovable.

Karo Classic Pecan Pie

3 eggs, slightly beaten
1 cup KARO® light or dark corn syrup
1 cup sugar
2 Tbsp Mazola® margarine, melted
1 tsp vanilla
1½ cups pecan halves
1 unbaked (9″) pastry shell

Stir together first 5 ingredients until blended. Add nuts. Pour into pastry shell. Bake in 350°F oven 50 to 60 min. or until knife inserted halfway between center and edge comes out clean. Cool.

Chocolate Pecan Pie: Decrease sugar to ⅓ cup. Add 4 oz. melted semisweet chocolate.

Pumpkin Pecan Pie: Pumpkin Layer—Stir together 1 egg, 1 cup canned pumpkin, ⅓ cup sugar, ½ tsp ground cinnamon, ¼ tsp ground ginger and ⅛ tsp ground cloves until blended. Spread evenly in bottom of unbaked (9″) pastry shell. Pecan Layer—Stir together 2 eggs, ⅔ cup corn syrup, ⅔ cup sugar, 2 Tbsp melted margarine and ½ tsp vanilla. Add 1 cup pecans. Carefully spoon over pumpkin layer. Bake in 350°F oven 60 min. or until filling is set around edges.



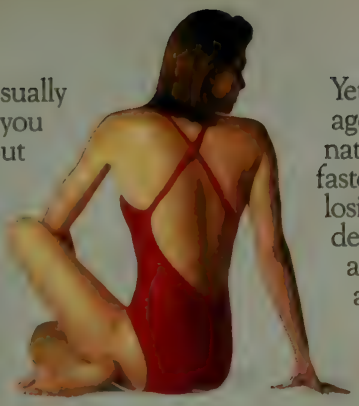
©1986 Best Foods, CPC International Inc.

How dairy calcium helps you turn a great shape into a great body.



When you're building a great shape, you usually begin by cutting down on a lot of the things you really like. And you usually end up cutting out a lot of the things that body of yours really needs. Like the calcium in dairy foods.

Although it takes strong bones and healthy muscles to build a great shape, it takes both exercise and calcium to build a great body.



WHAT A GREAT BODY NEEDS.

Your body is actually shaped by calcium. Yet over two-thirds of American women don't get enough of it in their diets on any given day. And the more we learn about calcium, the more we realize how critical it is. For strong bones, there is no other mineral that's more essential. It also works to keep your nerves healthy. And your heartbeat regular.



A natural way to get calcium is from dairy foods like cheese. It's one of nature's best sources of calcium. One of nature's most beautiful foods. It's loaded with the many nutrients that make a body beautiful, without a lot of calories a great shape doesn't need.

Daily Nutrients from 1 Oz. of Cheese

A one-ounce serving of Swiss Cheese will give you all of the following amounts* of nutrients for a low amount of calories.

Calcium	33.8%	Vitamin B_6	1.0%
Protein	18.2%	Vitamin A	8.8%
Phosphorus	21.3%	Vitamin B_{12}	16.7%
Magnesium	3.0%	Calories	5.5%
Riboflavin	8.3%		

*Percentages based on NRC Recommended Dietary Allowance for adult women, 23-50 and daily caloric intake of 2,000 calories.

Here's why calcium is so critical: Your bones are constantly changing. Everyday, in fact, your body replaces old bone tissue with fresh bone tissue, using primarily the new calcium that comes from your diet. In this way it maintains the bones, keeping them strong and healthy.

Yet, as we get older, as early as age thirty to forty, these bones naturally begin losing calcium faster than they replace it. And losing calcium is the first step to developing a condition known as "osteoporosis." It's actually a crippling disease that affects the bones. Makes them fracture easily under normal stress. It's not curable, but it may be prevented. And while a lack of calcium may be a leading cause, it's also very simple to change.

MORE CHEESE, PLEASE.

You can get your daily allowance of calcium deliciously from cheese. Just start off your day by adding cheese to omelets or scrambled eggs. Or, for a light breakfast, a wedge of Brie or Camembert with fresh fruit is a sumptuous way to wake up. It's also a delicious way to reward yourself after a meal.

At lunch, make the most of a salad by mixing Bleu Cheese with your favorite greens. Or simply make a light salad of Mozzarella and tomatoes with fresh basil.

It's a culinary delight in sauces, over pasta, even on vegetables or rice. A hearty soup topped with Cheddar and accompanied with French Bread is a meal in itself. Or try French Onion soup garnished with Gruyere. And, if you're on a busy schedule, try a quick quiche. Or frittata.

NO MATTER WHAT SHAPE.

Cutting down on what you eat doesn't have to mean cutting out. The trick is getting the most nutrients for the least amount of calories. After all, won't you be a lot more beautiful if you're fit and trim instead of just thin?

So whether you're spending your time getting in shape, or staying in shape, take the time to build a healthy body, too. Easily. Deliciously. And beautifully. With the dairy calcium in cheese.

Having a great shape is terrific, but why stop there when you can just as easily have a great body, too.



Real Cheese.

Calcium the way nature intended.™

NATIONAL DAIRY BOARD

© 1985 N.D.B.

THE CUISINART® CREDO:

"IF CHICKENS WERE SQUARE, ORDINARY ROASTING PANS WOULD BE ACCEPTABLE."

When you're cooking a bird or a roast in a pan, the tighter the fit, the better the flavor.

A close fitting pan reduces evaporation, intensifies gravy flavor, and allows the flavoring elements—carrots, onions, herbs, spices—to transfer their flavors to the food. In too large a pan, they lose touch with the meat and can't baste properly.

Our Oval Roasting Pans (each with a dome cover and rack) are oval because so many things you cook are oval, from fowl to pot roast to leg of lamb. They snugly accommodate whatever it is you're cooking, allowing for continuous, proper basting.

And they're very versatile. You can start cooking something on top of the stove (a good way to save time), put it in the oven and then bring it right to the table.

These pans are fine for braising, stewing, pot roasting and cooking casseroles; wonderful for cooking foods like Ratatouille, Bouillabaisse or Risotto.

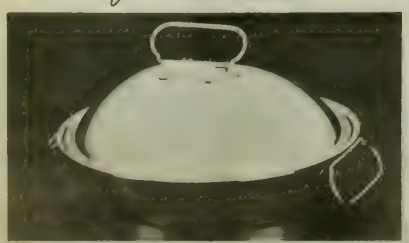
And they have what no other oval pans have and *all* Cuisinart Cookware has: a "sandwich" bottom of a thick, copper disc inlaid between two layers of stainless steel. The copper allows for even distribution; no hot spots. Stainless steel insures long-lasting lustre and assures that no food will discolor and no flavor will change.

They are truly lovely replicas of the classic 19th century Pennsylvania Dutch Roasting Pan. So you not only *can* bring them to the table, but will want to.

Our smaller roasting pan measures 11¼" long, 9¾" wide and 2⅛" deep; our largest roasting pan measures 12⅝" long, 14" wide and 2¾" deep.

For information on our other cookware, and our Cuisinart Cooking Club, write us at the address below, or call our toll-free number: (800) 243-6431.

Carl G. Sontheimer
President Cuisinarts Inc



Cuisinart
COMMERCIAL
Stainless Cookware
Cuisinarts, Inc., Dept. E, P.O. Box 2150, Greenwich, CT 06836-2150.

EDITOR'S LETTER

I'M A GRANDPA!

Dear Readers,

I think it was Margaret Mead who said that grandchildren and grandparents get along so well because they have a common enemy. I wouldn't go that far, I guess. Maybe they just have the common interest of having fun together without worrying too much about the consequences. Come to think of it, both statements probably amount to the same thing.

Either way, grandkids and grandparents can give parents a fit sometimes. This month's parenting feature, "Coping With 'Meddling' Grandparents," tackles the problems with kids that grandparents' overindulgence often creates. Having been a parent for more than 30 years now, I can relate to that, more or less. However, having become a grandparent twice-over lately, I'm less sympathetic than I once was.

"I know exactly how to be a grandfather, and I embrace my new role with boundless enthusiasm and confidence."

I know, in my heart-of-hearts, what every grandparent knows—those kids of mine can't possibly understand as much about child rearing as I do. In fact, the wonder to me is that kids who were so hard to raise properly could produce such perfect, darling, beautiful, and intelligent children after marrying perfect strangers! And, besides, I know exactly how to be a grandfather, and I embrace my new role with boundless enthusiasm and confidence.

When our son, David, his wife, Yoko, and our year-old grandson, Eric, visited us from Japan recently, I got a chance to put some of my theories into practice. I must admit to a few misgivings. First of all, they didn't seem to be doing much wrong. And, Eric wasn't all that enthusiastic about his grandpa. I charged that up to my being about twice as big as the Japanese folk he's used to seeing, having round eyes, and speaking gibberish (although I did pick up a few words of Japanese baby talk). Also, he wasn't much interested, at his age, in going fishing.



Eric Natsuhiro and Grandpa . . .

I haven't even seen my other grandchild, Adam and Mollie's little Katie. However, when our two grandchildren are a little older, I can envision days of fishing, tramping through the woods, making boomerangs and slingshots and bows and arrows in my workshop, and all the other activities of a second childhood for me and a first for them. We'll all love it, and if there are a few scrapes and bruises, a little poison ivy, some muddy clothes, well, what are parents for? Sure I'll spoil them—what are grandparents for?

Maybe I've overstated a bit in my enthusiasm. I'm sure I'll hear from Grandma when she reads this. But, she'll have to admit that I found a wonderful excuse for showing off our first grandchild to 36 million people!

David Jordan, Editor



80 Proof Brandy, E&J Distillers, Modesto, California. © 1986

Buy Cheap Socks And You'll Pay Through The Toes.

Or buy Hanes® socks. They're made to last long after other socks are on their last legs.

With the finest yarns and fibers for quality, comfort, and maximum durability. And that goes for every



pair of socks we make. From infants, kids and teens to men and women.

So the next time you buy socks, buy Hanes. After all, the longer your socks last, the longer it'll be before you're footing the bill for a new pair.

Hanes® Socks are made with DUPONT Hi-Bulk Orlon® acrylic and Lycra® spandex. Hanes® is a registered trademark of Hanes Knitwear, Inc. Made in USA. Available at participating stores only. For information on store locations near you, call Adams-Millis Corporation at ***800-334-7395.***

WHEN IT COMES TO CLEANING THE BATHROOM, WE FIGHT DIRTY.



In the bathroom, it's a never ending war on grime.

That's why you need Dow Bathroom Cleaner with Scrubbing Bubbles.

They not only clean and shine tile, porcelain and chrome, they disinfect and leave a fresh, clean smell. And they never scratch.

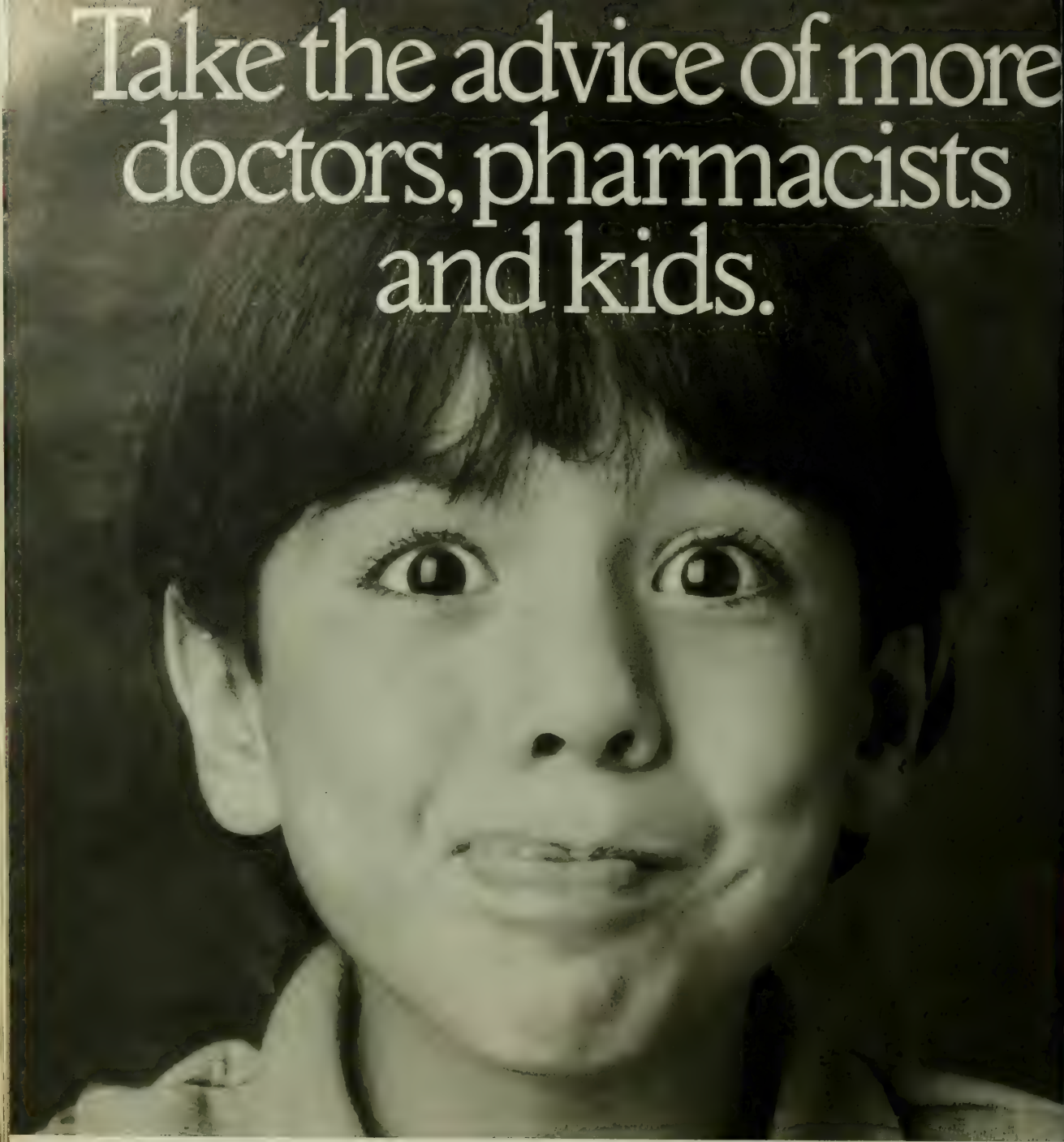
Scrubbing Bubbles clean so well, they will pass your toughest inspection.

So if you've had it with cleaning the bathroom, use Dow Bathroom Cleaner with Scrubbing Bubbles.

We do the fighting. So you don't have to.

DOW BATHROOM CLEANER. LET US DO YOUR DIRTY WORK.

Take the advice of more doctors, pharmacists and kids.



Dimetapp® was the number one prescribed brand for colds and allergies for over 20 years. During that time more than 200 million prescriptions were written for it.

And now that Dimetapp is available in non-prescription formulas, doctors continue to recommend it more than any other cold or allergy brand.

But no medicine can work if your child won't take it.

That's why Dimetapp comes in Elixir form with the great grape taste that appeals to kids.

Dimetapp is also available in Tablets and 12 hour Extentabs.®

So take the advice of doctors and pharmacists, and let Dimetapp take care of your family's colds and allergies.



For colds and allergies,
Dimetapp is the best advice you can take.™

©A.H. Robins Co., 1986



Coffee Butler.® The elegant solution to the problem of bitter coffee.

Your coffee's been left cooking in the pot awhile, keeping hot but also getting bitter. Doesn't seem like a problem? Just wait until you serve someone and they notice.

Coffee Butler® from Thermos® solves that bitter problem beautifully. Only Coffee Butler has the famous Thermos insulation to keep coffee hot and fresh-tasting for over eight hours. And only Coffee Butler has 11 elegant designs to cater to any taste, any decor.



Coffee Butler from Thermos. The elegant solution to the problem of bitter coffee.

Coffee Butler®
ONLY FROM THERMOS®

A GREAT GIFT IDEA!

Thermos is a registered trademark of Thermos, a Household International Company. © 1986 Thermos, Norwich, CT 06360 Coffee Butler is a registered trademark of Coffee Butler Services, Inc., Alexandria, VA.



INTRODUCING OLD ENGLISH® SCRATCH COVER FOR LIGHT TO MEDIUM WOOD!

Helps cover nicks and scratches on furniture, paneling, even floors! A unique blending of wood oils and pigment that penetrates only the damage. Only the scratch changes color!



OLD ENGLISH BRINGS OUT THE BEST IN WOOD.

ORIGINAL FORMULA FOR DARK WOOD.

© 1986 Boyle-Midway Div

NOVEMBER

Better Homes and Gardens®

Editorial Director DORIS M. EBY
Editor DAVID JORDAN
Managing Editor KATE GREER Art Director ROBERT C. FURSTENAU

Food and Nutrition Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors LYNN HOPPE BARBARA ATKINS TERRI PAUSER WOLF
Special Interest Publications JANET FIGG

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor BARBARA A. LEWIS
Associate Editors GREGORY D. COOK GAYLE GOODSON BUTLER
Special Interest Publications WILLIAM L. NOLAN KAY SANDERS DAVID W. TOHT

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Associate Editor RHODA E. JAFFIN
Special Interest Publications HEATHER J. SCHRADLE ANNE ELIZABETH POWELL

Garden, Projects, and New Products Editor DOUGLAS A. JIMERSON
New Products and 100s of Ideas Editor STEVEN COULTER
Projects Editor C. MICHAEL STOWERS
Associate Editors JANE AUSTIN McKEON NANCY HALL

Money Management, Automotive, and Features Editor MARGARET DALY
Health and Education Editor PAUL KRANTZ
General Features Editor KATHRYN STECHERT
Travel and Pets Editor MARK A. INGEBRETSEN
Associate Editor GEORGE S. BUSH

Crafts, Needlework, and Tablesettings Editor JEAN LEMMON
Senior Crafts Editor JIM WILLIAMS
Associate Editor JILANN SEVERSON
Special Interest Publications LAURA HOLTORF COLLINS

Editorial Marketing Services Director MARGARET McMAHON

Editorial Management Trainee DAVID S. JOHNSON

Copy Chief ELIZABETH HAHN BROOKS
Makeup Editor LINDA R. THOMAS
Associate Makeup Editors KATHRYN DAVIDSON JUDY HUNSICKER

Managing Art Director GERALD PREATOR
Associate Art Directors BRADFORD W. S. HONG ALISANN DIXON JERRY J. RANK
Graphic Designers KELLY BARTON NANCY N. KLUENDER KEVIN S. LUDGATE

Executive Director Editorial Services DUANE L. GREGG
Director, Editorial Planning DAVID R. HAUPERT
Director, Editorial Research C. RAY DEATON *Research Assistant* SCOTT R. TOLAN
Administrative Editor ROSE ANDERSON *Art Business Office Manager* DIANE BOYLE
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN

MAGAZINE GROUP PRESIDENT **JAMES A. AUTRY**
Magazine Group Vice President DORIS M. EBY, Editorial Director

Vice President–Publisher, Better Homes and Gardens J. WESLEY SILK
Publishing Services Director TERRY UNSWORTH
Advertising Sales Director LENNOX E. H. STUART
Associate Publisher/Development DEL RUSHER

Magazine Group Vice President Adolph Auerbacher, Publishing Director, Special Publications and Development

Special Interest Publications and Country Home® *Editor* WILLIAM J. YATES
Managing Editor LAMONT OLSON *Art Director* DON NICKELL

Better Homes and Gardens® WOOD *Editor* LARRY CLAYTON

Meredith Publishing Services *Editor* DOUGLAS A. HOLTHAUS
Managing Editor PATRICIA POLLOCK *Design Director* DEETRA LEECH

Books *Editor* GERALD KNOX
Managing Editor DAVID A. KIRCHNER
Art Director ERNEST SHELTON
Food Editor SHARYL HEIKEN *Furnishings Editor* SHARON NOVOTNE *Crafts Editor* JOAN CRAVENS

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Executive Vice President JACK D. REHM, Corporate Services
Group Presidents: JAMES A. AUTRY, Magazines
FRED STINES, Books
W. C. McREYNOLDS, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents: DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
NEIL KUEHNL, Product Development HERB SCHULTE, Corporate Planning
WILLIAM H. STRAW, Finance GERALD D. THORNTON, Administrative Services
Secretary BETTY CAMPBELL MADDEN Treasurer MICHAEL A. SELL
Corporate Controller LARRY D. HARTSOOK

MARKETING, INC., 477 Madison Ave., N.Y., N.Y. 10022 (212) 751-2253

THE NEW LOOK OF VANTAGE.



Same great taste in an exciting new pack.

© 1981 R. J. REYNOLDS TOBACCO CO.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

9 mg. "tar" 0.7 mg. nicotine av. per cigarette by FTC method.

Famous Nationally Advertised™ Circus Clown Dolls

for only $5



As part of a nationwide publicity campaign a leading New York firm will give away one of its most expensive childrens dolls—the Famous Nationally Advertised™ Adoradoll™ Circus Clown Dolls—for the astonishing publicity price of only $5 apiece to every person who writes to the company address (below) before Midnight, Dec. 25, 1986.

This *original* publicity ad must accompany your request. Copies and photostats are *not* acceptable.

These are the same famous Adoradoll™ Circus Clown Dolls nationally advertised in leading media across America. Both the BOY Clown and the GIRL Clown have authentic "huggable-soft" plush bodies, rainbow-colored clown costumes, lace trimmed collars and floppy pom-pom hats.

Each doll is over a foot tall. They are great big huggable clowns your children can actually put their arms around and really make friends with.

The cutest and most lovable Circus Clown Dolls you've ever seen, these authentic Adoradoll Circus Clowns are perfect "pals". Every child in America would love to own one—so don't miss out by responding too late. These are the fastest selling and most popular Clown Dolls ever sold by this multi-million-dollar New York firm.

These Famous Nationally Advertised Circus Clown Dolls will *not* be sold at this price by the company in any store. There is a limit of two (2) dolls per address at this price, but if your request is made early enough (before Dec. 17) you may request up to 7. Each doll is covered by the company's full one-year money-back guarantee.

To obtain your authentic Circus Clown Doll mail this *original* publicity ad (no copies or photostats) together with your name and address and $5 for each doll. (Specify: Boy Doll - R42271 or Girl Doll - R42272). Add $2 shipping per doll. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM Ltd.* Mail to: **RBM, Clown Doll, Dept. 720-103, Box 1708, Hicksville, New York 11802.** **(R42270)**



©1986 RBM. Ltd., 1200 Shames Drive, Westbury, N Y 11590

You can wait for a store sale nd pay over $20 for a place setting f Oneida Community stainless. Or buy it now from Betty Crocker or $7.99.

w, for a short time, you can buy up to four iece place settings of this fine Oneida flat- e from Betty Crocker, for just $7.99 each.

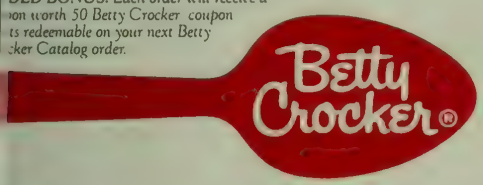
a store, you could pay as much as $30 a ce setting for Oneida Community Stainless. $20 on sale. But with this special introduc- y offer you can start or add to your set at a ction of retail cost!

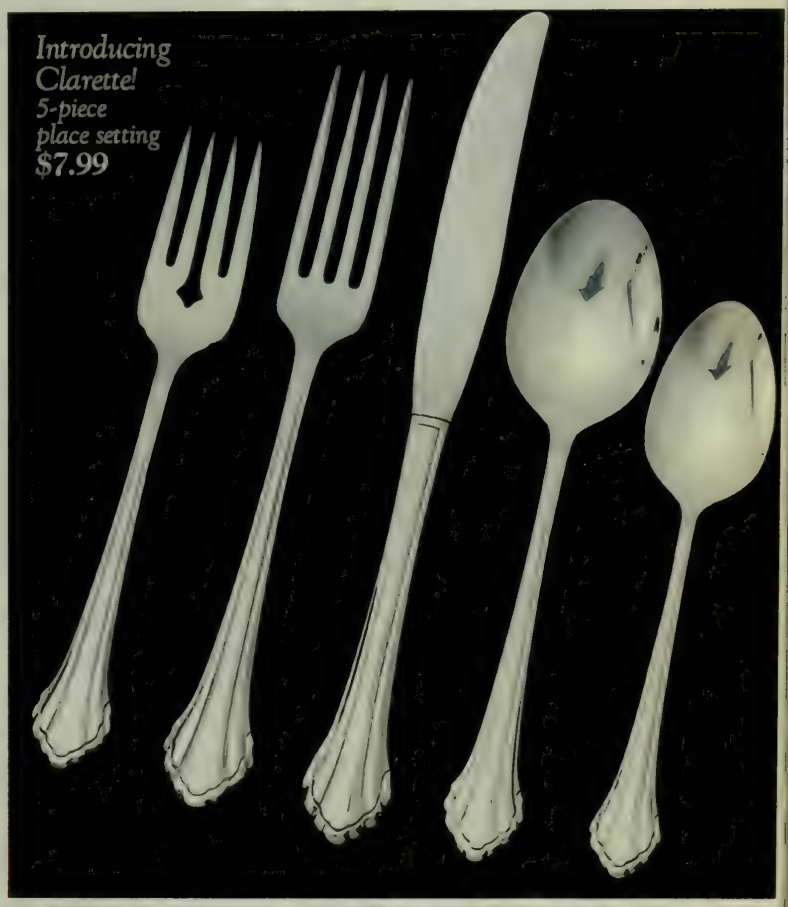


Betty Crocker, a trusted name in homemaking, is America's largest seller of top-quality Oneida Community Stainless. Your satisfaction is 100% guaran- teed. If you're not pleased with your order, simply return for ill refund.

rt your set today! Order up to four 5-piece ce settings (salad fork, dinner fork, dinner ife, soup spoon, teaspoon). Then complete ur set through the famous Betty Crocker talog program at even greater savings with tty Crocker coupons found on hundreds of neral Mills products. A FREE catalog con- ning Oneida flatware and other fine items for ur home will be sent with your order.

DED BONUS! Each order will receive a on worth 50 Betty Crocker coupon ts redeemable on your next Betty cker Catalog order.





il To: **General Mills, Inc.** Box 1864, Minneapolis, MN 55440
D
For faster service, call toll-free

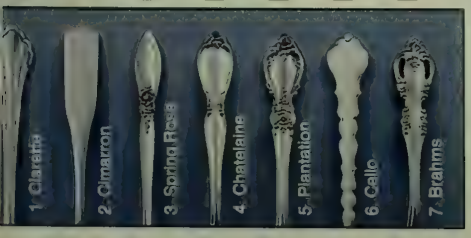
1-800-233-5780

(In Minnesota, call 1-800-322-8325)

Call between 7 a.m. and 7 p.m. CST Monday-Friday and have order nformation and credit card ready. (Mastercard and Visa cards only). Toll-free number for merchandise order ONLY.

Choose one of these exclusive Betty Crocker patterns:

☐1. ☐2. ☐3. ☐4. ☐5. ☐6. ☐7.



☐ **YES!** Send me the place settings I've indicated below at $7.99 each. Each 5-piece place setting includes one salad fork, dinner fork, dinner knife, soup spoon and teaspoon.

$7.99 x _____ (no. of place settings—Limit 4)	=	$ (subtotal)
Add postage and handling	+	$ 1.00
Order total	=	$

☐ Check or money order enclosed
(do not tape or staple payment to order form.)

Charge to my: ☐ VISA ☐ Master Card
(minumum charge order $10.00)

Credit Card Number

Expiration Date Mo. ___ Yr. ___

Signature X _____
(Charge not valid unless signed)

Print Name _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

Daytime Phone (_____) _____
(in case we have a question about your order)



Please allow 4-6 weeks for shipment. Offer expires: January 15, 1987. Good only in U.S.A.

© 1986 General Mills

A47469

WHAT'S HAPPENING

WHAT'S IN, WHAT'S HOT, WHAT'S NEW, WHAT'S NOT: THE TRENDS TO WATCH

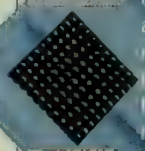
By Kathryn Stechert

COLORFUL, PRACTICAL, AND OH SO CHIC

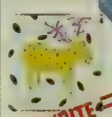
Updated version of an

Once used primarily in the bathroom and kitchen, decorative ceramic tile is turning up all over the house—around fireplaces and doorways, on dining room floors and walls. The upswing in ceramic tile is part of a broader trend among homeowners toward using high-quality, durable surfaces—from marble counters to parquet floors. Ceramic tile manufacturers are responding to that trend with expanded lines of good-looking tile in new designs, sizes, and colors. The hottest looks are hand-painted and customized. Some companies, like Terra Designs and Whitehead Studios, will create tiles to match your wallpaper, draperies, or any other design that suits you.









WRITE TO:

Terra Designs
40 Oak St.
Dover, NJ 07801

WRITE TO:

Whitehead Studios
The Merchandise Mart
Suite 1234-A
Chicago, IL 60654

BUILDING

TOMORROW'S WINDOWS: MORE THAN A VIEW

Blocking heat and cold

Researchers at the Department of Energy are hot on the trail of new windows that will save on energy all year long. With triple the insulating value of current models, the windows, which should be available within five years, borrow the same insulating technique used by vacuum bottles to keep your soup steaming hot. Two panes of glass are sealed together, and—here's what's new—the air in the middle is evacuated. With no air to transmit heat, the warm or cool air you pay for stays inside. Not only that, but on warm days, an electrochromic coating on the windows changes color, giving you instant shade when the temperature inside the house rises above your predetermined setting.

AMERICAN SNAP • SHOT

As many as seven out of 10 people wish they could move to some other part of the country. Only one in five, however, expect to actually pull up stakes and move to their preferred area. The main reasons for staying put: dream place too far from family and friends; moving too costly; present job.

Source: D'Arcy Masius Benton & Bowles, Inc.

QUOTABLES

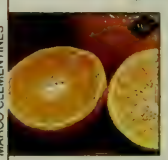
"Our homes, more than ever before, have become our castles—places where we can lock out the sometimes-hostile real world. No wonder nostalgia is making such a strong comeback in the furniture world."

VLADIMIR KAGAN, furniture designer

FOOD

WINTER FRUITS IN YOUR SALAD BOWL

New at the produce counter



MARCO CLEMENTINES

Liven your fruit dishes this season with a couple of tasty imports making their mark in more and more groceries. Available from November through February are sharon fruit and clementines.

Sharon fruit, from Israel, is similar to the persimmon; it's rich in vitamin A, sweet, and can be eaten hard as an apple or soft as a peach.

The clementine, an exceptionally juicy, easy-to-peel citrus fruit, is related to mandarin oranges. It comes to us from Morocco and Spain.

continued



AMY ARDREY

FURNITURE

POWERED RECLINERS MAKE A COMEBACK

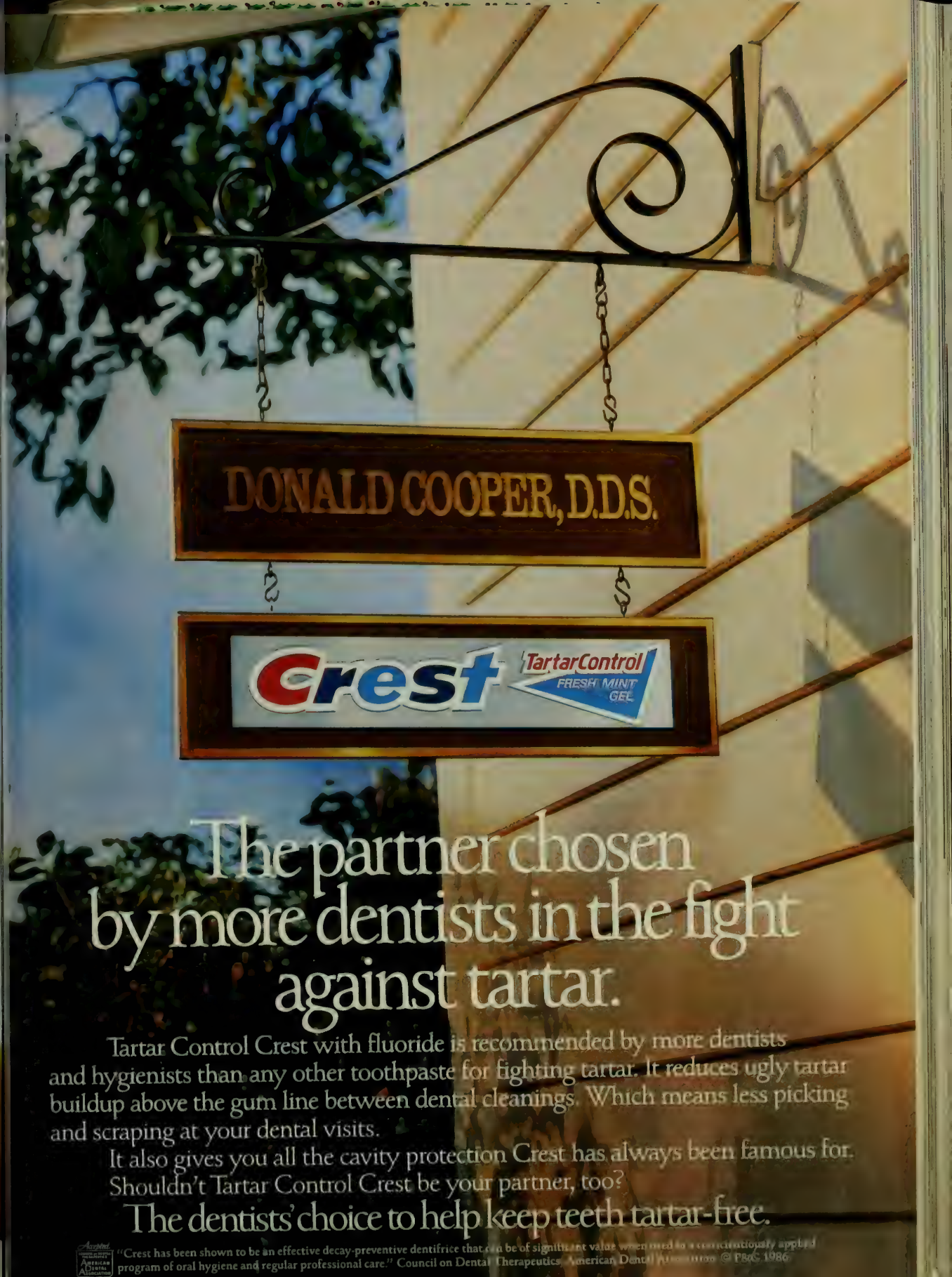
An old idea with some new twists



LA-Z-BOY CHAIR COMPANY

Motorized recliner from La-Z-Boy.

Motorized furniture was first introduced in the early '70s to a great big ho-hum. This year powered seating is back, but these new introductions show promise, thanks to some major changes. One welcome difference is in size. The motion mechanisms are smaller, which means powered chairs need not be hulks. Another difference is designed-in safety, such as pop-off footrests to prevent little heads from becoming trapped. Motorized options are also available this time around in modular seating. At least 10 manufacturers have new powered introductions, including Stratolounger, Catnapper, La-Z-Boy, Barcalounger, and Action.



The partner chosen by more dentists in the fight against tartar.

Tartar Control Crest with fluoride is recommended by more dentists and hygienists than any other toothpaste for fighting tartar. It reduces ugly tartar buildup above the gum line between dental cleanings. Which means less picking and scraping at your dental visits.

It also gives you all the cavity protection Crest has always been famous for. Shouldn't Tartar Control Crest be your partner, too?

The dentists' choice to help keep teeth tartar-free.

Accepted by the Council on Dental Therapeutics, American Dental Association

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association © P&G 1986

continued

...FURNITURE...

THE ROMANCE OF METAL BEDS



A nickel finish adds pizzazz.

Brass beds are enjoying a boom time. An interest in Victoriana, along with the trend toward buying beds separately rather than in suites, has fueled their popularity. Marching along with the brass are other metal beds, too—brass-trimmed or painted bright colors, in both turn-of-the-century and modern styles like the beauty (*above*) from Charles P. Rogers.

.....ELECTRONICS.....

THE NEW DEFINITION OF COLOR TV

A handsome touch even when the switch is off

Candy-colored televisions in mini sizes were big news in the home electronics world last year. Although those little numbers are still stealing hearts, the newest additions to the line-up are carefully and colorfully decorated full-size television sets.

These days, you're simply not limited to wood-grain cabinets and black boxes when you want something bigger than a 13-inch set. Magnavox, for instance, offers a 27-inch console in 10 colors, including lilac, dusty rose, peach, and plum. Zenith encases its 40-inch stereo projection TV in a dramatic black-lacquered teak cabinet painted with a Chinese-inspired scene. And Sharp, a leader in these too-pretty-to-hide televisions, recently introduced 18-inch sets in pink, yellow, blue, green, and white.



Among the elegant new options in television cabinets is this, from Zenith (*right*).

.....AUTOS.....

NEW LUXURY FOR CARS

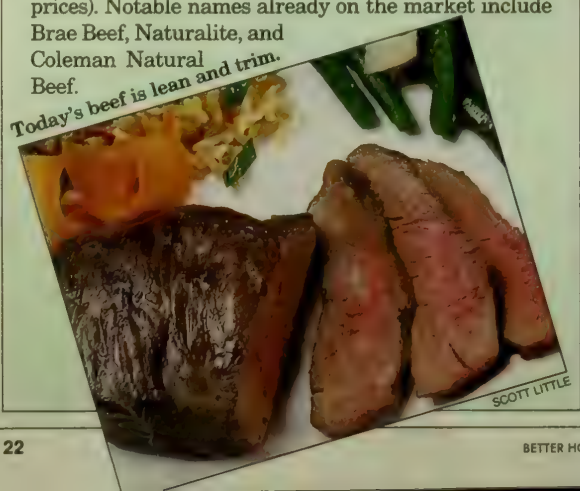
Small counts too

When it came to cars, picking out the keeping-up-with-the-Joneses models used to be easy. They were the ones that were, above all, *big*. In addition, they had the plushest interiors and the pillowiest rides. Now luxury has a new look—several looks, in fact. Although some people still dream of a plush, oversize auto, today's luxury car is just as likely to be a crisp-handling sports car or a clean-lined sedan with a leather interior. More than ever, we're choosing cars that last and that reflect our personal styles. One thing never changes: luxury still comes with a high price tag.

.....FOOD.....

NEW WAVE BEEF: LEANER, MORE HEALTHFUL, AND IN BRAND NAMES, TOO

After years of watching Americans make the lower-calorie and lower-cholesterol choices of chicken and fish, the beef industry is fighting back. They're developing breeds lower in cholesterol, they're trimming off fat before it gets to the customer, and they're feeding cattle steroid-free and chemical-free diets. One result: beef sold by brand names with each brand boasting specific benefits (and higher prices). Notable names already on the market include Brae Beef, Naturalite, and Coleman Natural Beef.





NEXT MONTH IN

Better Homes and Gardens

CRAFTS

COMING HOME TO CHRISTMAS

A treasury of decorating ideas, ornaments, stockings, wreaths, and gifts to make with the nostalgic charm of Christmases at home remembered

FOOD

HOLIDAY FAVORITES UPDATED

More healthful, easier-to-fix recipes for all the traditional festive foods your family enjoys

PLUS

A Hanukkah Celebration, Holiday Almanac, Winter Carnivals, and more!

©1986 General Foods Corp.



A CONTEST THAT AMOUNTS TO A HILL OF BEANS.

It's the "Spill the Beans" contest from Sanka®. And it's going to mean a lot more than a hill of beans to coffee lovers.

To enter, guess the average number of beans we grind into a 13 oz. can of ground Sanka,® and mail your guess to the address below.

If your guess comes within 50 beans of the correct answer, you win 12 cans of Sanka® Brand Decaffeinated Coffee. That's a whole case of coffee! But even if you don't win, you win. Because just for entering, we'll send you a 50¢ coupon towards your next can of Sanka.®

So enter today. And discover why ground Sanka® has a smooth, satisfying taste that could only come from a hill of beans.

Mail entries to: "Spill the Beans" Contest, P.O. Box 5317, Kankakee, IL 60902.



Sanka® Ground. It's around.

GENERAL FOODS

Enter as often as you wish. No purchase is required. All entries must be sent by First Class Mail; one entry per envelope. Send in your name, address, and your guess printed on a 3 inch by 5 inch card. Entries must be received by February 28, 1987. Any guess within 50 beans will be a winner. Entries will be judged by an independent judging organization. One winner per household. Twelve coupons, each good for a free can of Sanka® Ground Decaffeinated Coffee, will be mailed to winners. Employees (and their families) of General Foods Corporation, its advertising agencies, or affiliates, or the independent judging organization are not eligible. Void where prohibited by law. Subject to any federal, state, or local regulations. To obtain the correct answer, write to "Spill the Beans Contest," P.O. Box 5318, Kankakee, Illinois 60902 after March 31, 1987.

Does a 1% decrease in your serum cholesterol level give you approximately a 2% reduction in your risk of heart disease?

Yes. And that's big news.

Because anything you can do to reduce the risk of heart disease will help you and your family live life to the fullest. And lowering their serum cholesterol levels is not as difficult as it sounds – once you know the facts.

You've probably already heard that cholesterol is bad for your heart. But the fact is *both* cholesterol and saturated fat in your diet work to raise your serum cholesterol levels.

And that's why choosing the right foods is important. Like new Promise® Spread.

Help lower your family's serum cholesterol levels. Choose Promise®.

Because it's made from sunflower oil, Promise is low in saturated fat and has no cholesterol. So as part of your family's total dietary plan, Promise can help lower their risk of heart disease.

It's nice to know you don't have to give up taste to eat smarter.

Promise makes good food taste great.

It's not only terrific melted on toasted English muffins, but on everything from hot, fluffy mashed potatoes to golden-sweet ears of fresh corn. So help reduce your family's risk of heart disease. Make Promise a part of your dietary plan.



Get Heart Smart.™

New in most areas.

©1986 Lever Brothers Company.

For readers of Better Homes & Gardens: an excellent opportunity to acquire

The New Encyclopaedia Britannica

the library that never closes!

There's no better way to build strong learning habits than by using the library regularly—or better yet, by having Britannica in your home! Especially today—because The New Encyclopaedia Britannica has so much more to offer. It's been expanded to 32 volumes to make it even easier to use than ever before. The fact is that no other encyclopaedia gives you all this...

1. **2-volume Index** featuring over 180,000 entries and nearly 400,000 references to put everything at your fingertips.

2. **12-volume Ready Reference** to help you find facts fast—a wonderful help in getting homework done on time.



3. **17 volumes of Knowledge in Depth** to give you more detailed information on entire subjects. Its thorough coverage underscores the Britannica reputation for scholarly treatment.



4. **The one-volume Outline of Knowledge** surveys major fields of study and guides you through a lifetime of independent learning.

PLUS—new Britannica subscribers receive their first copy of the exciting Britannica World Data Annual as a FREE GIFT from Britannica Home Library Service, Inc., when they acquire Britannica. This valuable publication, with its up-to-date statistics on over 200 countries of the world, will be an important part of any family's reference shelf.



BRITANNICA WORLD DATA ANNUAL!



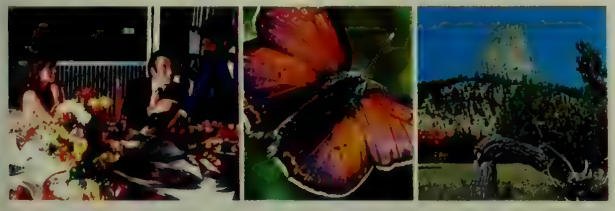
Encyclopaedia Britannica, Inc., also publishers of Great Books of the Western World.

Accept a no-obligation preview—and get this 3-volume Desk Reference Set FREE!

You get more with Britannica!

The fact is that The New Encyclopaedia Britannica gives you more of what you want from an encyclopaedia: FACTS! Over 44 million words and thousands of illustrations put a lifetime of learning at your fingertips!

And yet, Britannica is easier to own than you might expect; there's a convenient payment plan that makes ownership as simple as buying a book a month.





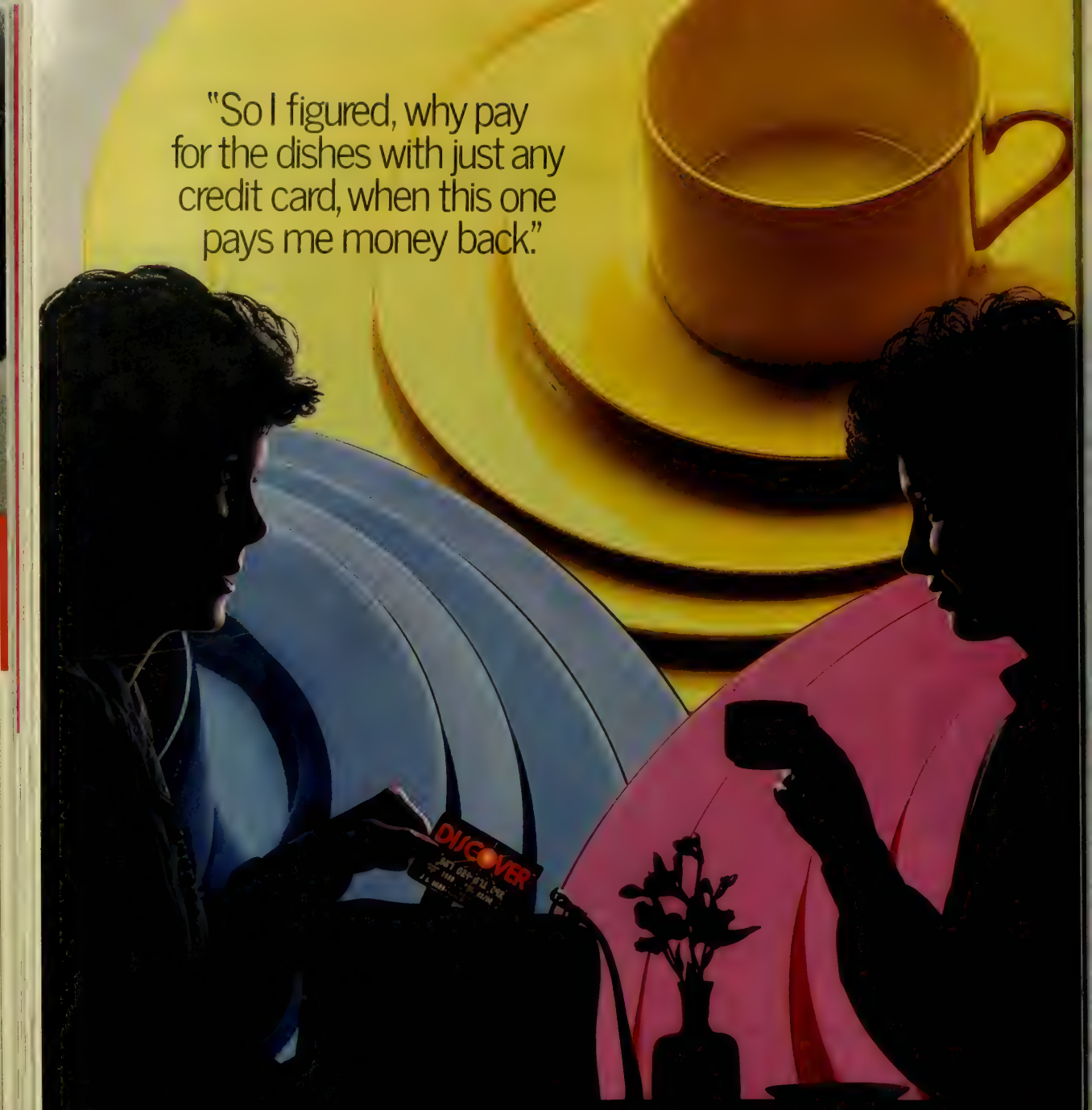
To learn more about Britannica with no obligation, just mail the attached card. We'll send you a free, full-color booklet that describes Britannica in detail, and explains how it can help you and your family achieve your goals.

And you'll also receive a FREE 3-volume Desk Reference Set—a Dictionary, Thesaurus and Book of Quotations (a $12.40 value)—with our compliments when you preview Britannica. So don't pass up this opportunity; send for your free booklet and Desk Reference Set today!

Please read the reply card carefully. *There's no obligation.*

© 1986 Encyclopaedia Britannica, Inc. 353R

Mail card for your FREE PREVIEW and FREE DESK REFERENCE SET!



Every time you reach for the Discover℠ Card, you're making a smart move. Smart because the Discover Card pays you money back on every purchase. You get a Cashback Bonus on everything from dishes to dresses. It's money you can credit to your account,



put toward a Sears gift certificate, or deposit in a Discover Savers' Account.

And on top of all that, the Discover Card costs you nothing to get. So why settle for just any credit card. Make the smart move. Reach for the Discover Card.

SEARS FINANCIAL NETWORK

THE SMART MOVE

The Discover Card is issued by Greenwood Trust Company, Member FDIC © 1988 Sears

"And I can use it at more and more places every day."



SPECIAL VALUE PARTICIPANTS
American Airlines
Budget Rent a Car
Denny's Restaurants
HCA The Healthcare Company
Holiday Inns

RETAIL ESTABLISHMENTS
Avon Fashions Catalog
B. Dalton Bookseller
Brights Creek Catalog
Casual Corner
Foot Locker
J. Riggings
James River Traders
Kinney Shoes
Lady Foot Locker
Revco Drug Stores
Sears, Roebuck and Co.
Toys "R" Us
Waldenbooks
Walgreens

TRAVEL & LODGING ESTABLISHMENTS
Avis Rent A Car
Delta Air Lines
Eastern Airlines
Hertz Rent A Car
Hilton Hotels
Howard Johnson Hotels & Lodges
Hyatt Hotels
National Car Rental
Quality Inns International
Ramada

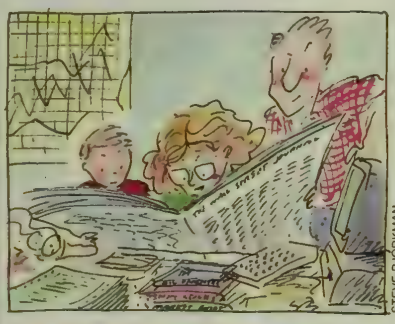
AUTOMOTIVE SERVICES
Chevron U.S.A.
Exxon Company, U.S.A.
Phillips 66 Company
Unocal 76

Look for Discover Card applications at these and other participating locations.

OVER-THE-COUNTER STOCKS

HOW TO FIND THE WINNERS

By Anne L. Potter, Ph.D.



STEVE BJÖRKMAN

As the prime trading arena for new companies, the over-the-counter (OTC) stock market has bustled with action from investors looking for tomorrow's IBM. You may find some gems, but you'd better know what you're doing first.

The over-the-counter stock market is actually two markets: 1. The National Association of Security Dealers Automatic Quotation System, or NASDAQ (NAZ dak), which consists of the National Market System (NMS) and two "bid-and-asked" divisions. 2. The pink sheet market.

The top 2,500 NASDAQ securities are traded in the NMS, with the latest transaction prices reported in most major newspapers. Another qualified 400 securities have not yet elected to go into NMS and are quoted instead on the "bid-and-asked" tables. You'll also find bid-and-asked quotes on many remaining NASDAQ securities, though they don't meet specific NMS criteria.

The pink sheet market is for very new, often very risky, companies; only a broker can give you quotes. All prices for NASDAQ securities are available through brokers as well, of course.

What do bid-and-asked price quotes mean?

The OTC markets all quote prices according to a system of "bid" (what you'll receive when you sell) and "asked" (what you'll pay). However, in the papers you'll see only last-sale prices for NMS stocks; other OTC quotes may or may not be listed with full bid-and-asked data. Brokers will always have the information at hand.

Because the asked price is always higher than the bid, the spread between the two is crucial—the smaller, the better, especially for very active stocks. That's because stock prices must appreciate enough to cover the spread for you just to break even—without even considering commissions.

What are "penny stocks"?

Penny stocks are issued by small, often new companies that trade for less than $3 to $5 on both bid-and-asked markets as well as the pink sheet market. (Inflation has taken its toll: the definition used to include just those stocks that trade for less than a dollar.)

Penny stocks can be very risky, but with prudent research you might find some companies worth considering.

Risks and rewards

Because they're generally new, many OTC companies have low capitalization or for other reasons are unable to meet the rigid requirements set by the New York and American Stock Exchanges (NYSE and AMEX). That fact makes OTC issues a riskier proposition.

On the other hand, most stocks on the two major exchanges are already well known. It may be difficult to find bargains that have not already been discovered by serious investors.

continued

INVESTING TIPS

Take time to do your research.

- **Use common sense about product or service potential.**
- **Study the numbers.**
- **Compare the company with others in similar industries.**
- **Don't risk more than you can afford to lose.**

New Rice-A-Roni Cornbread Stuffing Mix.





Real down-home flavor. You can almost taste the charm and hospitality of delicious Southern cooking in our new Cornbread Stuffing Mix. The secret is in our special flavor packet of selected herbs and seasonings. Plus we add a pinch of rice for a flavor that's as delightful as Dixie. This fabulous side dish is ready in minutes. Y'all try new Rice-A-Roni Cornbread Stuffing Mix, y'hear?

20¢ MANUFACTURER'S COUPON | OFFER EXPIRES 10/31/87 20¢



20¢ OFF on any flavor of Rice-A-Roni Bread Stuffing Mix.

DEALER We will redeem this coupon for 20¢ plus 8¢ handling if used to purchase any flavor of Rice-A-Roni Bread Stuffing Mix. Any other use constitutes fraud. Invoices proving sufficient stock to cover coupons presented must be shown upon request. Not to be transferred or sold. Offer void where taxed, restricted or prohibited by law. Limit one coupon per purchase. Consumer pays any sales tax. Cash value 1/20 cent. Mail coupon to Golden Grain Macaroni Co., P.O. Box 730077, El Paso, TX 79973

15300 109947

STMX-BHG-1186-NAT

OTC STOCKS

continued

Also, stocks on the NYSE and AMEX are primary investment plays for institutions such as mutual funds and insurance companies, which trade thousands of shares at once. Small investors can get clobbered, some people caution, when a stock's price may advance or decline dramatically overnight because the institutions suddenly decided to buy or to desert it.

In contrast, the OTC is less institutionalized. Nor are OTC stocks investigated by brokerage firms to the same degree as stocks on the major stock exchanges. The small investor is more likely to have a fighting chance in this arena to unearth some gems before discovery sends prices sky high.

How do you get information?

You're pretty much on your own in researching and identifying solid investment prospects on the pink sheet market. For much of the rest of the OTC market, a good source of information is *The Market Guide,* which provides three loose-leaf volumes full of the latest summaries for each OTC company the guide covers. You also receive monthly packets of the latest information on those companies as well as on new ones. Other journals offer assorted data on the OTC market, too (see end of article).

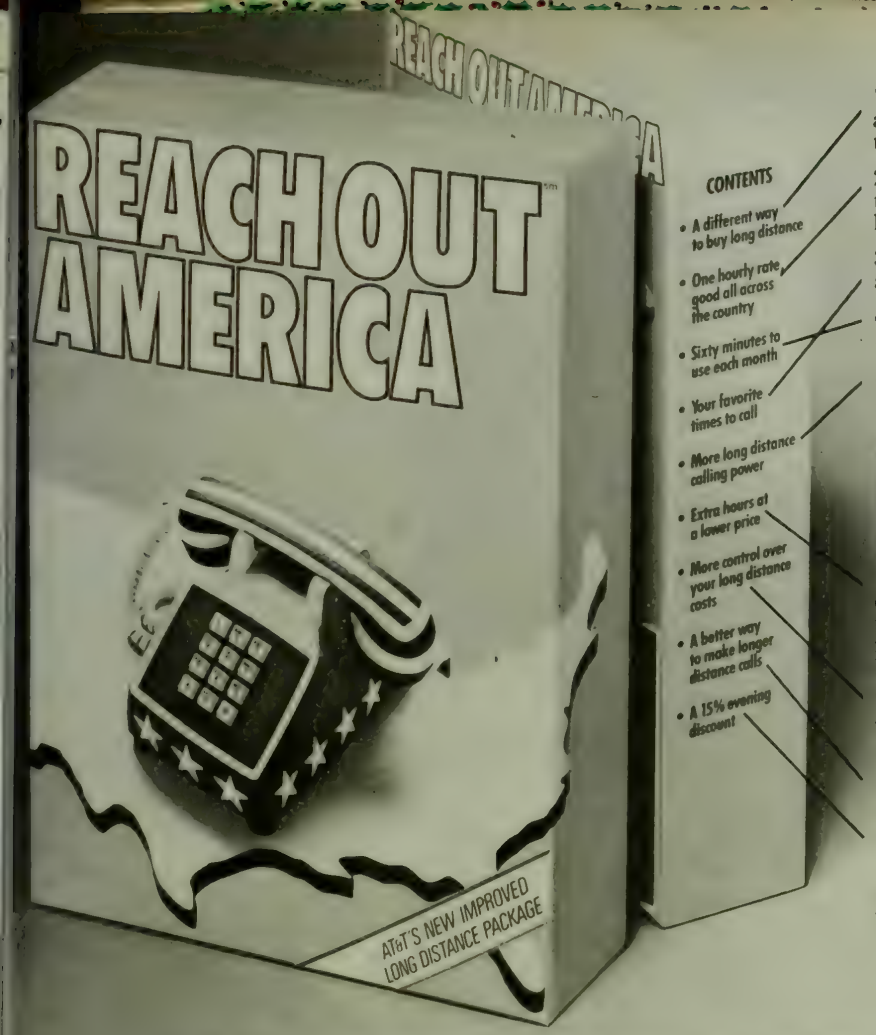
Once you've singled out some favorites, contact the companies for prospectuses and any other available information about their products, services, and markets. You might even call or write company principals for a more personal evaluation of prospects. Some executives may be eager to talk directly with out-of-the-blue potential investors, some may not.

Look for basic information before analyzing the numbers. Do the company's products or services seem to have good and enduring markets? Or is there a danger that they'll be obsolete in a short time? Does the company have signed contracts and a record of some earnings, or does it merely promise to produce? Do the officers have experience in the company's specialty?

What do the numbers show?

In addition to the above kinds of questions, take time to analyze the

continued



CONTENTS

- A different way to buy long distance
- One hourly rate good all across the country
- Sixty minutes to use each month
- Your favorite times to call
- More long distance calling power
- Extra hours at a lower price
- More control over your long distance costs
- A better way to make longer distance calls
- A 15% evening discount

1. Make direct-dialed AT&T Calls to any other state—and pay by the hour, not by the mile.

2. Call all across the U.S.A.—even to Alaska and Hawaii—for one hourly rate.

3. Call all day Saturday, Sunday till 5 p.m., and every night after 11 p.m.

4. Use your full hour, pay only $10.15. Get a special bonus, too!

5. Make one 60-minute call...or as many as sixty 1-minute calls. Use your hour any way you like!



Call today for your free guide.

6. Talk for more than an hour, pay even less—just $7.80 for extra weekend and night hours. Prorated, too.

7. Make your farther away calls weekends and nights—when you pay a flat hourly rate.

8. Keep track of the hours you talk, and keep track of your costs.

9. Enjoy a special bonus: 15% off calls made Sunday–Friday, 5–11 p.m.

10. Clip and mail the coupon below for your free guide, or call 1 800 CALL ATT, ext. 381.

10 WAYS YOU COULD GET MORE OR YOUR MONEY WITH THIS AT&T PACKAGE

ɛT'S REACH OUT℠ AMERICA PACKAGE GIVES YOU AN)UR'S WORTH OF CALLS—ALL ACROSS THE COUNTRY—FOR NEW LOW PRICE OF JUST $10.15. BUT ONLY WHEN YOU ASK R YOUR FREE GUIDE!

'&T has packaged long distance for value. With "Reach Out" nerica...an innovative long distance package.

It's not for everyone. But if you're willing to spend $10.15 each)nth,* "Reach Out" America could be just right for you—pecially when you make your out-of-state calls during our night d weekend calling periods.

You'll get an hour of weekend and night time, to make AT&T ılls to more faraway family and friends. To any other state. e've also packed in a special bonus for you: a 15% discount on ur evening calls.

In fact, the more AT&T Long Distance calls you make, the rther you call, and the longer you talk...the better "Reach Out" nerica** could be for you!

ET YOUR FREE GUIDE TODAY!

)u could get a lot more for your money with our innovative long distance plan—our free guide explains how. To get your copy, just use the coupon below today or call our toll free number: **1 800 CALL ATT, ext. 381**

AT&T
The right choice.

Clip and mail to: AT&T Reach Out℠ Services
P.O. Box 418176, Kansas City, Missouri 64141-0176

☐ YES! I'd like to discover how I could get more for my money. Send me my free guide, complete with everything I need to sign up for the AT&T "Reach Out" America plan.

Name _____ Date _____

Address _____

City _____ State _____ Zip _____ 381

ıs a one-time $10 order-processing charge when you sign up. Add 3% Federal excise tax l, where applicable, state surcharge. **Not yet available in all areas. © 1986 AT&T

Go ahead, get close.





You've got the fresh breath Freedent® gum gives. It's the only gum that won't stick to your dental work, and it cleans in between to freshen your breath while you chew.

So go ahead, get close. You've got the fresh breath Freedent gum gives.

Try Freedent. The only gum that freshens breath, without sticking.

©Wm. Wrigley Jr. Co., 1985.

OTC STOCKS

continued

financial data you'll find in a company's prospectus, annual report, and other sources.

No one set of figures tells the whole story, but the following information can help you examine specific companies and compare them to others:

- **The Price/Earnings (P/E) Ratio.** Divide the stock price by its earnings to learn how much you are paying for a company's earnings after taxes. You'll find P/E ratios listed in most major papers. A low ratio, especially when compared to others in similar industries, often indicates good value.
- **The Dividend/Payout Ratio.** Multiply the dividend by the number of outstanding shares, then divide by net income, to see the percent of earnings paid to stockholders. You want a high ratio for income, low for growth.
- **The Price/Sales Ratio.** Divide the company's gross sales by the number of shares outstanding; then divide, taking that number into the price per share, to see how much you are paying for the company's sales. Some experts find the price/sales ratio to be a better indicator of undervalued stocks than the P/E ratio, because earnings can be distorted by such extraneous factors as taxes and a change in accounting methods. A very low price/sales ratio (perhaps under 0.30) often represents a good value.
- **Return on Assets.** Divide net income by total assets to see how much in assets the company uses to create a unit of income. The higher the number, the better.
- **Price/Book Value.** Divide price per share by the company's book value to see how much you are paying for all the company's assets. A ratio of one or lower may indicate a good bargain—you're paying only what the company is worth in an accounting sense. This also may indicate protection in case of bankruptcy, since the company probably has enough assets to pay shareholders at least the initial price. Of course, there may be other reasons for the low price.
- **Current Ratio.** Divide current assets by current liabilities to measure the company's debt position, thus its ability to withstand low-growth or loss periods. A current ratio near one is considered adequate: in a crisis, the company could cover its debt by liquidating its assets. A ratio greatly above one can be good for major expansion or acquisition; a high ratio for a company without such plans may indicate that management is too conservative. A low ratio is riskier, but the company may be expanding fast enough to withstand a high level of debt.



Careful research and practical evaluation of markets and products will help you choose some OTC winners.

For more information

- *The Market Guide, Inc.* (see additional information, above), P.O. Box 106, 49 Glen Head Road, Glen Head, NY 11545. 800/642-3840. $195/year.
- *Penny Stock News,* P.O. Box 86, Columbia, MD 21045. 6 months, $33; 1 year, $50; 2 years, $85.
- *OTC Stock Journal,* P.O. Box 24327, Denver, CO 80224. 1 year monthly, $25; 1 year weekly, $79.


THE
LAW OF LENGTH,
ACCORDING TO
VIRGINIA SLIMS
120's.
If a cigarette is long
and slim and designed just
for a woman, it is, without
much doubt, Virginia Slims;
but if a cigarette is designed
extra long and slim just for
a woman, it is indubitably
Virginia Slims 120's.
The LONGEST
Slims of all.
VIRGINIA
SLIMS
120's
14 mg "tar," 1.0 mg nicotine
av. per cigarette by FTC method.
SURGEON GENERAL'S WARNING: Quitting Smoking
Now Greatly Reduces Serious Risks to Your Health.
© Philip Morris Inc. 1986

SURPRISE!
WELCH'S ORCHARD® JUICE-IN-THE-BOX



Welch's Orchard Juice-In-The-Box™ is 100% juice! 100% natural! 100% delicious! With no sugar added! In Cherry, Apple Grape, Raspberry, Harvest Blend and Grape.





Made Welch's Way.
The best way we know how.

SINCE 1869

©1986 Welch's

...Madison Ave., N.Y., N.Y. 10022 (212) 751-2233

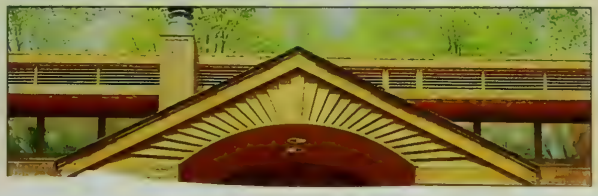


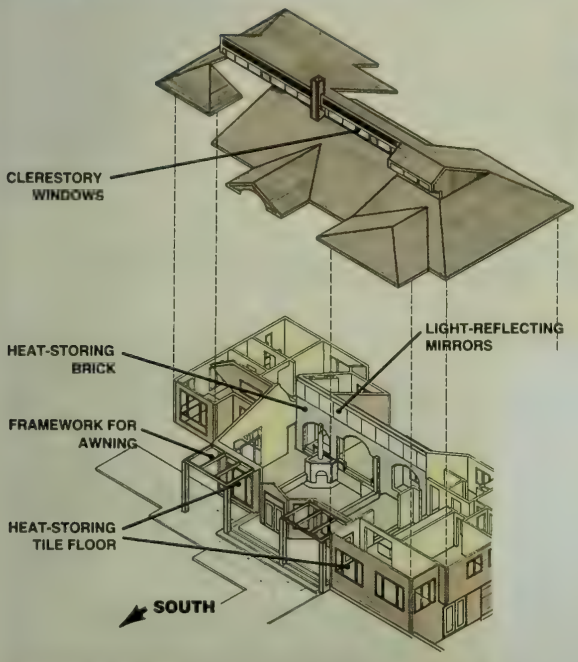
Broad, trellised overhangs suggest an oriental influence.

With its serene japanesque design, this North Carolina home barely whispers its solar identity.



For the hot southern summers, north-facing windows provide cool, indirect light and cross-ventilation.





Construction cost: $230,000; $76 sq. ft.
Area average (custom): $65 sq. ft.

Make It Special...

Make It

HERSHEY'S®



Make Your Recipes "Special" With Hershey's Today...



FLOWERING HOUSEPLANTS
THAT KEEP ON BLOOMING



This basket overflows with Angelica (pale pink), New Jersey (medium pink), and Arizona (dark pink).

AFRICAN VIOLETS

Parading a cheerful procession of bouquets year-round, African violets will never skip a beat with proper care. Choose between single- and double-flowering forms in a wide array of colors and bicolors. Many varieties sport ruffled petals. African violets can easily be propagated by rooting leaf cuttings in water.

■ Proper care tips

Light: Bright indirect sun. ***Water:*** When soil feels dry. ***Fertilizer:*** Every two weeks with African violet food.



■ Clean dusty leaves

Remove dust from leaves with a soft-bristle paintbrush. Or cleanse foliage with a spray of room-temperature water. Cold water will leave unsightly brown spots on leaves.



One of the compact varieties now available, Carolina bears blooms that look like tiny calla lilies.

MARIS/SEMEL, FIELD EDITOR BONNIE MAHARAM

MINI SPATHIPHYLLUM

Adaptable miniature spathiphyllums will make themselves at home in any room. Once sold only in space-eating standard sizes, compact varieties are now available that grow only 14 inches tall. Plants will survive in low light, but they need bright conditions to flower.

■ Proper care tips

Light: Bright indirect sun. ***Water:*** Keep moist at all times. ***Fertilizer:*** Every two months with balanced houseplant food.



■ Keep plants neat

Trim off brown edges on older leaves to keep the plant looking its best. Remove yellow leaves, a sign of improper watering and feeding. Wash foliage often to fend off pests.

FLOWERING HOUSEPLANTS
THAT KEEP ON BLOOMING



This cymbidium thrives in typical home conditions, but it will perform best if you provide extra humidity.



ORCHID

You don't need a greenhouse to enjoy the exotic blooms of orchids. Despite their reputation as a gardener's crowning challenge, many orchids require little coddling. For the best show, give plants plenty of light and humidity, and cooler nighttime temperatures.

■ Proper care tips

Light: Bright indirect sun. ***Water:*** Keep moist. ***Fertilizer:*** Monthly with high-nitrogen food.

■ Increase humidity

Raise the humidity level around orchids by filling a plastic saucer with a 1-inch layer of pebbles and ½ inch of water. Keep the waterline below the bottom of the pot.



MARIS/SEMEL FIELD EDITOR BONNIE MAHARAM



To orchestrate an encore performance from the streptocarpus, repot the plant in fresh soil.

STREPTOCARPUS

An unsung hero among blooming houseplants, the showy streptocarpus will strike up a bloom that lasts for several months. This potted virtuoso, sometimes sold as cape primrose or Bavarian bells, produces trumpet-shape blossoms in white, pink, rose, red, blue, and purple.

■ Proper care tips

Light: Bright indirect sun. ***Water:*** Keep moist at all times. ***Fertilizer:*** Monthly, when blooming, with a balanced houseplant food.

■ Remove dead blooms

Snip off dead flowers and yellow leaves to keep the plant green and groomed. Removing old stems also will channel all of the plant's energy into more blooming power.

© 1986 R.J. REYNOLDS TOBACCO CO.

Low isn't... lowest.



6mg 4mg 7mg 5mg 3mg

Now is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

NOW. THE LOWEST OF ALL BRANDS.

Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method.

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.



In 1770, the best way to get a great portrait was to hire a professional.

Kodak

© Eastman Kodak Company, 1986



Today, it's still the best way.

Let a professional photographer create something special: a beautiful, vibrant portrait for your family.

Times change, children grow up, families grow apart. But a professional portrait is a gift your family will treasure for generations.

Always use photographers who display Kodak's For The Times of Your Life symbol. They have a lot going for them.

Like Kodak film and paper. Nothing but the best for your family.

For the times of *your* life, contact a professional photographer soon. And arrange for a masterpiece.

For The Times of Your Life™

We Use Kodak Film & Paper

HOW TO COPE WITH "MEDDLING" GRANDPARENTS

By John Rosemond

They call it showing affection. You call it meddling. Who calls the shots when parents and grandparents clash?



STEVE NEIDORF

Grandparents can bring harmony to a family. Or they can strike a sour note.

Grandparents usually add immeasurably to the happiness and vitality of a family. Problems between grandparents, parents, and grandchildren arise when:

1. Parents try to prove they're not children anymore, and grandparents try to prove they still know best.

2. No one talks about their differences.

3. People take themselves too seriously. When you can't laugh at yourself, you tend to overreact to minor problems.

Here are some helpful hints for resolving typical problems that arise:

PROBLEM: "The grandparents let the children do whatever they want. We feel that the children are getting two different messages about right and wrong."

SOLUTION: Youngsters adjust well to different sets of expectations, as long as the differences are clearly defined. Tell the children, "Grandma and Grandpa have different rules. When you're with them, you can have and do certain things you can't have and do when you're with us. Enjoy the time you spend with them, but don't come home expecting the same treatment."

Don't be afraid to let the grandparents take over when you are all together. But if the grands see the children nearly every day, they need to be more in tune with your rules and supportive of them. Remember, however, that two parents are enough for any child. Grandparents should always be allowed certain freedoms to spoil their grandchildren.

PROBLEM: "The grandparents turn every visit into Christmas! Almost without fail, they show up with armloads of expensive but often needless gifts for the children."

SOLUTION: If the grandparents want to bring gifts for the children, there's no force known to science that's going to stop them. Stop complaining and do something about it! If nothing else, at least let them know in advance what each child needs or would really like.

It might not hurt to warn grandparents, though, about the drawbacks of overindulging the children. Point out that this is what the children will come to expect from them, and the more emotionally satisfying aspects of the relationship may never fully develop.

PROBLEM: "My parents have a favorite grandchild to whom they give more attention and gifts. They don't seem to realize how this hurts the other grandkids."

SOLUTION: If favoritism sparks problems, you might say, "We know it's not your intention, but Billy has mentioned that he thinks you like Susie more than him. Perhaps you could do something to let him know that isn't the way you feel at all."

When change is impossible, let the other grandchildren know that it isn't their fault, and tell them not to be angry at either the grandparents or the favorite.

Parents can feel slighted if their children aren't the favorites. They may need to talk about this problem, too. The only thing worse than a bunch of jealous kids is a bunch of jealous adults!

PROBLEM: "Our folks live far away and can't visit more than once or twice a year. But when they do come, they expect instant warmth from our 4-year-old, Melissa. If she doesn't act as excited as a puppy when she sees them, it's clear they feel very disappointed."

SOLUTION: In advance of a visit, let the grandparents know what to expect: "We know you're excited about spending time with Melissa, but she's going through a period of shyness. Even though she knows you, it may take her a while to warm up."

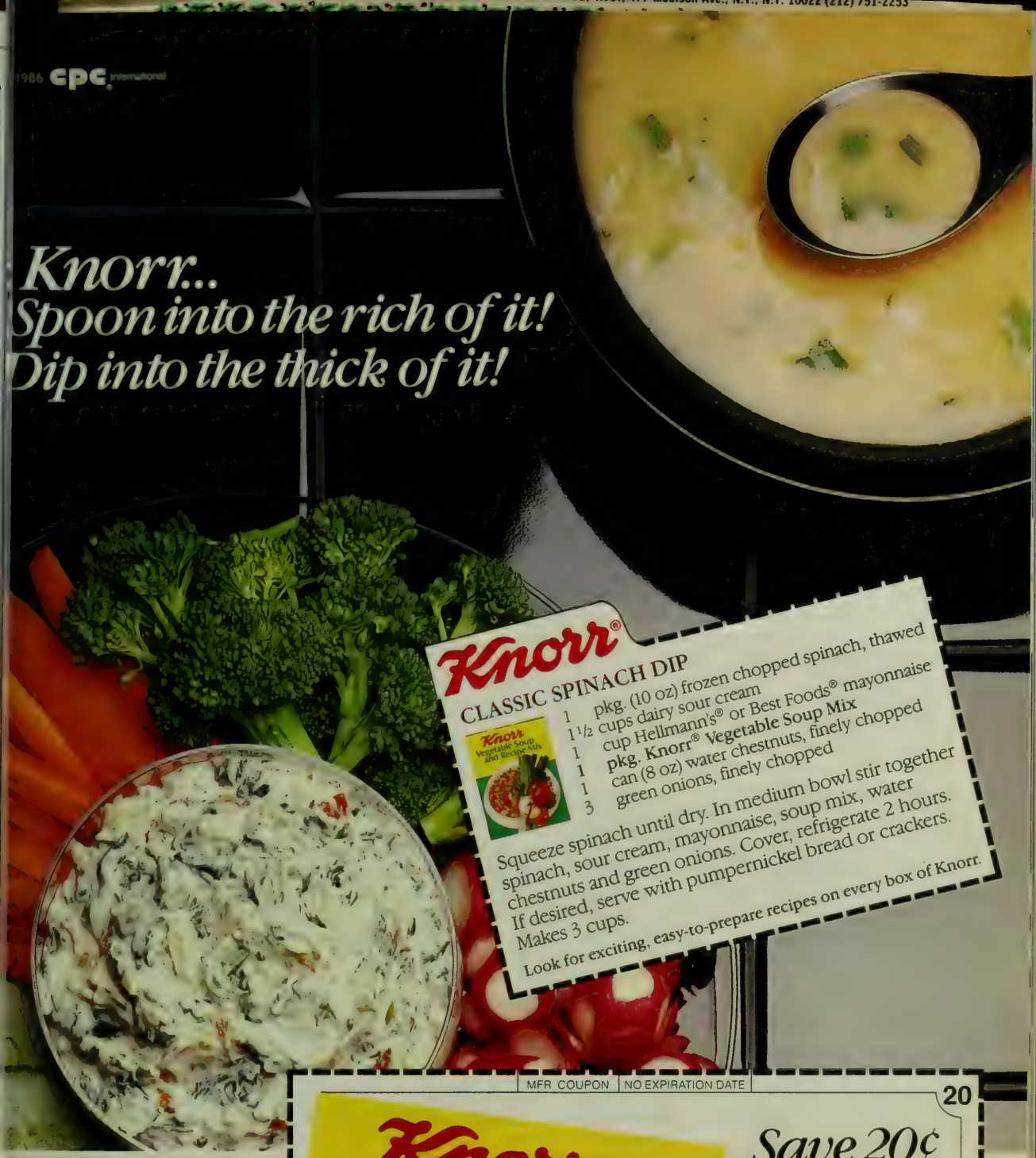
Help them understand the child: "If you keep a quiet distance and don't pay much attention to her, she'll relax. She seems to feel more confident if she can make the first move."

In addition, you can coach the child on how to respond to the grandparents under certain circumstances. This is especially important if they make the child uncomfortable—by constantly wanting to hold him or her on their laps, for instance.

Sometimes, grandparents may want to monopolize the child's time. If that is the case, plan a way for the child to make a graceful exit.

1986 CPC International

Knorr...
Spoon into the rich of it!
Dip into the thick of it!



Knorr®
CLASSIC SPINACH DIP

1 pkg. (10 oz) frozen chopped spinach, thawed
1½ cups dairy sour cream
1 cup Hellmann's® or Best Foods® mayonnaise
1 **pkg. Knorr® Vegetable Soup Mix**
1 can (8 oz) water chestnuts, finely chopped
3 green onions, finely chopped

Squeeze spinach until dry. In medium bowl stir together spinach, sour cream, mayonnaise, soup mix, water chestnuts and green onions. Cover, refrigerate 2 hours. If desired, serve with pumpernickel bread or crackers. Makes 3 cups.

Look for exciting, easy-to-prepare recipes on every box of Knorr.

What superb taste! What distinctive flavor! What sensational recipe ideas!

Knorr® Soup Mixes make more than just rich, fresh-cooked soups. They also make thick, luscious dips, and elegant main dishes.

Knorr®
A feast of fresh-cooked flavor.

MFR. COUPON | NO EXPIRATION DATE

20



Save 20¢

When you buy one box Knorr® Soup Mix, any flavor.

DEALER: This coupon will be redeemed for face value plus 8¢ handling if used in accordance with the offer stated hereon. Any other use constitutes fraud. Limit one coupon per item. Coupon not transferable. Void where prohibited, taxed or otherwise restricted. Proof of purchase of sufficient merchandise to cover coupons submitted must be shown on request. Cash redemption value 1/20¢. Customer must pay any sales tax. Good only in U.S.A. Send to: Best Foods, Dept. #5917, El Paso, Texas 79966.

48001 118727

71178

SCHOOL VOLUNTEERS

GETTING INVOLVED IS EASY—AND REWARDING





PERRY STRUSE

If you think today's school volunteers staff bake sales, you're right—AND WRONG. Schools are hungry for all sorts of citizens to help make education more relevant to the outside world. That means recruiting men and women, professionals and homemakers, managers and retirees, and just about everyone else who cares about the community.

VOLUNTEERS MEAN BETTER SCHOOLS

Volunteers have a direct impact on student achievement. At schools with strong programs, standardized test scores often rise. "The more chances a youngster has to interact with a caring adult, the more positive the entire learning experience," says Connie Spinner, volunteer coordinator for the Washington, D.C., public schools.

"Volunteers can enrich and enhance a child's education," notes Don Walther, deputy director of the National School Volunteer Program headquartered in Alexandria, Virginia.

SHARE YOUR TALENT

Many businesses are at the forefront of the volunteer movement. (See box.) But caring people have a number of opportunities other than those offered through their workplaces. Your city may maintain a speakers' bureau of local people that share information on their careers, hobbies, travels, and special interests. Such local organizations as symphonies, art centers, and zoos may have special programs that they bring into the classroom.

Volunteers in our schools help kids to do better and to stretch education budgets.

OPTIONS FOR EVERY TASTE

You might not want to work directly with children. Perhaps you can share your management skills with school administrators, assist with budgeting, provide such needed equipment as computers, or help in program planning. Lots of opportunities exist for clerical help and home-based projects.

Some volunteer programs extend beyond the traditional school day to provide before- and after-school activities. The school provides the space; community groups provide a range of volunteer talent.

OLDER VOLUNTEERS

Retired teachers from the Washington, D.C., school district stay active through the emeritus teachers program. They team teach, train volunteers, and work with brand-new teachers. Such programs enable retirees to stay in touch with teaching without having to supervise kids.

A lot of folks over 55 in Salt Lake City tutor children for SMILES (senior motivators in learning and educational experiences). Other senior citizens act as living historians, or share talents and hobbies. "Everybody really wins," says Gene Berry, school volunteer program coordinator for the Salt Lake City school district. "Young people have wonderful persons to relate to, and the senior citizens say volunteering gives them a purpose in life." BHG

—By Carolyn McNurlen

FOR MORE INFORMATION

To find out what types of volunteer programs are available nationwide, or for information on how to set up a volunteer program, contact:

■ The National School Volunteer Program, 701 North Fairfax Street, Suite 320, Alexandria, VA 22314 (703/836-4880).

COMPANIES IN THE CLASSROOM

Hundreds of businesses offer employees "release time" to share their skills with students—and teachers. Here are some sample programs.

HOUSTON

● ***Tenneco*** sends at least 30 tutors a week to a Hispanic high school. Tenneco also does landscaping on the school's grounds and takes the faculty on a summertime retreat.

● ***Houston Lighting and Power*** provides teacher partners for middle schools. Teacher partners are professionals who teach units in their areas of expertise.

WASHINGTON, D.C.

● Forty-seven federal agencies work with 52 schools in the district. The ***Veterans Administration,*** for example, provides volunteers who tutor students at a local high school in math and science over the lunch hour. Employees of the ***National Aeronautics and Space Administration*** volunteer their time to conduct educational seminars for elementary school teachers.

The private sector in the D.C. area gets involved, too. Typical is the "nonwriters" workshop sponsored twice a week by ***U.S. News & World Report*** at a nearby junior high school. Students who have difficulty with school compositions learn to actually *enjoy* writing.

TULSA

● The ***AMOCO*** research center offers an enrichment course called "The Young Scientist." Working with teachers, the company has developed experiments that can be done by volunteers in classrooms. AMOCO also opens its research lab on Saturday mornings to 60 of the district's brightest students for learning experiences.



Give your kids an unexpected pleasure.

Wholesome ingredients you can feel good about, and the taste your kids love, make Reese's® Peanut Butter Cups a great snack. Two great tastes—pure milk chocolate and delicious peanut butter. Reese's Peanut Butter Cups.



Available in Miniatures and Snack Size bags.

Two great tastes that taste great together.®

Fisher-Price presents Main Street. Another special place for your child's imagination to go.

When your little people visit our Little People on Main Street™, just about anything can happen.

You might see a mailman putting out a 3-alarm fire in a phone booth. A grandmother taking a shortcut through a manhole. Or an ice cream parlor that serves banana splits before breakfast.

And when your little people turn in for the night, so do ours. Everyone and everything stores neatly inside.

The World of Little People.™

© 1986 Fisher-Price, Division of The Quaker Oats Company, East Aurora, New York 14052



INC., 477 Madison Ave., N.Y., N.Y. 10022 (212) 751-2255



THE HOT NEW CARS FOR UNDER $6,500

By Mike Knepper

First-time buyer with few bucks to spare, or multicar family looking for more wheels, you're no longer limited to the used-car lots. Now you have a wide choice of low-cost NEW cars.

Though the average new car costs around $12,000, you don't have to spend nearly that amount for decent transportation. Most major manufacturers offer at least one 1987 model for under $6,500, with style, comfort, economy, a high level of quality, and a sprinkling of standard features.

Here are some of the new fall models we liked particularly. Others will be coming early next year. All specs are for basic body style and standard engine and transmission. *Note:* Some '87 prices weren't out at press time, but a hike of more than 5 percent isn't likely.



CHEVROLET SPRINT



MAZDA 323



DODGE OMNI/ PLYMOUTH HORIZON



TOYOTA TERCEL

CHEVROLET SPRINT

2-door hatchback; 1.0-liter 3-cyl, 5-spd; front-wheel drive; $5,660 (1986)

Made for Chevrolet by Suzuki in Japan, the diminutive Sprint weighs just 1,500 pounds, which the tiny 3-cylinder engine can move around with surprising pep. It's the quintessential urban street machine, capable of darting through traffic, dodging potholes, and slipping into all sorts of parking spaces.

Despite its low price, the Sprint is an attractive basic transportation package with a comfortable, well-designed interior. But don't expect lots of amenities beyond a glove box door and latch. At 55 mpg, the Sprint had the best EPA highway rating of all '86 nondiesels.

MAZDA 323

2-door hatchback; 1.6-liter 4-cyl, 4-spd; front-wheel drive; $5,999 (1987)

With 80 horsepower at its disposal, the 323 is one of the quickest small cars around, but still manages to deliver respectable fuel economy (26 mpg city, 30 highway). Like the others in this category, the basic hatchback offers few amenities, although it does have cloth seats, and carpeting has replaced rubber mats.

There was a distinct shortage of vehicles when this base model was announced a few months ago, but Mazda says there is now a good supply. The 323 has a very contemporary hatchback look and a generous supply of interior room.

DODGE OMNI/PLYMOUTH HORIZON AMERICA

4-door hatchback; 2.2-liter 4-cyl, 5-spd; front-wheel drive; $5,799 (1987)

Chrysler Chairman Lee Iacocca is so adamant about competing in the low-end segment of the market that he took the venerable—and reliable, dependable, and economical—Dodge Omni and Plymouth Horizon, specified some basic equipment, called the package "America," and put a $5,499 price tag on it last year—several hundred dollars under the price of the previously lowest priced Omni/Horizon.

These vehicles have been around since the fall of 1977, when they appeared as the first U.S.-built cars to adopt the now almost-universal hatchback body design with front-wheel drive. The styling is beginning to look a little dated, but the cars have been continually refined mechanically. Ride and handling are a notch above most others in the class.

TOYOTA TERCEL

2-door hatchback; 1.5-liter 4-cyl, 4-spd; front-wheel drive; $5,798 (1986)

Toyota has quite extensively updated its Tercel for 1987, from an all-new shape—more aerodynamic—to a new, three-valves-per-cylinder engine that increases horsepower 22.5 percent, from 62 to 76.

The new Tercel is so new we can only tell you what Toyota tells us, which is to expect it will be everything the previous Tercel was, but more. That should mean good ride and handling, good fuel economy and, with that added horsepower, a good measure of fun. Standard equipment will include full carpeting, molded vinyl upholstery—plus a cup holder which, Toyota surveys reveal, is one of the most-requested features.

continued

Get Sears Custom Treatment

AND FEEL RIGHT AT HOME

50% OFF

DIAL 1-800
4-CUSTOM



NO MONTHLY PAYMENTS UNTIL APRIL 1, 1987‡

Fabulous savings on a blinding
ariety of custom treatments. Save
% on selected custom fabrics,
brication labor and installation.
And save 50% on blinds in over
0 colors, including Coronet one-
ch horizontals (with free valance)
Levolor, Sateen verticals and
Softlight Satina pleated fabric blinds†

Coordinated Coronet fabrics also on sale at 30-50% off. Nov. 2-29.

Just dial 1-800-4-CUSTOM,* for a free, in-home visit and Idea Book from one of our local decorators.

It's Sears New Century and we want you to feel right at home.

There's more for your life at SEARS

Celebrating Our New Century

© Sears, Roebuck and Co., 1986. Available at most Sears retail stores. Prices and dates apply only to the Continental United States, except Alaska. †Installation extra.
‡On Sears Deferred Credit Plan there will be a finance charge for the deferral period. *(1-800-428-7866). Operator assistance in English only.

Designer Label.

Most brand-name auto parts are good. But that isn't good enough for Mr. Goodwrench. He recommends the *designer* label: Genuine GM Parts.

GM parts are designed by many of the same people who designed the original parts on your GM car.

They're engineered to work together as complete units with your GM car's various systems. And built to strict GM quality standards. Including GM Goodwrench branded parts, which are available only at GM dealers.

So whatever GM car you have—and whatever GM parts you need—see Mr. Goodwrench.

No one knows your GM car better than Mr. Goodwrench. No one. GM Goodwrench Shock Absorbers are *system*-engineered for your suspension *system*. As for them.

GM QUALITY SERVICE PARTS
GENERAL MOTORS CORPORATION



Mr. Goodwrench

CHEVROLET • PONTIAC • OLDSMOBILE • BUICK • CADILLAC • GMC TRUCKS

Gr.0.00

GM

Goodwrench
GENUINE GM PARTS

ontinued

HONDA CIVIC

2-door hatchback; 1.3-liter 4-cyl, 4-spd; front-wheel drive; $5,749 (1986)

Honda's Civic has been one of this country's favorite economy cars from the moment the first one rolled off a boat way back in 1973. Considering the success this third-generation Civic has enjoyed since its debut in 1984, we can expect more of the same for the foreseeable future.

With its low nose and steeply raked windshield, this 2-door Civic hatchback is the most distinctively styled entry in the category.

What's more, the high-tech look offers a textbook example of designing



HONDA CIVIC

lots of people- and cargo-room inside a small package. The 1.3-liter engine produces just 60 horsepower, but that's enough to move this lightweight little vehicle with surprising spirit.

SUBARU

2-door hatchback; 1.6-liter 4-cyl, 4-spd; front-wheel drive; $5,379 (1986)

Although this low end of the price structure has just recently gotten the public's and the manufacturers' serious



SUBARU

attention, Subaru has rather quietly been offering a basic, bare-bones price leader since 1980. No number or letter designation here. Call it, simply, Hatchback. It comes with a 1.6-liter engine—Subaru's unusual horizontally opposed 4-cylinder—that has a well-deserved reputation for high reliability.

This is basic transportation right down to the rubber floor mats. Early next year, Subaru will also import its tiny, 3-cylinder "minicar" for between $5,000 and $6,000.

NISSAN SENTRA

2-door sedan; 1.6-liter 4-cyl, 5-spd; front-wheel drive; $6,099 (1987)

The Sentra has been the mainstay of the Nissan line, accounting for more than a third of the company's U.S. car sales last year. It's obvious that a lot of people appreciated the car's combination of low initial cost, pleasing design, fuel economy, high standard of fit and finish, and well-designed interior.



NISSAN SENTRA

continued



©1985 Liggett Group Inc.



HOT NEW CARS

continued

For 1987, good has gotten better. The exterior has been redesigned for a more sleek, aerodynamic look, and the overall length of the sedan has been increased 3 inches for more interior room and trunk space.

The Sentra moves about nimbly, and although the engine is a little buzzy at high rpm, it provides plenty of scoot for the little sedan.

HYUNDAI EXCEL

2-door hatchback; 1.5-liter 4-cyl, 4-spd; front-wheel drive; $4,995 (1986)

The South Korean automobile industry has been casting covetous looks at the North American market for several years, but had to wait until its manufacturing processes and its products were up to North American standards.

That has definitely happened. The Hyundai (which rhymes with Sunday) Pony became the best-selling import in Canada last year. Then the Hyundai Excel went on sale in the United States last winter and was the proverbial "instant success."

The Excel is one of the best-looking entries in the under-$6,500 category,



HYUNDAI EXCEL

thanks to the work of Italian designer Giugiaro. And because of the extremely low cost of Korean labor, Hyundai is able to give the standard Excel such nontypical features for this class as a locking glove box, rear-seat heating vents, intermittent wipers, rear-window defroster, reclining bucket seats, low-fuel warning light, illuminated ashtray and lighter, and steel-belted radial tires.

This is a new car from a new (to us) company, but Hyundai is so big—the parent accounts for 10 percent of South Korea's gross national product—its staying power seems assured.

DODGE/PLYMOUTH COLT

2-door hatchback; 1.5-liter 4-cyl, 4-spd; front-wheel drive; $5,847 (1986)

We picked the Colt turbocharged 4-door sedan as one of the best values under $10,000 in our October 1985 issue, and we think the basic Colt hatch-



— DODGE/PLYMOUTH COLT —

back is one of the best values in this lower-priced class as well.

Built by Mitsubishi, the car has a clean, contemporary shape surrounding a roomy interior. The Colt gets plenty of power from its 1.5-liter engine, which uses Mitsubishi's three-valve combustion chamber for good economy and lower emissions. The basic Colt is *basic*, with little adornment and an all-vinyl interior.



Beautiful Roses . . .

Guaranteed or Your Money Back!

nd for our FREE catalog of easy-growing rose bushes. You'll ve armloads of fragrant fresh flowers this spring and summer . and for years to come — **we guarantee it!**

st mail the postage-paid card, or use this coupon.

Jackson & Perkins Co.®

orld's Largest Rose Growers and Nurserymen • Since 1872
Rose Lane, Medford, Oregon 97501

©1986, Jackson & Perkins Co.

Jackson & Perkins Co.®
97 Rose Lane, Medford, Oregon 97501

Rush my FREE copy of your full-color catalog — Roses '87 — AND my free landscaping guide.

Print Name _____ Apt. _____
Street _____
City _____ State _____ Zip _____

Chosen By Santa's Helpers

HOLIDAY CHINA

To Collect, to Enjoy, to Give

As Jack Frost whitens the outdoor scene, let our sprightly elves introduce you to these holiday tableware patterns. All are available as complete place settings, and many introduce new accessories each year. Let one of these Yuletide patterns set your season's entertaining theme.



Hearty soups and stews warm many an elfin tummy. Tureen and bowls by Pfaltzgraff allow ample servings.



Wherever this talented sprite plays, you'll find hot cocoa in festive mugs by Royal Worcester Spode.



Elfin snacks and suppers look especially tasty on this naive winter scene by Villery & Boch.



An oblong sandwich tray by Royal Doulton offers plenty of room for Santa's late-night snack.



Dishes by Waechtersbach cheer elves during the most mundane of chores.



Bake lots of holiday pies in ovenproof plates by Portmeirion, then give them and the dishes as well as gifts.

PHOTOGRAPHS, SCOTT LITTLE. LOCATION, THE FARM HOUSE, IOWA STATE UNIVERSITY, AMES, IOWA.

BUYING INFORMATION, PAGE 178

[illegible] Madison Ave., N.Y., N.Y. 10022 (212) 751-2255



CREATE A CHOCOLATE SENSATION. WITH BEST FOODS.



BEST FOODS CHOCOLATE SENSATION

You're only a cup away from a richer, moister chocolate cake with Best Foods® Real Mayonnaise.



1 package chocolate cake mix (with pudding in the mix)
1 cup Best Foods Real Mayonnaise
1 cup water
3 eggs

Grease and flour two 9-inch layer cake pans. In large bowl with mixer at low speed blend all ingredients 30 seconds. Beat at medium speed 2 minutes or 300 strokes by hand. Pour into prepared pans. Bake in 350°F oven 30 to 35 minutes or until cake springs back when touched lightly in center. Cool in pans 10 minutes. Remove; cool on wire racks. Fill and frost as desired.

To prepare cake without pudding in the mix, reduce mayonnaise to ½ cup and increase water to 1⅓ cups.

© 1986 Best Foods CPC International Inc

Thanksgiving Dinner Just for Two

FESTIVE, TASTY, EASY!

WHEN IT'S JUST THE TWO OF YOU for Thanksgiving—live it up! Trim the traditional holiday feast down to size with Cornish game hens instead of a turkey. The menu is festive, it's tasty, and, best of all, it's easy!

MENU

Cornish Hen with Madeira Sauce*
Twice-Baked Sweet Potatoes*
Buttered cooked broccoli
Apple and carrot salad
Spicy Baked Alaskas*

**Recipes appear in this story*

CORNISH HEN WITH MADEIRA SAUCE

- 1 cup corn bread stuffing mix
- 1 tablespoon sliced green onion
- 1 tablespoon butter *or* margarine, melted
- 1 tablespoon fully cooked bacon pieces
- ¼ cup orange juice
- 1 1¼- to 1½-pound Cornish game hen, halved lengthwise
- ¼ cup Madeira
- 1 teaspoon cornstarch
- ½ teaspoon instant chicken bouillon granules
- 2 tablespoons orange marmalade
- 1 teaspoon butter *or* margarine

Combine stuffing mix, onion, the 1 tablespoon melted butter or margarine, and bacon pieces. Add orange juice; toss to moisten. Lightly oil a 13x9x2-inch baking pan. At opposite ends of pan mound stuffing mixture in 2 portions. Arrange hen halves, cut side down, over stuffing. Bake, covered, in a 375 oven 30 minutes. Uncover and roast 3 to 40 minutes more or till done.

In a small saucepan combine the Ma deira, cornstarch, bouillon granules and 2 tablespoons *water*. Cook and sti till thickened and bubbly. Cook and sti 2 minutes more. Stir in marmalade and 1 teaspoon butter or margarine. Spoon some sauce over each hen half; pass re mainder. Serves 2.

Nutrition information per serving 474 cal., 35 g pro., 45 g carbo., 17 g fat 157 mg chol., 743 mg sodium. U.S RDA: 31% vit. A, 28% vit. C, 16% thia mine, 41% riboflavin, 50% niacin, 24% iron, 39% phosphorus.

continued

Whiz Kid is a child's bridge to a personal computer.

Programmable and expandable with additional program cards and cartridges available.

A "pre-computer" for ages 5 and up.

Helps teach math, spelling, music and more.

Animated LCD screen and computer-like keyboard.

Includes 50 software program cards.



Whiz-Kid™

Available wherever toys or learning electronics are sold in U.S. and Canada.

VTECH Educational Electronics

©1990 Video Technology Industries, I Northbrook, IL U.S.A./Video Technolo (Canada) Ltd. Richmond, B

PEPPERIDGE FARM

Presenting the glorious union of croissant pastry and pizza.

The Pepperidge Farm® pastry chefs are clever matchmakers indeed. Who else could marry croissant pastry with mozzarella cheese and rich tomato sauce to create Croissant Pastry Pizza?

This revolutionary new pizza combines two irresistible tastes. The crust is real croissant pastry, baked golden, light and flaky.

The top is pure pizza, piled high with the toppings you love best. Choose classic Cheese, zesty Pepperoni, tasty Sausage or lavish Deluxe, loaded with pepperoni, sausage, mushrooms and green peppers.

Croissant Pastry Pizza comes frozen fresh in rectangular slices. And thanks to special packaging, even the croissant crust heats to perfection in a microwave or regular oven.



So treat yourself to a slice. And toast the glorious union of croissant pastry and pizza.



Now learn to type without a typewriter.

More than a toy...teaches children and adults to master typewriters, word processors, and computers.

Computerized drills, tests, games and sound effects

Step-by-step instruction—from basic finger positions to complete keyboard proficiency

Easy-to-follow instructions for anyone 9 and older—nothing else is needed.

Type-right™

Available wherever toys or learning electronics are sold in U.S. and Canada.

VTECH Education Electronics

c. 1986, Video Technology Industries, Inc. Northbrook, IL U.S.A./Video Technology (Canada) Ltd. Richmond, B.C.

FOOD

continued from page 72

TWICE-BAKED SWEET POTATOES

- 2 medium sweet potatoes
- 1 tablespoon maple-flavored syrup
- 1 tablespoon butter *or* margarine
- Dash ground cinnamon
- Dash ground ginger
- 2 tablespoons chopped pecans

Scrub potatoes. Bake in a 375° oven 40 to 45 minutes or till tender. Cut a small lengthwise slice from top of *each* potato. Scoop out insides into a mixing bowl leaving ½-inch shells.

Add syrup, butter, cinnamon, and ginger to potatoes; mash. Stir in *1 tablespoon* pecans. Spoon mixture into shells. Place in shallow baking dish. Cover; chill.

Before serving, uncover. Top potatoes with remaining pecans and drizzle with additional *maple-flavored syrup.* Bake, uncovered, in a 375° oven about 25 minutes. Or, micro-cook on 100% power (high) 8 minutes. Serves 2.

Nutrition information per serving: 284 cal. 3 g pro., 44 g carbo., 12 g fat, 18 mg chol., 84 mg sodium. U.S. RDA: 233% vit. A, 46% vit. C, 14% thiamine.



SCOTT LITTLE

Treat the two of you to a special holiday dinner.

SPICY BAKED ALASKAS

- 2 large sugar cookies
- 2 scoops vanilla ice cream
- ¼ cup packed brown sugar
- ¼ teaspoon pumpkin pie spice
- 2 egg whites
- ⅛ teaspoon cream of tartar

Place cookies in baking pan; top each with ice cream. Freeze. Combine sugar and spice. Beat egg whites and cream of tartar till soft peaks form (tips curl). Gradually beat in sugar mixture till stiff peaks form (tips stand straight). Spread over ice cream and cookie; cover. Freeze up to 6 hours. To serve, bake in a 500° oven 3 minutes. Serve at once. Serves 2.

Nutrition information per serving: 227 cal., 7 g pro., 32 g carbo., 8 g fat, 30 mg chol., and 129 mg sodium. U.S. RDA: 14% riboflavin, 11% calcium.

© O - C F Corp. 198



Rarely do luxury and practicality meet. Behold The Oval Bath from Owens-Corning.

It's sumptuously sized. It has a handsome, textured finish.

It even has an optional whirlpool.

Yet unlike other bathtubs, The Oval Bath's beauty isn't only skin deep. The special surface resists chipping and, since the colors are molded clear through, minor scratches won't show.

So bring a bit of ageless elegance and instant luxury to your bath.

With The Oval Bath from Owens-Corning.

OWENS CORNING FIBERGLAS

WE PUT YOUR HOUSE IN THE PINK.



Here at Hidden Valley Ranch, we use our buttermilk salad dressing on all kinds of good food.

Now, most folks think you just put salad dressing on salads, but we love our Hidden Valley Ranch buttermilk salad dressing with all kinds of good food.

Send for our new 16-page color cookbook, filled with lots of delicious ideas. See details below- and enjoy our buttermilk dressing with your good food.

©1986 The HVR Co.



To receive our new cookbook, just send 50¢, with your name and address to: Hidden Valley Ranch Buttermilk Originals P.O. Box 8656 Clinton, Iowa 52736

New House Options

Getting What You Want

Shopping for a new house is a time to dream. Whether you're building or buying, the choices you'll be making involve more than bricks and mortar—they'll affect your lifestyle for years to come. But you have to know the language. This mini-glossary will help acquaint you with the wide range of options in housing.

CUSTOM HOUSING

A custom house is a one-of-a-kind home created by an architect or residential designer to suit your particular needs and tastes. If you're after the "perfect" house—one that mates beautifully with your building site, contains exactly the right amount of space, offers the best possible room arrangement, and expresses your favorite architectural style—the custom approach is your best bet. However, expect to pay extra for perfection; custom construction costs more per square foot than manufactured or development houses.

FACTORY-BUILT HOUSING

Factory-built housing describes several types of houses usually available for sale to the public through builder/dealers. The houses are partially completed in a factory before they're shipped to the building site. The local builder/dealer functions as the manufacturer's franchisee, and buyers place their orders through him. Some may even offer financing. By law, all manufactured housing must meet local building codes and comply with regulations established by the National Association of Manufactured Housing. (Before you decide this type of housing is for you, check local laws.) Major types of manufactured housing include:

- **Precut houses**

Precut houses are built piece by piece at the site using studs, rafters, joists, and other components cut to size at the factory. The pieces are numbered to make construction fast. Precuts can be started even in bad weather because the initial steps take place inside the factory. If you're handy with tools, you can cut costs by buying a completed shell and doing quite a bit of the interior finish work yourself. Hire in help when you encounter jobs you're uncomfortable tackling yourself.

- **Panelized houses**

More sophisticated than the precut variety, panelized houses arrive at the site in sections. Floors, walls, and ceilings are ready to assemble, so on-site costs can be kept low. Precision engineering assures a good fit.

- **Modular houses**

Modular houses offer the most complete housing package because most of the work takes place in the factory. The builder then assembles the modules (sections containing one or more rooms) in a matter of days. Unlike precuts and panelized houses, modular houses arrive with heating, plumbing, and wiring runs already installed.

PLAN HOUSING

Plan houses are built from a set of plans offered for sale through shelter magazines, special catalogs, or newspapers. The price of these plans may range from $25 to $160, quite reasonable when you consider the professional design and engineering skill they reflect. After you've picked a plan, estimate the home's price by multiplying its square footage by the cost per square foot in your area. Before you build, it's smart to bring in a pro—architect, builder, or designer—to review the plans, modify them (if necessary) for your site, climate, and local building codes, and help you select materials.

The trouble with most replacement doors is they're not enough of an improvement.



Pella Improvement Doors™ are lively exceptions to the notion that any modern replacement door is good enough. Pella's weatherproof warmth and smooth operation are wrapped in wood beauty — from Traditional French Doors to Sliding Glass Doors with screens that glide closed by themselves. You may choose Type E (Energy) Slimshades® between panes, exterior cladding that needs no painting, windowpane dividers, and more.

For lots of Improvement Window and Door ideas, visit your Pella Window Store listed in the Yellow Pages under "Windows", or mail the coupon.

Pella makes your home a better place to live.

The Pella Window Store®
Windows, Doors, Sunrooms & Skylights

Please send me a free booklet on Pella window and door ideas.
I plan to ☐ build, ☐ remodel, ☐ replace.
Name
Address
City
State Zip
Telephone

This coupon answered in 24 hours.
Mail to: Pella Windows and Doors, Dept. CO1K6 100 Main Street, Pella, Iowa 50219. Also available throughout Canada. ©1986 Rolscreen Co.

1 Potato...



PARMESAN CHIVE TOPPER
½ cup MIRACLE WHIP Salad Dressing
½ cup sour cream
¼ cup (1 oz.) KRAFT Grated Parmesan Cheese
Hot baked potatoes
Chopped chives

Combine salad dressing, sour cream and cheese; mix well. Chill. Serve over potatoes. Sprinkle with chives and additional cheese. 1¼ cups.

Variation: Substitute MIRACLE WHIP Light Reduced Calorie Salad Dressing for MIRACLE WHIP Salad Dressing



TOP IT WITH TANG

2 tablespoons vinegar
1 teaspoon chili powder
1 green pepper, cut into strips

Bias-slice meat into thin bite-size strips. Toss together lettuce, romaine, mushrooms, and onion. Stir together *1 tablespoon* oil, vinegar, chili powder, ¼ teaspoon *salt,* and ¼ teaspoon *pepper.* In a wok heat remaining oil. Stir-fry green pepper for 1½ to 2 minutes or till crisp-tender; remove. Stir-fry beef, *half* at a time, 2 to 3 minutes. Return all to wok. Stir in vinegar mixture. Remove wok from heat. Add lettuce mixture; toss 1 minute or till lettuce slightly wilts. Serves 4.

CHICKEN-CABBAGE STIR-FRY

1 chicken breast, skinned, boned, and cut into strips
⅓ cup bottled teriyaki sauce
¼ cup dry sherry
2 tablespoons vinegar
2 tablespoons cooking oil
1 to 2 teaspoons grated gingerroot
3 cups coarsely shredded red *or* green cabbage
1½ cups broccoli flowerets
1 apple, peeled, cored, and chopped (⅔ cup)

Marinate chicken in teriyaki sauce 30 minutes at room temperature. In a wok combine sherry, vinegar, *1 tablespoon* oil, and gingerroot. Add cabbage; bring to boiling. Reduce heat; cook, covered, 4 minutes. Add broccoli and apple; cook, covered, 3 minutes more. With a slotted spoon, remove cabbage mixture to 2 warm plates. Discard liquid in wok. Drain chicken. Heat remaining oil in wok. Stir-fry chicken 3 to 4 minutes; place over cabbage mixture. Serves 2.

FOOD

WOK UP A WINTER SALAD



SCOTT LITTLE

In minutes, you can enjoy a main-dish, stir-fried salad.

Create a stir the next time you make a salad: instead of chilling the plates, heat up your wok!

CHILI-BEEF SALAD

1 pound boneless beef top round steak, cut 1 inch thick
8 cups torn leaf lettuce and romaine
1 cup sliced fresh mushrooms
1 small red onion, sliced
2 tablespoons cooking oil

2 Potato...



ZIPPY MASHED POTATOES

4 cups cubed peeled potatoes
½ cup MIRACLE WHIP Salad Dressing
2 tblsp. milk
½ tsp. salt
⅛ tsp. pepper

Cook potatoes in boiling water until fork-tender; drain. Mash potatoes in large bowl; add remaining ingredients. Beat until smooth and fluffy. 4 servings.

Variation: Add ¼ cup chopped parsley with seasonings.



PUT IN PIZZAZ

3 Potato...



CHEESY SCALLOPED POTATOES

cup MIRACLE WHIP Salad Dressing
tblsp. flour
tsp. salt
tsp. pepper
cup milk
1 cup (4 ozs.) shredded 100% Natural KRAFT Mild Cheddar Cheese
4 cups thinly sliced potatoes
2 tblsp. KRAFT Grated Parmesan Cheese

ombine salad dressing, flour, salt and pepper. Gradually add ilk; cook, stirring constantly, over low heat until thickened. dd cheddar cheese; stir until melted. Place otatoes in 10 x 6-inch baking dish; pour auce over potatoes. Sprinkle with parmesan heese. Bake at 350°, 55 to 60 minutes or ntil potatoes are tender. 6 servings.



ZAP IT WITH ZIP

you won't be working outside the home, set a goal of getting out of the house at least once daily for more than just routine shopping. Also, establish the habit of daily exercise.

Face feelings. Be prepared for the fact that your kids, especially if they are adolescents, may resent you for making the change necessary. Keeping the channels of communications open is important. So is setting aside time for the family to be together during that transitional period when kids may have fewer friends to talk with. If you have small children, make sure you give them time alone just with you right after a move.

Fill the void. The scariest part of moving, especially for kids who've always lived in the same place, is knowing nothing about the new state, community, school, or people. If you've already chosen a house, tell your children all about it. Show them pictures of the house and neighborhood, or point out its location on a map. If you haven't picked a place yet, talk with your kids about what they'd like in a home. At moving time, encourage your children to help pack their prized toys. This will help them feel that it's their move, too.

The new kid in school. Most educators agree that the beginning of the school year is the best time to bring your children to a new school. If you do move in midyear, however, there's a compensating factor. Your children may get special attention as the only new youngsters in the class. In any case, be sure to talk with the teacher about social adjustment as well as curriculum.

MOVING

SMOOTHING THE MOVE

Before packing a single box, sit down and think. What can you do before the move to help your family get off to a smooth start in the new community? Plan ahead for the best move.

First, help yourself. If you or your spouse are being transferred by your company, make sure you ask about relocation assistance. Relocation services can often play a key role in coordinating the entire moving process. The service can outline your financing options, provide information about school districts, assist a spouse in job hunting, and offer interim rental assistance.

If your move isn't company mandated, you can still receive relocation assistance through a nationwide real estate company. In choosing your local broker, consider whether he or she is a member of a network with offices at your destination. Inquire about the relocation services available.

Get involved. Plan to start right out being active in your new community. It may seem difficult at first, but becoming involved is a surefire way to head off the relocation blues. If

More!



MAIL-IN OFFER FORM | NOT PAYABLE AT RETAIL STORE
This mail-in offer form must accompany request

FREE POTATOES

(maximum value $1.00)

Buy: • Two 32-oz. or larger size jars of MIRACLE WHIP Salad Dressing or MIRACLE WHIP Light Reduced Calorie Salad Dressing and
• Any brand of fresh potatoes

Send: • Two proof-of-purchase seals (as shown) from back labels of 32-oz. or larger jars of MIRACLE WHIP Salad Dressing or MIRACLE WHIP Light Reduced Calorie Salad Dressing (To remove labels, soak empty jars in warm water for 15 minutes).
• Plus, a dated cash register receipt with purchase price of potatoes circled, and
• This completed mail-in offer form

Receive: • Cash refund for your potatoes purchase (maximum refund $1.00)

Mail to: **Free Potatoes Refund**
P.O. Box 4523 • Monticello, MN 55365

Please send my refund to: Name _____
(please print)
Address _____ Apt. _____
City _____ State _____ Zip _____

OFFER EXPIRES 3/31/87. REQUESTS FOR OFFER FORMS TO KRAFT WILL NOT BE ACKNOWLEDGED. LIMIT ONE OFFER PER FAMILY OR ADDRESS. This offer good only in U.S.A., its territories and military addresses in which this Offer Form is displayed or advertised. Void where taxed, restricted or prohibited. DUPLICATE REQUESTS WILL CONSTITUTE FRAUD. THEFT, DIVERSION, REPRODUCTION, SALE OR PURCHASE OF THIS FORM IS PROHIBITED. LIMIT ONE REQUEST PER ENVELOPE. Proofs-of-purchase which Kraft is aware have been submitted by clubs or organizations will not be honored.
Proofs of purchase and mail-in form must be forwarded in an envelope with sufficient 1st class postage. Mail with insufficient postage will be returned.

Allow 6-8 weeks for delivery

©1986 Kraft, Inc. KRAFT

All those in favor of a litter that freshens whenever you step, raise your hand.



With *Fresh Step*® cat litter, cats can actually control odors all by themselves. Because only *Fresh Step*® has a unique freshening system with tiny odor controllers that are released whenever your cat steps or scratches in the litter box. Cats like that. You will too.



Freshens with every step.®

© 1986 The Clorox Company

REMODELING

UNDER-THE-EAVES SUITE

Beneath every steep roof lies a remodeling opportunity. Play the angles, as these homeowners did, and you can turn sloping walls and high ceilings into architectural assets.

With its pale wood paneling, the attic bedroom (*right*) recalls the clean, crisp lines of an A-frame cottage. The wood grain brings natural texture to the slanted walls, and the horizontal lines trick the eye into overlooking subtle changes in slope.

Built-in extras

Painted bright white, the knee walls, and wide wood trim frame a nook for the platform bed. Built-in shelves march up the wall above, forming a "headboard" of storage. A curved vanity separates the sleeping area from the stairway leading to the room.

Design: David Haupert
Field editor: Maxine Schweiker



Painted wood paneling and white trim sharpen the drama of angled walls.


It's time children
took education into
their own hands.

The learning instrumen
On the one hand, they educate

Education starts at home. Especially when helped along by TI learning instruments. They gently correct mistakes while praising correct answers. Helping kids learn at their own pace. Making basic learning skills easier to grasp. And school easier to hand





Speak & Spell™ Ages 6-14
Texas Instruments Speak & Spell is a proven classic for turning the chore of spelling into a challenge. It comes with a variety of exciting activities and additional software cartridges that can help your child learn hundreds and hundreds of words.



Speak & Math™ Ages 6-12
Texas Instruments Speak & Math can help your child master basic arithmetic concepts and skills. It comes with an array of fun-filled projects that provide over 100,000 challenging problems through four different skill levels.

om Texas Instruments. On the other hand, they're fun.

ring out some TI learning instruments and watch the smiles light up. Listen to the ughter. Then notice the thrill of discovery, the increase in determination and self- liance. There's some serious education going on here. But it sure looks like fun.





Speak & Read™ Ages 4-8
Texas Instruments Speak & Read opens a whole new world to your child—the world of reading. Its activities can improve reading comprehension and the understanding of word structure. Lots of exciting stories and corresponding lessons are also available in additional software cartridges.



Touch & Tell™ Ages 2-5
Texas Instruments Touch & Tell can help develop critical learning skills in children not yet capable of reading. It teaches colors, shapes, animals and other familiar objects. Additional cartridges available for more advanced subjects.

See next page.

Now they can also try their hands at music. Introducing the new Little Maestro and Speak & Music.





Little Maestro™ Ages 3-6
Mozart played piano at 3. Now, thanks to the new Little Maestro, your child can play music, too. Little Maestro offers a variety of fun activities that aid in the understanding of notes and pitch, and how they make simple melodies.



Speak & Music™ Ages 7-11
The new Speak & Music can help form a foundation for vocal training or learning a musical instrument. It provides a number of fun activities which simplify advanced musical concepts such as pitch and rhythm.

© 1986 TI.

The Texas Instruments learning instruments are more than just fun and games. They teach vital educational skills that can better prepare children not only for school, but for the rest of their lives. To start your child's collection visit your local toy store or wherever finer toys are sold.

TEXAS INSTRUMENTS

LUNCH-BOX MAKE AHEAD



ackage the cheese-and-chicken filling r Chicken-Apricot Bundles in ctangles of crescent-roll dough.

Delight your lunch-totin' amily by packing a break-he-routine meal. Because his lunch is made ahead, ou eliminate the early norning scramble. Just pull ne of these Chicken-Apricot Bundles from the freezer or efrigerator.



CHICKEN-APRICOT BUNDLES

o ensure freshness and safekeeping, ack your filled bundles in an insulated unch box with a frozen ice pack. Use a lue plastic freezer pack designed for oolers; it won't form condensation as it haws. Remember to get your ice pack in he freezer the night before so it's frozen olid when you need it—

1 package (8) refrigerated crescent rolls

• • •

2 5-ounce cans chunk-style chicken *or* turkey, drained and chopped
½ cup shredded cheddar cheese (2 ounces)
¼ cup snipped dried apricots
¼ cup chopped pecans
¼ teaspoon celery seed
1 3-ounce package cream cheese, softened

Unroll the refrigerated crescent-roll lough; separate the dough into 4 rect-angles. Pinch the perforations to seal.

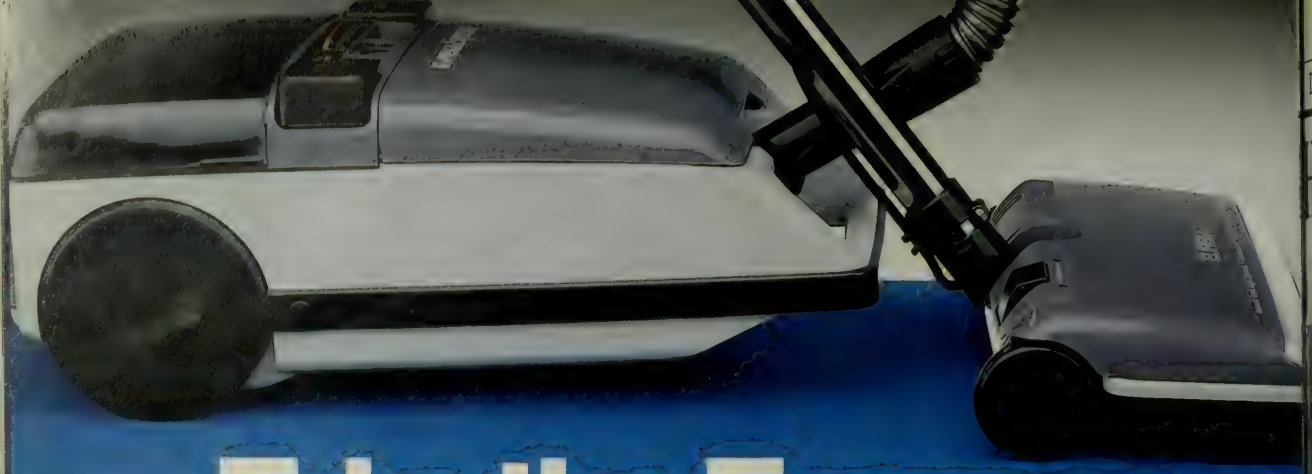
For chicken-apricot filling, in a medi-um mixing bowl stir together the chick-en or turkey, shredded cheddar cheese, snipped dried apricots, chopped pecans, and celery seed. Stir in the softened cream cheese.

Spoon a *fourth* of the chicken-apricot filling in the center of *each* crescent-roll dough rectangle. Bring the corners of the rectangles over the filling; pinch all of the open edges to seal. (Moisten the corners, if necessary.)

Place each stuffed, sealed rectangle on a baking sheet. Bake in a 375° oven for 12 to 15 minutes or till golden. Cool for up to 1 hour on a wire rack. Pack each bundle in a small, clear plastic bag or freezer bag. Close bag tightly. Store for up to 1 week in the refrigerator or for up to 1 month in the freezer. Makes 4 sandwiches.

For *each* serving, thaw the chicken bundle overnight in the refrigerator, if frozen. In the morning pack *1* chilled bundle in an insulated lunch box with a frozen ice pack.

Nutrition information per serving: 520 cal., 25 g pro., 29 g carbo., 34 g fat, 80 mg chol., 970 mg sodium. U.S. RDA: 23% vit. A, 16% thiamine, 19% riboflavin, 32% niacin, 15% calcium, 19% iron, 42% phosphorus.



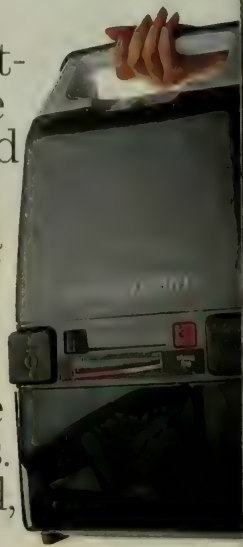
Take the Express to the future.

The days of struggle with old, clunky, underpowered vacuum cleaners are over. The new Eureka Express Power Team is here.

Packing a 4.3 peak horsepower motor, the Eureka Express will clean every surface of your home with the strength of industrial suction power. That's at least twice the power of many older cleaners. Yet the Eureka Express is light enough to carry in one hand.



A complete set of attachments for above the floor cleaning is contained within the cleaner.



For carpets, there's a special attachment with its own motor-driven beater/brush, to beat carpet fibers like an upright. Press a button, the beater/brush stops turning, and you can use the same attachment to vacuum bare floors.



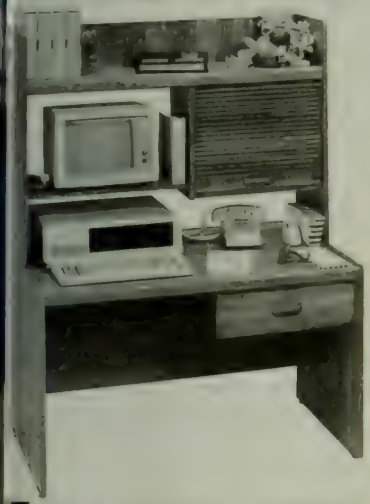
We know of no more powerful, versatile cleaner anywhere.

For a demonstration, see your Eureka dealer. He sells vacuum cleaners for today. Not yesterday. **EUREKA** *EXPRESS*

© 1986, The Eureka Company, Bloomington, IL 61701. In Canada – Eureka Division – Euroclean Canada Inc., Cambridge Ontario

HOME TECH

TRACKING DOWN COMPUTER FURNITURE



USE A VERTICALLY ORGANIZED DESK to make the most of tight home work space. The keyboard, screen, and other gear stack up neatly.

With keyboards clicking away in one out of 10 American homes today, choosing a computer is becoming a lesser task than finding the furniture on which to put it. Although the choices in computer furniture are growing, the retailers who carry enough different styles for effective comparison shopping are still scarce.

Places to check for such furniture include computer, home, and office specialists and some department stores. Large chains and discounters also run promotions on computer furniture for the home.



DOLLARS AND SENSE

Computer furniture prices range from as little as $100 to more than $2,000 and, as with most goods, you get what you pay for.

With higher prices, you generally get better quality and more features. Available through architects, designers, and sometimes through commercial office stores, component office furniture, built to meet commercial standards, is among the most versatile—and costly.

When making your selection, be sure to shop around and shop smart. Even if cost is paramount to you, don't be swayed by price alone. The least expensive choice, ready-to-assemble furniture, can look terrific; just be sure that the desk you choose is strong enough to support the weight of your computer and other equipment for a long time.

And, although they usually cost more, such options as adjustable shelves and built-in electrical outlets and telephone jacks pay off over the long haul in comfort and usability.

SMART SHOPPER'S CHECKLIST

When you shop for computer furniture, bring a tape measure and a list of your equipment's dimensions. Check these vital features:

- **The keyboard shelf sits 26 to 27 inches off the floor.**
- **The screen rests at eye level.**
- **The desk has holes for wiring (if not backless) or built-in electrical outlets.**
- **Built-in locking sections that safeguard equipment and computer data are optional.**



The Sears Financial Network Companies know:

The more your life changes, the more you need someone you can trust.

You have a child... you get promoted... you move into a home... you retire.

Each time your life changes, your financial needs change. That's why Sears has gathered the financial help you need under one roof in the Sears Financial Network Centers.

Dean Witter is one of the nation's leading investment firms. Coldwell Banker Real Estate is the largest full service real estate company in the country. And Allstate Insurance has been partners with Sears for over 50 years.

And now you can get the help you need at your convenience. Sears Financial Network Centers are located in most larger Sears stores and are open every hour Sears is open, including evenings and weekends. Member company services are also available at individual company locations right in your neighborhood.† Why not stop in and get acquainted?

The Sears Financial Network. Trust us to make it work for you.

SEARS FINANCIAL NETWORK
ALLSTATE
DEAN WITTER REYNOLDS
COLDWELL BANKER
SEARS SAVINGS BANK*
*LOCATED IN CALIFORNIA

© Sears, Roebuck and Co., 1986
Allstate Insurance Company, Home Office: Northbrook, Illinois
†Not all member company services available in every city.

CELEBRATING THE WEST

DESIGN IN REVIEW



Author Mary Emmerling brought the country look into fashion with two books: *American Country* and *Collecting American Country*. Now, she lassos the western way of life with *American Country West* (Clarkson Potter, Inc., $35), a book that celebrates western style.

● ● ●

As Emmerling points out, you don't have to live in Wyoming, Colorado, or Utah to achieve this popular look. Of course, it helps if you have adobe walls and exposed ceiling beams, but if you don't, not to worry; more important are such touches as Navaho rugs, painted pottery, and rough-hewn furniture.

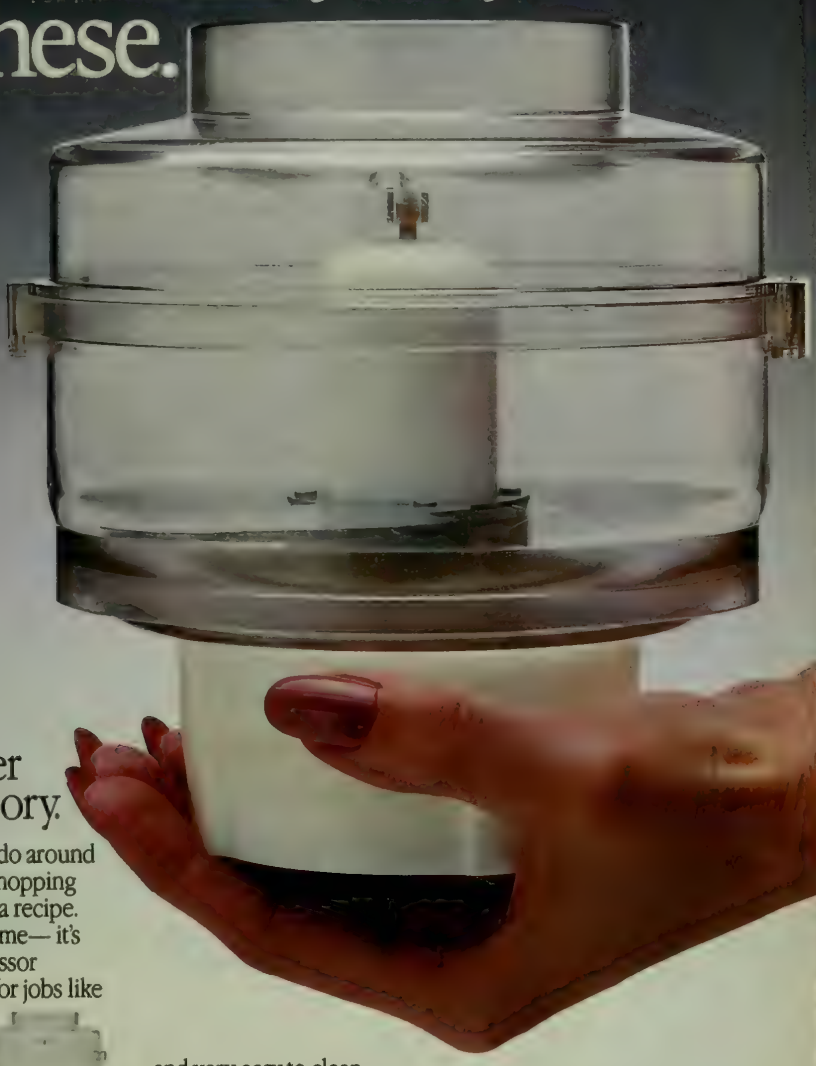
Fortunately, there is no strict formula for creating a western atmosphere. Emmerling shows a variety of wonderful houses—log cabins, adobe mansions, farmhouses—each capturing that sought-after, rugged air. Use the examples in this book to create your own special western style.



COURTESY OF CLARKSON N. POTTER, INC.

The log cabin sheds its primitive image.

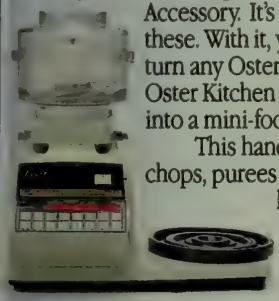
You should really buy one of these.



Introducing the Oster Food Processor Accessory.

Think of all the time consuming jobs you do around the kitchen. Mincing a few onions for a salad. Chopping some cheese for a taco. Grating lemon peel for a recipe.

Doing these jobs by hand not only takes time— it's messy. So we've designed the Oster Food Processor Accessory. It's specifically created for jobs like these. With it, you can instantly turn any Osterizer blender or Oster Kitchen Center Appliance into a mini-food processor.



This handy helper grates, chops, purees and minces with little fuss or muss. That's because it's quick to load, simple to use and very easy to clean.



And you'll be surprised to see that its price is a small wonder, too.

So if you have an Osterizer blender or Oster Kitchen Center Brand Food Preparation Appliance— think small. Buy the new Oster Food Processor Accessory.

For the Oster dealer nearest you, call toll free (800) 356-7837. In Wisconsin call (414) 332-8300.

Oster
Division of Sunbeam Corporation
An Allegheny International Company



© Oster 1986 ● Oster, Kitchen Center, Osterizer


Add new fixtures


Hide wiring


Extend power


Additional outlets


It blends beautifully

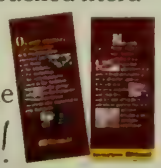


Modular components

If you're a do-it-yourselfer here's more power to you.

Now you can extend electric power to wherever you need it for new fixtures, switches, controls or grounded outlets *without* breaking into walls or ceilings. The Wiremold On-Wall™ wiring system mounts directly *on* your walls or ceilings easily, quickly and attractively—and blends into any decor.

Write for idea-packed literature or look for On-Wall wiring systems at your hardware or home center store.


Free!

Wiremold

The Wiremold Company
Consumer Products Division
60 Woodlawn St., Dept. BHG
West Hartford, CT 06110

FEVER

NEW FACTS YOU SHOULD KNOW

YOUR CHILD IS LISTLESS and glassy-eyed, or perhaps your ill spouse is shivering and aching. A hand on the forehead confirms your suspicion of a full-fledged fever. Popping a thermometer into the patient's mouth, you reach for some fever-reducing medication.

Bringing down the fever isn't always the best remedy. A growing number of doctors now say that lowering a fever may prolong the illness, increase contagion, and hamper treatment.

"There is evidence that fever may be of some benefit," states Dr. Philip Brunell, who chairs the Committee on Infectious Diseases of the American Academy of Pediatrics (AAP). "It is one weapon the body uses to protect itself. Moderate fever is not an enemy. It can usually be allowed to run its course."

CAUTIONS FOR YOUNGSTERS

Pediatricians in particular are beginning to use new—and more cautious—methods when treating fever in children. One reason is the rare but dangerous condition that is called Reye's syndrome.

Reye's syndrome strikes children just as they seem to be recovering from flu or chicken pox, often with fatal results. The cause is unknown, but one widely noted study has shown that children treated with aspirin during the initial illness were more likely to develop the disease. ***The AAP cautions against giving aspirin to children with flu or chicken pox.***

HERE'S WHAT TO DO

A fever isn't something to ignore, especially in people with heart and respiratory problems (a rise in temperature elevates heart and breathing rates). If someone in your household develops a fever, follow these guidelines suggested by doctors:

- **Rely less on the thermometer.** Someone who looks and acts ill probably *is* ill, no matter what the thermometer reading says.


SCOTT LITTLE

The patient's comfort may be more important than rapid fever reduction.

A high temperature does not always indicate a serious illness. Preschoolers, for example, can run fevers of 104–105 degrees F., which may seem alarmingly high. Actually, Dr. Brunell says, many doctors believe that a fever-related convulsion results from a rapid rise in temperature. A gradual rise poses less of a threat. Brain damage seldom occurs below 107 degrees, a rare reading.

Concentrate on making the person comfortable, rather than on lowering the temperature immediately. Lightweight clothing, plenty of fluids, and a cool room help—but don't let the person shiver. Sponging with tepid (not ice-cold) water can help for comfort.

- **Use medication sparingly.** A variety of drugs may be used to treat fever, but repeatedly suppressing a fever produces a yo-yo effect that is both debilitating to the patient and confusing to the doctor. Further, antibiotic treatment will produce a drop in temperature when the infection has been checked. (Antibiotics are effective only for bacterial infections, however, not for viral illnesses which are far more common.) Reducing a fever artificially may hinder a doctor's ability to judge whether a treatment has worked.
- **Resist the temptation to "do something" right away.** Most fevers "break" within three to five days.

—With Edwin Kiester, Jr.

[illegible] Madison Ave., N.Y., N.Y. 10022 (212) 751-2253





Introducing the most comforting Kleenex® TISSUE ever.

Because you care for your family the way you do, we made Kleenex tissue softer and thicker. So much thicker even the box is taller.

Kleenex® BRAND says Bless You.

986 Kimberly-Clark Corp.

EXERCISE EQUIPMENT FOR HOME WORKOUTS

HOW TO PICK AND CHOOSE WHAT'S RIGHT FOR YOU

By Carolyn A. McNurlen

It's 5:30 p.m. You're battling the sweaty masses for locker space at the Y. When you get upstairs, people are standing in line to use the weights. "Why can't I do this at home?" you grumble.

Fitness Starts at Home

Home exercise is growing by leaps and bounds. Last year Americans spent over $1 billion on equipment to use at home. Sturdy new products let you bike, row, lift weights, and "ski" without leaving your living room. Here are some things to think about before you join the at-home crowd.

Before You Buy

Try out equipment before you purchase it—even if that means taking out a short-term health club membership.

Three questions can help you decide whether to invest in home exercise gear, suggests Susan Kalish, Director of Communications for the American Running and Fitness Association:

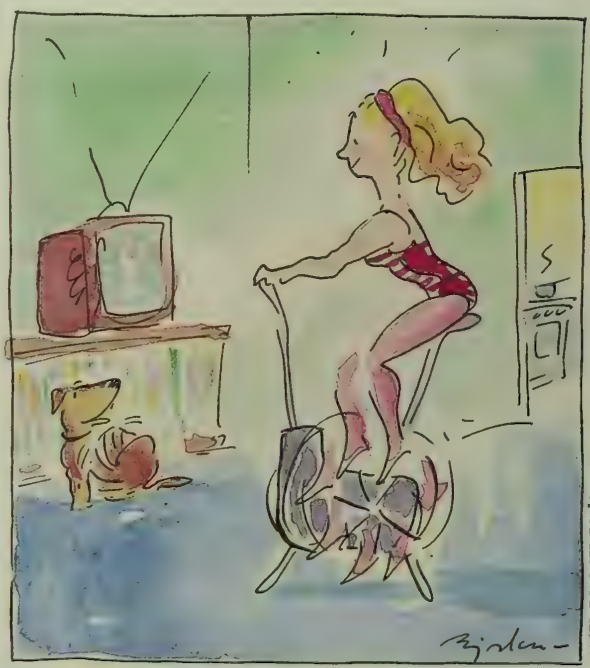
- What are my specific fitness goals?
- What are my time constraints?
- How much money can I spend?

Also ask yourself, "Am I disciplined enough to exercise about 20–30 minutes every other day?"

You don't need fancy machines, but the following home exercise machines can enhance your workouts.

STATIONARY BICYCLE

The best-selling piece of home exercise equipment in 1985, a good stationary bike costs about $250 to $300.



ILLUSTRATIONS: STEVE BJÖRKMAN

Working out at home is a great way to get fit. Here are some tips to help you buy the exercise equipment that's right for you.

"A stationary bicycle is one of the best pieces of equipment you can use at home," says Dr. Keith Penrose, chairman of the Department of Fitness Management for the U.S. Sports Academy. "It provides an excellent cardiovascular training effect, and you avoid injuries associated with weight-bearing type exercise," Penrose explains.

In addition, cycling will improve your muscular strength and endurance, and will tone up your lower body. Some of the more expensive stationary bikes have a lever that you push and pull to exercise your arms while you pedal. These models provide additional strength and endurance training.

STATIONARY BICYCLE BUYING TIPS

- Generally, the heavier the machine, the better the quality. The bike should not rock while you pedal.
- Look for a heavy, solid flywheel (the wheel that turns).
- The resistance device should be controllable and numbered. The best type has a knob that tightens a strap around the circumference of the flywheel.
- The seat and handlebars should be comfortable and adjustable.
- The pedals should spin easily. Straps to hold your feet in place are desirable.
- A speedometer is a must; odometers (which measure your mileage) and timers are nice extras.



ROWING MACHINE

For a strenuous, total body exercise, try rowing. Working out on a rowing machine not only contributes to aerobic

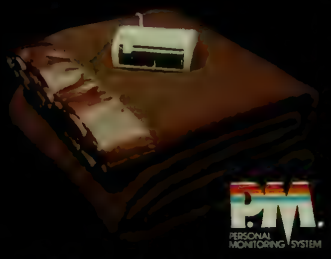
continued



He's warm by nature.
She isn't.
During the night, her feet get cold. His chest gets hot. And a night chill fills the room. Yet they never notice.

They sleep through the night undisturbed. Because their Slumber Rest blanket senses and responds to all these changes. Sending more warmth to her feet, less to his chest, simultaneously. And warming up all over when the room is too cold.

Yet all they know is comfort. To them, body heat is a sensation. To Slumber Rest, it is a science.



The P.M. Personal Monitoring System is the brain behind the blanket, which adjusts to both body and room temperatures. Each tiny section independently senses where warmth is needed. And where it isn't.

Soft, warm and completely washable, the Slumber Rest P.M. System blanket gives you personalized sleeping comfort. And uncompromising luxury. Available at fine department stores. For more information, write Slumber Rest P.M. Personal Monitoring System, P.O. Box 59266, Chicago, IL 60659.

SLUMBER REST™
BLANKETS

BI-NELL BLANKET
*Du Pont Certification Mark.

™Slumber Rest, P.M. Personal Monitoring.
© 1985 Northern Electric Company.
An Allegheny International Company.

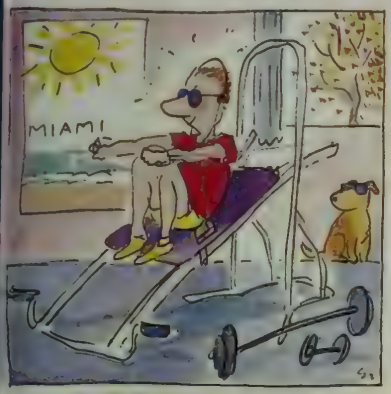

Ocean spray
NEW OCEAN SPRAY® SAVES MONEY
BECAUSE A LITTLE MAKES A LOT.
Ocean spray
LIQUID CONCENTRATED
Cranapple®
Cranberry Apple Drink
MAKES 42 FL. OZ.
OCEAN SPRAY®
LIQUID CONCENTRATE
SAVES YOU UP TO 35%
BECAUSE YOU
MAKE IT YOURSELF.
• 6 Fresh Fruit Tastes
• No Artificial Preservatives
• Makes 42 Ounces
LIQUID CONCENTRATED Apple Juice
LIQUID CONCENTRATED Cranapple
LIQUID CONCENTRATED Pink Grapefruit Juice Cocktail
LIQUID CONCENTRATED Cranberry Juice Cocktail
LIQUID CONCENTRATED Cran-Raspberry
LIQUID CONCENTRATED Cran-Grape
Good for you, America!

ontinued

conditioning, but to muscular strength and endurance, as well. For $250 to $300 you can buy a good machine.

ROWING MACHINE BUYING TIPS

- Look for a heavy-duty, steel frame.
- The seat should be comfortable and should slide easily.
- The resistance mechanism should be adjustable and should produce smooth motions.
- While working out, you should be able to straighten out your legs.
- Pivoting footrests are better than fixed ones.



WEIGHT MACHINE

Improved strength, endurance, and muscle tone are major benefits of weight training. You can work out with hand weights for less than $20 or with barbells (free weights) for less than $50.

Weight machines are safer than free weights because you can't drop weights on yourself. But weight machines are costly: $800 to $1,000 or more for a good basic unit; some run as high as $4,500.

Unlike free weights, the machines have the exercises built into their design. You don't have to figure out how to work your biceps, for example; one "station" on the machine will do that.

WEIGHT MACHINE BUYING TIPS

- The frame should be sturdy, and all contact points should be padded.
- Cables—if any—should be made of heavy steel. Look for aluminum pulleys rather than lightweight plastic ones.
- Make sure that the available weight increments are right for you (beginners will want smaller increments).
- Ask a knowledgeable friend to help you assess the value of each machine's particular exercises.



CROSS-COUNTRY SKI MACHINE

A cross-country ski machine enables you to work your legs and your upper body at the same time by allowing you to imitate the motions of cross-country skiing. It also provides excellent cardiovascular (heart and lung) conditioning. A good machine will cost about $500.

SKIING MACHINE BUYING TIPS

- Look for sturdy construction and smooth action.
- To get the best workout, a machine should simulate the actual motions of cross-country skiing.

Making exercise safe

You can minimize your chances of injury by listening to your body, says Bill Zuti, Ph.D., wellness director for the Cleveland Clinic Foundation. "A little stiffness and soreness is OK, but if you can't get out of bed in the morning, that's a different story."

If you're over 35, have a health problem, or haven't exercised before, have a checkup before starting any exercise program. Be sure to tell your doctor about your proposed exercise program.

To reduce your risk of overtaxing muscles and joints, stretch for at least five minutes both before and after vigorous exercise.

Done with care and common sense, home exercise usually is considered safe. "The body has wonderful mechanisms for shutting itself down when you try to exceed your limits," explains Ron Edwards, general manager of the National Athletic Health Institute.



MORE PEOPLE DANCE MORE THANKS TO DR. SCHOLL'S® CORN REMEDIES.

Corns? Dr. Scholl's can help you get rid of the pain and the problem.

Corn Removers work safely and fast. While the medication works to remove the corn, super-soft felt and moleskin pads give you instant comfort.

Corn Cushions. Non-medicated soft foam protects from shoe friction and pressure that can cause corns. You'll find just the shapes and sizes you need. So go to the Dr. Scholl's display today. Then go dancing!



Dr.Scholl's®

© 1986 Scholl, Inc

Softsoap for soft hands.

Liquid Soap Bath

The impression is soft. And silky smooth. This could only be Softsoap.
With a unique moisturizer that enhances your skin's own natural moisturizers.
Bathe your hands in softness with Softsoap.



GIVING BIRTH

NEW OPTIONS FOR EXPECTANT PARENTS

By Carolyn A. McNurlen

Expectant parents are speaking up about their needs—emotional as well as physical—surrounding the birthing process, and the medical establishment is beginning to listen.



STEVE NIEDORF

Plan early for a happy birth day.

LONG BEFORE LABOR PAINS START, make certain that you and your physician or midwife share the same philosophy concerning childbirth. Learn all you can about what to expect during pregnancy and delivery—prenatal classes are one good source of information—and find out what options are available to you.

For first-time parents, especially, the number of choices involved in delivering a baby can be bewildering. And unlike even a few years ago, about-to-be dads are full partners in the choosing.

Here are some of the options available to expectant couples:

HOSPITAL DELIVERY BY A PHYSICIAN

Most babies (98–99 percent) are delivered in hospitals. A majority of these

continued

CORRECTOL® TABLETS. THE GENTLE LAXATIVE MORE WOMEN PREFER.



Women lead such busy, active lives today, managing a career and caring for a family, there's no time for irregularity. Yet women are constipated three times more often than men.

That's why there's Correctol. The Correctol special formula combines a mild laxative with a softening agent. It works gently overnight. So the next day you feel like yourself again.

Correctol. The gentle laxative so many women prefer.

Also contains calcium.



Read and follow label directions.

©1986 Plough Inc.

SOME LIKE IT SAUCY.



New Beef Stroganoff from Weight Watchers. Tender, braised beef in a rich sauce with sour cream, mushrooms, herbs, and sherry wine. And it's nestled so nicely on parsleyed noodles.



PREPARED CHILDBIRTH

Prepared childbirth (called "natural childbirth" until a few years ago) teaches a woman how to cope with the stress and pain of labor and delivery. Many women find that the exercises and breathing techniques taught in these classes can reduce or eliminate the need for medication during delivery. There are other benefits, too. Expectant fathers often feel closer to the birth process, thanks to their role as labor coach. Both parents benefit from sharing their concerns with other parents-to-be.

In addition to classes geared to first-time parents, you will find prenatal classes for experienced parents, for siblings, for grandparents, and for births with complications. You might also be able to attend specialized classes focusing on home birth or cesarean birth. To find any of these classes, ask your doctor or midwife, or look in the Yellow Pages under "Childbirth Education."

these days, so you may be able to "shop around" for a program of care that suits you. Visit the facility, if possible, and talk to women who have given birth there. You also may wish to ask childbirth educators, your family doctor, or other health professionals about local facilities.

BIRTH CENTERS

Furnished to resemble the average home, birth centers provide full maternity services for *healthy* women (those with a low risk of complications) and their families during

GIVING BIRTH

continued

births (about 95 percent) are attended by physicians.

The fear of something going wrong prompts many expectant parents to opt for hospitals. "Hospitals provide the safest setting for both mother and baby," asserts Laurie Hall, of the American College of Obstetricians and Gynecologists.

Many hospitals offer parents-to-be a host of options:

- Homelike "birthing rooms," used from labor through recovery, can be found within many obstetrical wards.
- New fathers may be able to stay overnight, and the baby may be able to "room in" with the mother around the clock.
- Couples generally have more say about how their baby is cared for in the hospital nursery. (If you ask, your baby won't be bottle-fed between nursings, for example.)
- Birthing chairs, which support the mother in an upright (and more comfortable, say some women) position, are being found in more hospitals.

SELECTING A PRACTITIONER AND A HOSPITAL

When choosing a physician, find out what he or she considers good routine maternity care. For example, some doctors automatically perform predelivery enemas while others don't. Through reading, classes, or talks with your doctor, you can assess your feelings about many aspects of childbirth: medications, fetal monitors, forceps, and cesarean sections, for instance.

Hospitals and birth centers are competing with each other

SOME LIKE IT CHEESY.



New Cheese Manicotti from Weight Watchers. The creamiest blend of ricotta, mozzarella, parmesan and romano cheeses wrapped in tender egg pasta and topped with zesty tomato sauce.



passed a national, written certification exam given by the American College of Nurse-Midwives. CNMs always work in consultation with physicians, and are licensed by all states. Their fees generally are covered by insurance.

A ***lay (empirical) midwife*** usually gains training through self-study or by apprenticing to another midwife. An increasing number of states regulate empirical midwives either by licensing them or by requiring them to obtain a permit to practice. There are no national standards governing the education or training of lay midwives.

Although most insurance covers the fees of certified nurse-midwives and birth centers, few cover lay midwives and home birth.

FOR MORE INFORMATION

- **For a list of pamphlets on all phases of pregnancy and delivery send a stamped, self-addressed business-size envelope to: Resource Center, ACOG, 600 Maryland Ave., SW, Suite 300, Washington, DC 20024. Ask for Patient Education Order Form.**
- **For information on birth centers in your area, send a stamped, self-addressed envelope to: National Association of Childbearing Centers, Rte. 1, Box 1, Perkiomenville, PA 18074.**
- **For information on CNMs—or a referral to a CNM in your area—send a self-addressed, stamped business-size envelope to: American College of Nurse-Midwives, 1522 K St., NW, Suite 1120, Washington, DC 20005.**



pregnancy and childbirth. Staffed by qualified, licensed practitioners (often teams of certified nurse-midwives, obstetricians, and pediatricians), birth centers are usually physically separated from—but work in cooperation with—hospitals.

In addition to the homelike, supportive atmosphere, birthing centers offer other attractions to many couples. Families are welcome, and grandparents and siblings are on hand to share in the birth of the baby if that is the mother's wish. Also, a birth center may save you as much as half the cost of a hospital delivery because mother and baby often may go home within 24 hours. Almost all insurance companies reimburse costs incurred at birth centers.

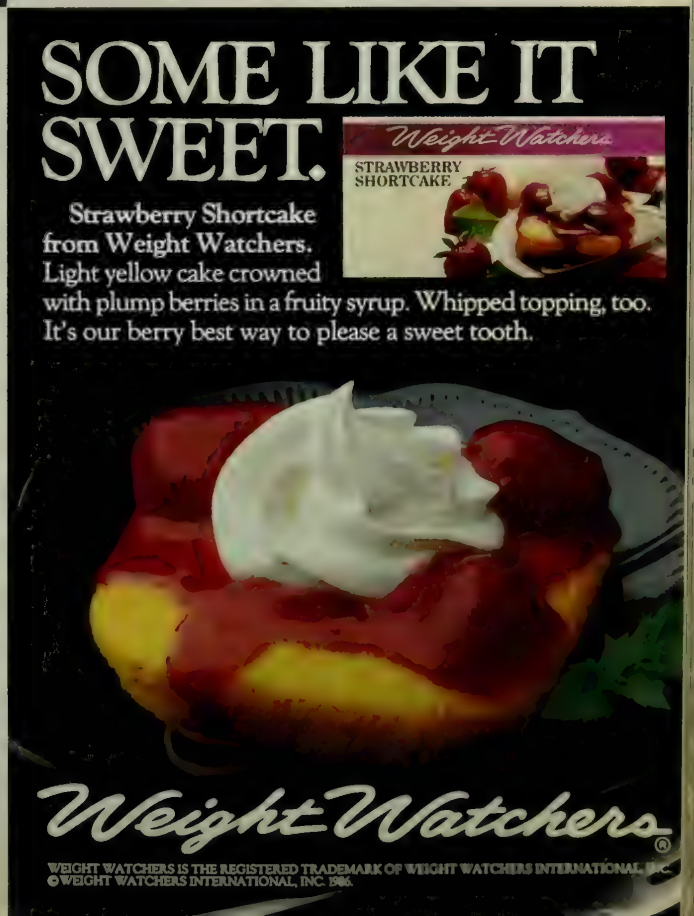
HOME DELIVERY

Giving birth at home is perhaps the most controversial childbirth option. The American College of Obstetricians and Gynecologists formally opposes home births—regardless of who delivers the baby—and your friends and family may not be thrilled with the idea. Finding a skilled birth attendant may be difficult. Also, the costs incurred with a home birth may not be reimbursed by insurance.

Home-birth couples, especially, need to be well informed. Most births are normal, but be sure to have prenatal care, a skilled attendant, and an emergency backup plan. Mother and baby will need to be transported quickly if a complication arises that can't be handled at home.

MIDWIFE-ATTENDED BIRTHS

A ***certified nurse-midwife (CNM)*** is a registered nurse who has completed an accredited educational program and



HEARTBURN

UPSET STOMACH

DIARRHEA

UPSET STOMACH

DIARRHEA

HEALTH UPDATE

ELECTRICITY QUELLS PAIN

Patients may find it shocking at first, but a mild electrical current is helping painless dentistry live up to its name. Called TENS, the procedure involves attaching electrodes to the patient's mouth and body, then running an electric current through the patient's mouth. Except for a slight tingling, the patient feels no discomfort while the dentist works. No one is sure why TENS works, but researchers think the electricity may temporarily turn off the nerves that transmit pain impulses to the brain.

Dentists also are using a variety of other techniques to relieve discomfort without needling their patients with novocaine or clouding their heads with gas. For example:

▶ Deep relaxation. Tense muscles magnify pain. To reduce tension, some dentists are asking patients to do simple relaxation exercises. Hypnosis works wonders, too. About 20 percent of all dentists have been trained in hypnosis.

▶ Distraction. Dentists are using everything from video games to music to get their patients' minds off their anxiety.



STEVE BJÖRKMAN

MEMORY DRUG ON THE WAY?

Older people would benefit most.

A DRUG THAT SEEMS TO IMPROVE MEMORY was discussed at a recent meeting of the American Society for Pharmacology and Experimental Therapeutics. In a study at Ayerst Laboratories, vinpocetine was given to rats. Victor J. DeNoble, Ph.D., reported that the treated animals were able to memorize simple tasks faster than their untreated cousins. Other research has shown that treated rats remember how to perform the task longer, too. You can't buy the drug yet, but ultimately, researchers hope, vinpocetine may be used to treat the memory loss that many older people face.

DIARRHEA

THE ONE THAT COATS
IS THE ONLY ONE YOU NEED.

Pepto-Bismol®

©P&G 1986



STEVE BJÖRKMAN

LOW-FAT DIETS NOT KIDS' STUFF

Why some infants don't grow

INFANTS UNDER AGE TWO WHO ARE PUT ON FAT-RESTRICTED DIETS develop "failure to thrive," reports researcher Dr. Michael T. Pugliese of the North Shore University Hospital in Manhasset, New York. Failure to thrive is a condition marked by lower-than-expected weight and height gains. Restoring the fat to their diets will put these children back on the road to normal growth within three months, Dr. Pugliese has found. He cautions parents against restricting their infants' diet to skim milk, lean meats, fruits, vegetables, and bread products.

According to Dr. Harry L. Greene, a pediatric nutrition expert at Vanderbilt University, low-fat diets may not provide children with enough calories. Pound for pound, infants under age two need three times as many calories as adults. Fat provides those calories in small servings.

Babies need cholesterol

Dr. Greene also notes that low-fat diets may lack cholesterol, something a baby's rapidly growing brain needs. Most of this cholesterol is produced by the body, but babies may need some in the diet.

Where to find information

Your pediatrician is the best source of information on infant nutrition. Or try:

- Stern, Loraine, M.D. *Off to a Great Start* (Norton).
- Lansky, Vicki. *Feed Me, I'm Yours* (Bantam Books).

TWO TESTS FACE TESTS

For birth defects and cancer

CVS CAN SPOT BIRTH DEFECTS in the ninth week of pregnancy, six weeks earlier than amniocentesis. The CVS test, now under study, detects about half as many disorders as amniocentesis. But Dr. James P. Crane, of Washington U. in St. Louis, notes that the major plus of CVS is earlier diagnosis.

- A HOME PAP SMEAR TEST may soon help women identify cervical cancer earlier. Dr. Howard W. Jones of Vanderbilt University is testing the product, which is expected to cost $10 to $15. Dr. Jones cautions, however, that a home test isn't a replacement for regular visits to the doctor, who looks for other signs of problems.

—With John-Bruce Shoemaker

Important New Vitamin Facts from an Independent Hospital Survey:

OF 105 MULTIVITAMIN/MINERAL SUPPLEMENTS STUDIED, ONLY ONE TYPE WAS FOUND "APPROPRIATE."

Better-balanced, advanced formula Unicap M.® More "appropriate" to help rebalance unbalanced meals the way nutritionists recommend.

Are all vitamin/mineral supplements the same? Not so, say nutritionists who conducted an independent survey within the Department of Food and Nutritional Services at a leading hospital.

According to them, among the 105 multivitamin/mineral supplements studied, only 16 were judged "appropriate" for most vitamin users. And that's the kind whose formulation provides neither too much (above 200%), nor too little (below 50%) of the U.S. RDA of its essential vitamins and certain minerals. Such as advanced formula Unicap M.

It's why the hospital's nutritionists consider Unicap M a better-balanced vitamin, better to help you rebalance unbalanced meals. Unicap M, for most vitamin users, the "appropriate" choice.

Potency guaranteed. Sugar free. Sodium free.



The Better-Balanced Vitamin from Upjohn



Unicap® The official vitamin of the National Hockey League.

Nutrition Insurance Update — No. 2:

NEED TO REBALANCE UNBALANCED MEALS AFFECTS MILLIONS OF WORKING WOMEN.

THESE EASY TO FOLLOW STEPS OFFER A WELL-BALANCED SOLUTION.

A USDA Survey shows that, from foods they eat, millions of Americans are not satisfying completely their vitamin and mineral needs. Among them are many working women. The reasons why vary. These include:

- Working women are often too busy, so they skip meals — only two out of five eat three square meals a day.
- Working women are concerned about being overweight — consuming less than 1800 calories a day makes it hard to get the vitamins and minerals one really needs.
- Working women spend less time in the kitchen, less time shopping for food — for them, convenience may be a more important criterion in food selection than nutrition.

To make up for these limitations to a well-balanced diet, nutritionists suggest a few sensible steps for working women to take:

- Check the labels of food products on grocers' shelves. The labels provide information about the vitamins and minerals within each product. Nutrients that can help maintain good health.
- Minimize vitamin loss by cooking vegetables in as little water as possible. Also, avoid overcooking foods, or storing them too long.
- Most important: Eat a variety of foods from the traditional four food groups — fruits and vegetables; grain products; meat, poultry, fish and legumes; and milk and milk products.

In addition, working women should consider rebalancing unbalanced meals with a vitamin/mineral supplement, such as Unicap M. This will help provide good insurance for proper nutrition…so important for women who want to maintain optimal health.

Better-Balanced Nutritional Supplements from Upjohn.
Designed for Health. Produced with Care.

DRY SKIN

WHAT TO DO ABOUT IT AND HOW TO PREVENT IT

By Lynne Lamberg

Although associated with cold weather, dry skin can plague anyone living with low humidity, including residents of the Southwest and prisoners of air conditioning.

Why skin gets dry

Dry air and blustery winds suck water out of the skin, leaving it rough and cracked. Natural skin oils help slow this evaporation, but as we get older, oil production slackens. That's why people over age 30 are more prone to dry skin. Many household cleaners, soaps, and workplace solvents rob the skin of its natural oil and further aggravate skin dryness.



STEVE BJORKMAN

Almost everyone experiences the discomfort of dry skin at one time or another. Fortunately, you can battle the problem by following some simple rules.

Picking a potion

Buy products tailored to specific parts of the body, advises Dr. Marianne O'Donoghue, a dermatologist with the Rush-Presbyterian-St. Luke's School of Medicine in Chicago. That's because some areas are oil rich—the nose, forehead, and chin—while others are oil poor—arms and legs. The palms, soles, and lips produce no oil at all.

For your face, a light facial moisturizer will be enough. Use a body lotion or cream on arms and legs. A heavy-duty product, preferably with petrolatum, is best for dry palms, soles, and lips.

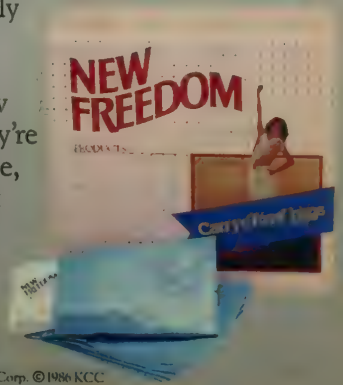
continued



Carry&Toss™ bags

More freedom from...New Freedom®

The terrific Funnel-Dot® protection of New Freedom is easier to carry, easier to toss. A whole supply of these moisture-proof bags comes inside boxes of New Freedom pads. They're portable, disposable, and subtle. Perfect for carrying...and tossing.



*Registered trademark of Kimberly-Clark Corp. © 1986 KCC

Q. How do you lower saturated fat* in this dish by 50%?



*Added fat from corn oil.

For small, chapped areas, such as lips or hands, splash o water, then slap on a heavy lubricant.

● **Wash thoroughly after swimming** to remove chlorine and follow up with moisturizers. If you ski or jog outdoors apply face and lip creams before you head outside; use SPI 15 sunscreens, too, for burn protection.

● **Avoid alcohol-containing face cleansers** and after shave lotions. For your face, oil-free cleansers or a mild soa or facial bar are sufficient. Heavy facial moisturizers an foundations may cause a form of acne, most commonly among women in their late 20s and 30s. Products labele "oil-free" are less likely to trigger skin eruptions.

DRY SKIN LOOK-ALIKES

All scaliness is not ordinary dry skin. See your dermatologist if you suspect any of the following:

● Seborrheic dermatitis. Marked by white or grayish scaly patches at the sides of the nose, eyebrows, hairline, and on the scalp.

● Allergies. Signs include skin irritation from a cosmetic, laundry detergent, or other sources that isn't relieved by ordinary dry-skin creams.

● Psoriasis. Marked by scaly patches that also are reddened and elevated.

● Itching. If the dry-skin remedies offered here don't provide relief after a month, see your doctor. Itching may be a symptom of serious problems. Also see a doctor if itching disrupts your sleep, is accompanied by a rash, or makes you scratch until you bleed.

DRY SKIN

continued

Keeping dry skin at bay

Here's how to stop dry skin before it strikes:

● **Button up your overcoat.** Wear gloves and wrap a scarf around your neck and lower face. Women should choose opaque stockings for protection from winter winds.

● **Humidify your home and office.** Floor-model humidifiers, at about $200, can take care of an apartment; or add a whole-house humidifier ($300) to your furnace. A cold-steam vaporizer for a bedroom or office costs about $20.

● **Limit baths and showers** to two or three times a week and use lukewarm, not hot, water. Restrict daily soap use to underarms, groin, and between the toes.

● **Use cotton-lined rubber gloves** for household cleaning. Apply hand cream before donning the gloves.

● **Use superfatted "bath bars"** and "hand bars" rather than soaps (check the label to spot a superfatted product). If you live in a hard-water area, switch to a less-drying, oil-containing product.

● **Treat your skin after bathing.** After a bath or shower, gently pat skin dry, then apply lubricating cream or after-bath oil. The heavier the lubricant—the thicker it is—the stronger the barrier it provides. Humectants—urea, glycerin, and lactic acid—pull extra moisture into the skin.

● **Apply a heavy lubricant,** such as one containing petrolatum, once a day to arms, hands, and legs. These lubricants tend to be greasy, tacky, and staining, so you'll probably want to make this a bedtime ritual.

A. Switch to New Puritan® Oil.

Now with 50% less* saturated fat than corn oil.



*8% vs. 12%.

New

ISOTONER®

PANTYHOSE



TRY US ON FOR SIZE AND WE'LL MAKE IT WORTH YOUR WHILE

SAVE $2.00

ISOTONER®

PANTYHOSE

FITS LIKE THE GLOVE

SAVE $2.00

To receive your Isotoner Pantyhose, (a $3.75 value*), complete this coupon, including size and color. Include $1.75 (check or money order) for postage and handling and mail to:
Isotoner Trial Offer, P.O. Box 4081, Monticello, MN 55365.

NAME _____
(please print)

ADDRESS _____ APT. _____

CITY _____

STATE _____ ZIP CODE _____
(required)

SIZES (CHOOSE ONE)
☐ 1 ☐ 2 ☐ 3

COLORS (CHOOSE ONE)
☐ Camel ☐ Graphite
☐ Denim ☐ Linen

HURRY, OFFER EXPIRES 1/31/87 OR WHILE SUPPLY LASTS.

Allow 6 weeks for delivery. Offer void where prohibited or restricted. Offer good only in U.S.A. Offer valid with this official form only. No photocopies accepted. Limit 1 pair per name and/or address. Duplicates voided by computer.

©Isotoner Pantyhose Co. 1986

*Suggested retail price

A

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

If you

Box and 100's Box Menthol: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack, Menthol and 100's Box: 1 mg. "tar", 0.1 mg. nicotine; 100's Soft Pack and 100's Menthol: 5 mg. "tar", 0.4 mg. nicotine; 120's: 7 mg. "tar", 0.6 mg. nicotine av. per cigarette, FTC Report Jan. '85. Slims: 6 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.

EQUIPMENT

CHOOSING AND USING A SETBACK THERMOSTAT

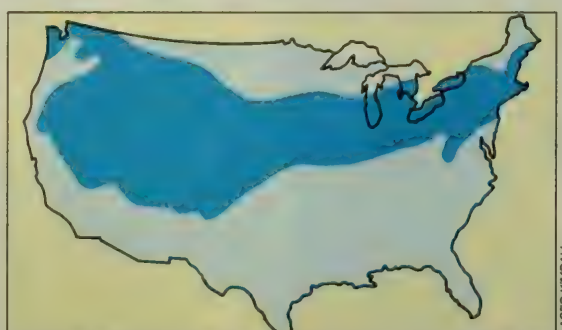
WITH AN AUTOMATIC THERMOSTAT, you can save a bundle on heating costs—without waking up to a cold house in the morning. Use our guide to pick the right model for your home.

A setback thermostat will automatically adjust itself to the temperature you specify, at the time you specify. Program it to turn down the heat at bedtime and to turn it up in the morning before you awake. You'll save energy all night long.

The devices cost $50 to $150, pay for themselves quickly, and—thanks to new developments in devices for the do-it-yourselfer—install with ease.

How to buy

Some setback thermostats are available only through contractors who install, explain, and service the device; other products are designed for the do-it-yourselfer.



BLASER-KIMBALL

The shaded area of the map identifies the Snow Belt states, on which our savings scale is based.

Installing a do-it-yourself device is usually a simple job requiring a screwdriver, a drill, and a level. In most cases, you use the same wiring that leads to your current thermostat.

There are two common types of setback devices:

Automatic clock thermostats consist of mechanical timers that can control one or more daily setbacks; some models allow one setback schedule for

smoke
please try Carlton.

weekdays and another for weekends. These thermostats vary in price from about $50 to $140. With professional installation, you can expect to pay $100 to $175.

Digital clock thermostats feature solid-state electronics and a digital readout. They offer great flexibility. Many models allow you to schedule four different temperature settings in a 24-hour cycle, plus different setbacks for the weekend. Some newer digital thermostats fit right over your existing thermostat and convert it to a setback unit.

Thermostat conversion units sell for under $50. Other digital thermostats cost from $90 to $150; with professional installation, you can expect the total cost to be $130 to $225.

If you own a heat pump, be sure to select a setback device that is approved by the manufacturer of your heat pump system.



Our chart will help you estimate how much you can save by installing a setback thermostat.

Estimate your savings

Our chart (*above*) helps you estimate the percentage of annual heating bills you can save. The chart is for the Snow Belt states in the shaded region of the map: Your *percentage* savings will be slightly lower if you live north of the belt; slightly higher if you live to the south. Keep in mind, though, that your *dollar* savings may be higher in the North, because the percentages apply to much higher energy bills.

1. On Scale 1, mark the number of degrees you are willing to set back the temperature at night. For example, if your night setting is now 60 degrees F., and you would set back to 50 degrees F., mark 10 degrees.

2. On Scale 2, mark the duration of your setback. For example, 11 p.m. to 7 a.m. would be eight hours.

3. With a straightedge, draw a line from your point on Scale 1 through your point on Scale 2 and on to the percent savings scale on the right.

4. Repeat the procedure to estimate the savings of daytime thermostat setbacks, if any.

5. Now, add the savings percentages for your day and night temperature setbacks. This is the total percentage you can expect to take off your overall annual heating bill.

$5 Santa Bears

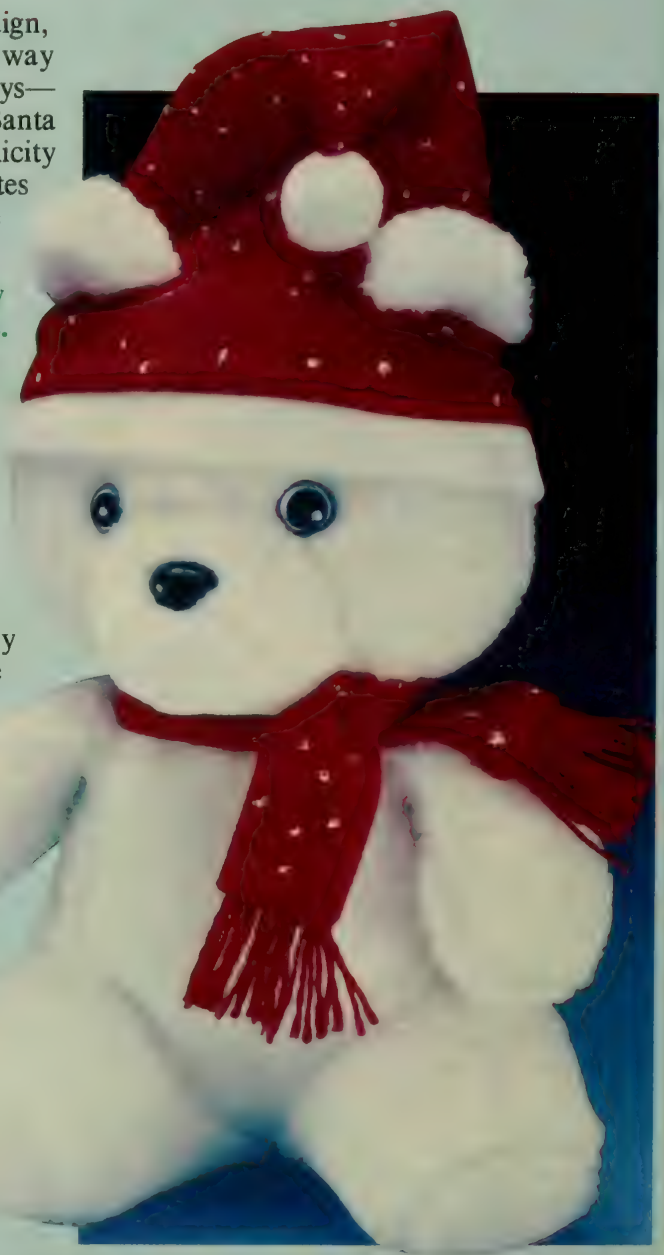
As part of a nationwide publicity campaign, a leading New York firm will give away one of its most expensive stuffed animal toys—the Famous Nationally Advertised™ Santa Teddy Bear™—for the astonishing publicity price of only $5 to every person who writes to the company address (below) before Midnight, December 25, 1986.

This *original* publicity ad must accompany your request. No copies or photostats.

These are the same famous Santa Bears™ nationally advertised in leading media across America. They have the authentic "huggable-soft" plush bodies, perky ears, and adorable frost-nipped noses that have captured the hearts of children everywhere.

Irresistibly *lovable,* they are great big *huggable* bears that your children can actually put their arms around and really make friends with. Each one is dressed in a cherry-red pom-pom cap and jaunty muffler dusted with delicate white snowflakes—handsomely outfitted for the holiday season.

The cutest dolls you've ever seen, these cheery, fuzzy Santa Bears are perfect "pals." Every child in America would love to own one—so don't miss out by responding too late. These are among the fastest selling and most expensive stuffed animal toys ever sold by this multi-million dollar firm. *Yet your publicity price is only $5.*



These Santa Bears will *not* be sold at this price by the company in any store. There is a limit of two (2) bears per address at this price, but if your request is mailed early enough (before Dec. 17) you may order up to 7. Each Santa Bear is covered by the company's full one-year money-back guarantee.

©1986 RBM Ltd 1200 Shames Drive Westbury N Y 11590

To order, mail this original publicity ad (no copies or photostats) together with your name and address and $5 for each bear. Add $2 shipping per bear. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM Ltd.* Mail to: **RBM, Santa Bear, Dept. 720-105, Box 1206, Westbury, NY 11595. (R44750)**

Lady Pepperell

HOUSE OF IDEAS





A New Beginning For A Great American Home

In its search for homes that represent all that is best in American life, Lady Pepperell® discovered a proud Greek Revival house on a quiet, tree-lined street in historic Sag Harbor, New York. Built in 1830 by a successful whaling captain, the house is now home to a young, active, adventurous American family. With its original wood beams and shingles, gracious rooms, cozy hearths and many windows, the house became a perfect showcase for the design traditions cherished by Lady Pepperell for over 130 years.

The English country heritage of Sag Harbor's early settlers and the soft, seasoned textures of the Long Island landscape combine to create an ideal setting for exciting and easy-to-do decorating ideas. Joe Ruggiero of West Point Pepperell used Lady Pepperell sheet patterns throughout the house. Slipcovers, drapes, shades and tablecloths as well as bed linens show the many ways in which sheets can transform any room quickly, dramatically and affordably.



Sandra Boynton's *What a Zoo*

Furniture from The America Collection by Lane,® inspired and approved by The Museum of American Folk Art, was chosen for its authentic feeling and its natural affinity for English country antiques. The Scrubbed Pine and Tumbleweed finishes of the furniture suit the sundrenched interiors. To cover the highly-trafficked floors of kitchen and bathroom, Tarkett® Lifetime Inlaid Flooring was selected for its extraordinary durability and the countrified appeal of its designs. Across the broad expanses of the original wood plank floors, carpets by Cabin Crafts® added notes of color and comfort. Windows were given a much-needed face-lift with special wooden casements made-to-order by Marvin Windows. Walls were freshened with Fuller O'Brien® Paints in a subtle spectrum of neutrals. And delightful M.I. Hummel® dolls, lamps and figurines, the joy of any collector, contributed a light-hearted spirit and a superb standard of craftsmanship in keeping with the character of the house. These highly individualized works of art evoke special memories and brighten every corner.



ALL PHOTOGRAPHS BY GEORGE KLEIMAN


FIFTH GENERATION LADY PEPPERELL.
In a changing world, it's reassuring
o know certain traditions endure—
ke Lady Pepperell. Ours is a history
f quality and fine design that spans
ve generations. In fact, we've been
naking American homes beautiful
or over 130 years. Imaginatively.
ffordably. This year we're enriching
ne fabric of American life with our
ewest pattern, Heritage Tapestry.
A new beginning for a great
merican home.
Lady Pepperell®
A Landmark In American Design
end for our new home video "The Lady Pepperell House of Ideas." It's a great guide to redecorating every room of your house.
ust enclose $9.95 (check or money order). WestPoint Pepperell, Dept. TV, 1221 Avenue of the Americas, New York, NY 10020.
212) 382-5185. Heritage Classics Collection" ensemble—"Heritage Tapestry," sheets of 180 threads per square inch, includes
roducts of 50% combed cotton and 50% Dacron® polyester.

A Room Filled With Flowers





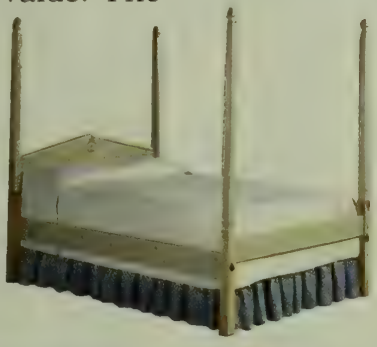
Lady Pepperell sheets give an English country garden feeling to the living room. "Reminiscence" has been channel quilted and fully lined with "Peach" sheeting to create graceful drapes, slipcovers for the loveseat and the armchair and circular tablecloth. "Floral Stitchery" and "Rose Briar" sheets cover throw pillows and chair cushions. Lane furniture, Hummel figurines and family photographs add personal style.

Presenting Lane's America West.

More museum-authenticated reproductions from Lane's America Collection



ld, sturdy. Practical. The
/s of those who tamed the
ıerican West and Southwest
two centuries ago
were built into
the furniture
that suited
their expansive
lifestyles. Such
is the heritage
of America
West by Lane.
Distinctive
reproductions
and adapta-
ns authenticated by the
ıseum of American Folk
t, these America Collection
ditions present a unique
corating opportunity. And
extraordinary value. The
athered gray,
mbleweed finish
ı fashion accent
at can stand
ne, or mix
autifully with
e many
ubbed pine





pieces. The
Shaker or
Scandina-
vian-look
furniture.
Even the Buttermilk Blue,
Old Red, Adobe Clay and
Sagebrush colors available on
selected styles. Upholstery is
by Lane's Pearson division.
America West. It offers the
best of the past in heirlooms
of the future. At regular fur-
niture prices. For a complete
America Collection catalog, send $3 to The Lane Co., Inc., Dept. AM-15, Altavista, VA 24517-0151. And for the name of your nearest America dealer, call 1-800-447-2882 toll free.





Lane®

We're not just making furniture. We're making history.



Sheets Set The Dining Table

A subtle harmony of floral pattern flows from the living room to the dining room in soft, flattering colors. A tablecloth of "Floral Stitchery" sheeting sets the mood for elegant country entertaining in the company of Lane's updated Chippendale chairs and handsome hutch. Romantic balloon shades of "Rose Briar," lined and ruffled in "Pink Ice," are cleverly finished with a pinked edge. The Sag Harbor tradition of hospitality is well-served by a versatile entertainment center built upon an antique butler's tray and pedestal, holding such welcome Paddington spirits as J&B* Scotch Whiskey and Baileys* Irish Cream. For a warming after dinner treat, try Baileys Coffee, one part Baileys Irish Cream with two parts coffee.







Antiques by Chris Mead's English Country Antiques, Southampton and Ferran and Zimmerman Antiques, Bridgehampton



The Heart Of The House

In the kitchen, the table is set for tea with a quilted circular cloth of "Imprints" sheeting, a softened textured geometric. Texture is also a key element in the Tarkett Lifetime Inlaid Floor, called Colchester, in brick red. This pattern is part of a newly introduced collection formulated to last for the next 100 years. The Windsor chairs from Lane are attractively cushioned in "Imprints." The secret to making everything work together is simplicity.





Up to
$100 REBATE
direct from Tarkett.
See your Tarkett Lifetime Inlaid Flooring dealer for details.
Offer valid October 4-November 15, 1986.

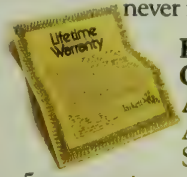
Tarkett Announces Lifetime INLAID FLOORING™

Technology so advanced its beauty has a life time warranty.

Unique Color Crystal Technology Insures a Life Time of Beauty.



Thousands of tiny, tough Color Crystals heat-set into thick lustrous vinyl, creates a depth of color and clarity of pattern unmatched by ordinary inlaid flooring. Tarkett Guardian No-Wax Wearlayer™ resists scuffing and staining and never needs waxing.



Exclusive Tarkett Warranty Gives Life Time Protection Against Wear.

Armstrong Designer Solarian® is only warranteed for 5 years against manufacturing defects, Tarkett Lifetime Inlaid Flooring has a life time warranty against manufacturer's defects and household wear. The most complete warranty ever offered.* A Tarkett exclusive.

Tests Prove Tarkett Lifetime Inlaid Flooring Outwears Armstrong Designer Solarian.®



Rigorous testing confirmed by an independent laboratory proved conclusively that long after Armstrong Designer Solarian® was worn away, the beauty of Tarkett Lifetime Inlaid Flooring was unspoiled.

Lifetime is Today's Best Inlaid Flooring Value.

Durability, a life time of beauty and a life time warranty. For the Tarkett dealer nearest you, call Toll-Free 1-800-FOR-TARKETT. Or see the Yellow Pages under "Flooring."

Tarkett®

The World's Most Experienced Flooring Company.

tern shown: Lifetime Linden Court,™ #61038
complete details refer to the Tarkett Consumer Protection Plan.





She was mortified, dropping all of her books at his feet in the hall today. But he just smiled and walked with her to class. So tonight, life and the world will never be the same, and whole futures will be decided by telephone.

Of course, now there's the senior prom, maybe. Homework together and just being seen together. And his convertible and going places and happily-ever-after. Dreams. As soft and warm and wonderful as the Cabin Crafts on which they're dreamt tonight.

Growing up is softer on Cabin Crafts Carpets. In all colors and textures. And with a resistance to life's spots and spills—even a five-year wear warranty. To preserve this perfect beauty for childhoods and for your home. For years to come.

For the Cabin Crafts dealer near you and a free booklet on how to choose carpet, write to: Cabin Crafts Carpets, P.O. Box 1208, Dept. 7719, Dalton, GA 30720.

Cabin Crafts® Carpets

PRESIDENTIAL COLLECTION

Quality For Your Home, Beauty For Your Life.

©1985 West Point-Pepperell, Inc.

SEND FOR THE DECORATING VIDEO

Hundreds of ideas for decorating every room in your home. Now available for Home Video.



☐ **LADY PEPPERELL HOUSE OF IDEAS** *Fresh ideas for living with historic ambiance*

OTHER HOME DECORATING VIDEOS

☐ **DECORATING WITH SHEETS** *Decorating ideas for every room, from romantic and traditional, to eclectic and contemporary*

☐ **DECORATING YOUR FIRST HOME** *A small home becomes a romantic hideaway*

☐ VHS ☐ BETA

Send $9.95 for each video, or $28.00 for **all** three, (check or money order) to: WestPoint Pepperell, Dept. MO, 1221 Avenue of the Americas, New York, NY 10020.

Name_____

Address_____

City, State_____

Zip Code_____





The Pleasures Of The Bath



An old bathroom gets an instant uplift. A gathered skirt of "Virginia Reel" sheeting is attached to the vanity with Velcro. A wood-framed mirror is hung from the wall with a terry cloth bow. The luxurious shower drape is made of one inch channel quilted gray sheeting, suspended from a track attached to the ceiling. A Tarkett Inlaid Floor, called Linden Court, in almond glow is punctuated with a plush "Cinnabar" rug. Lady Pepperell, 100% Cotton, Grandeur towels in "Cinnabar" and Roman shades of "Virginia Reel" along with elegant personal accessories complete the tranquil picture.



THOSE WHO CHERISH AUTHENTICITY TEND TO LOOK DOWN ON ANYTHING LESS.



At Marvin, we still make traditional wood windows one at a time. To order. With everything from authentic divided lites to Round Tops. So whether you're restoring a home or building a traditional reproduction, we can match virtually any style, size or shape you want. Call 1-800-346-5128 (in MN 1-800-552-1167) or return the coupon below for a free Idea Book.

Send to: Marvin Windows, Warroad, MN 56763

Name _____

Address _____

City _____

State _____ Zip _____

Phone (_____) _____



MARVIN WINDOWS ARE MADE TO ORDER.





troom
iquet



neath a sloping ceiling cross-
:hed with weathered beams, a
opy of "Castlewick" sheeting
lters a beautiful bed. The can-
is anchored to the ceiling in
it by a wooden curtain rod
l to the beam in back by a
ss rod. The rich border of the
astlewick" pattern provides a
tty trim for the canopy, the
rted dressing table and the
man shades. Because of the
tiquity of the house, windows
eded the customized sizing and
iftsmanship for which Marvin
ndows is famous. Cabin Crafts
escia carpeting in Mauvewood
fines the restful sitting area.

Today's M.I. Hummel figurine is tomorrow's heirloom.

When you buy an M.I. Hummel figurine, you're doing more than buying a fine collectible. You're creating an heirloom. An heirloom that can be passed on lovingly from generation to generation. An heirloom of such emotional value, no price could ever be put upon it.

Look for M.I. Hummel figurines in finer gift stores everywhere.

For a catalog and brochure send $1 to:
Goebel, P.O. Box 457, Dept. SL612H, Tarrytown NY 10591.



M.I. Hummel collectibles. Priced from $20 to $14,750.

Goebel

A tradition in handcraftsmanship since 1871

© Goebel 1986

INVITE SOME FRIENDS OVER.
AND MAKE WAVES.



BAILEYS ORIGINAL IRISH CREAM® TO KNOW IT, IS TO LOVE IT.

To send a gift of Baileys anywhere in the U.S. call 800 238 4373. Void where prohibited. Imported by The Paddington Corporation, Fort Lee, N.J. 34 Proof. © 1986

CERAMIC TILE

SETS STYLES FOR BATH





CORNER NICHE enhances an L-shaped vanity.

THIS ROOM PROVES THE POINT THAT STYLISH DETAILS, NOT SIZE, MAKE A BATH LUXURIOUS.

Although it measures just 6 × 11, the bath (*top*) captures the essence of elegance with its distinctive tile treatment and unusual, multilevel vanity. As with many successful remodelings, this one takes its design cues from the original architecture of the home, a Spanish-style residence built in the 1920s.

TILE DESIGN. The ruby-and-white tile scheme, for example, borrows its bold color and floral accents from the ceramic fashion of the '20s. Hand-painted flower tiles trim the countertops, and two colors of solid tiles form a restrained floor border at the base of the cabinets. To pull the design back toward the contemporary, the walls and cabinets are painted clean white.

Despite the average dimensions, smart use of materials gives the room a larger look: counter-to-ceiling mirrors on two walls create the illusion of more space; corner windows supply natural light and ventilation. A walk-in shower, visible in the mirror, hints of Spanish architecture.

SPLIT-LEVEL VANITY. The L-shaped vanity uses three distinct levels to define separate grooming areas: The lowest counter, with its white tile top, serves as a makeup station; the intermediate counter holds the sink; a corner storage alcove adds a third counter platform, ideal for display. Discreetly covered by tambour doors, the alcove handles the clutter of electrical hair-styling appliances.

Photographs: Kim Brun. Design: Marc Tarasuck, AIA. Field editor: Sharon Haven



IN-SINK-ERATOR®
GOLDEN ANNIVERSARY
Sweepstakes

Easy to enter. Easy to win.

Grand Prize: A deluxe, 10-day Hawaiian trip for two in Waikiki. Includes airfare and 9 night's deluxe lodging. Hundreds of other valuable prizes will also be awarded.* American Express offers you Hawaii, the land of exotic sights and sounds.

Travel Agency

To enter, just pick up your entry form at participating In-Sink-Erator dealers. (Or mail your name and address etc., and your In-Sink-Erator dealer's name on a 3" x 5" card to Golden Anniversary Sweepstakes, P.O. Box 4500, Northbrook, IL 60065. No purchase necessary.)



Replace your old disposer now. Be sure to see your In-Sink-Erator dealer about the new Limited Edition Anniversary Model 77...the world's best-selling food waste disposer. A heavy duty 3/4 HP motor and full 5-year in-home service warranty makes it your best disposer choice.

**If you win, your In-Sink-Erator dealer also wins an identical trip or prize. Sweepstakes ends April 30, 1987. Rules available at participating In-Sink-Erator dealers.*

IN-SINK-ERATOR®
No. 1 in Disposers.

ANTIQUES AND COLLECTIBLES

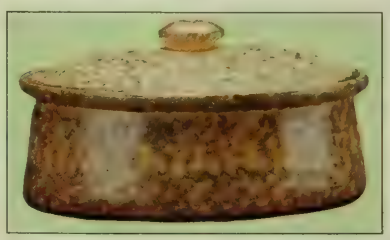
SPONGEWARE

COUNTRY-WISE COLLECTORS ARE GOING CRAZY OVER SPONGEWARE. NAMED FOR THE DAUBED DECORATION THAT COVERS ITS SURFACE, THIS EARTHENWARE EVOKES DOWN-HOME STYLE.

Considered "everyday" china in mid-19th century English households and later in American homes, antique spongeware is prized today for its practicality, as well as its fresh appearance.

Hand-applied designs characterize the pottery and give it its folkish appeal. Daubed over an earthenware or stoneware base of gray-white, yellow, or pure white, the detailing on the pottery ranges in color from blue, green, brown, and yellow to red.

Of these, the blue-and-white combination has become the most popular among collectors (and the most expensive as well). Also highly sought after are the less common pieces sponged in purple and white and items done in such three-color combinations as red, white, and blue.



SCHECTOR LEE

SERVING DISH. The matching cover makes this piece especially valuable.

SPONGING TECHNIQUES

Occasionally, color was applied with bits of soft sponge; but brushes, wooden stamps, and wadded cloths were also commonly used. On most pieces, the design was randomly applied, but some examples were decorated with deliberate patterns. Sponging combined with solid bands of brilliant color sets off some of the finest spongeware.



PITCHER AND BOWL. This desirable set dates from 1870 to 1910.

Once a piece was decorated, it was dipped in a clear glaze to produce a glasslike surface, then fired. The result was a lovely and particularly homespun-looking ceramic.

WHAT'S AROUND

Bowls, custard cups, and pitchers were the most frequently sponged items, so you'll find the most of these. Water coolers (rare and highly desirable), plates, crocks, jugs, creamers, mugs, serving bowls, and other dishes also were made, but they're harder to find and more expensive.

Although the earliest pieces of spongeware are English, it's nearly impossible to tell the difference between English and American examples.

Spongeware was too humble and inexpensive in its day to justify identification, consequently very little of this ware bears the mark of a manufacturer. A few English potters marked their wares (Edge, Malkin & Co. and the Middleport Potteries were two such companies) as did several companies in New Jersey and Ohio.

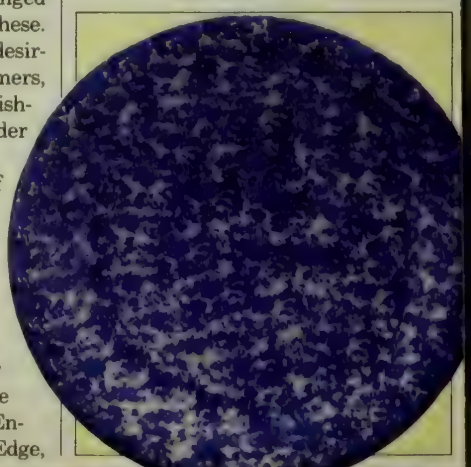
Most spongeware, however, remains anonymous. Collectors aren't bothered by this. They collect marked and unmarked, American and English, with equal enthusiasm.

WHERE TO FIND IT

You can no longer find spongeware bargains at garage sales and flea markets. Dealers and auctions are the best sources for sponged items. Prices will vary with condition, area of the country (the ware brings slightly more in the East and Midwest), and form. Brown-and-white custard cups at $12 to $17 are the least costly. Most bowls (except for the blue-and-white combination) are in the $75 to $135 range, and at the top are water coolers and pitcher and bowl sets, which bring several hundred dollars.

—William Ketchum, Jr.

LARGE PLATE. Single plates can command prices as high as $135.



THE CLASS OF BRASS AND GLASS DECEPTIVELY AFFORDABLE.









These Ambassador tables by Lane are classics of sophisticated, good taste. Elegance radiates from the gleam of polished brass on curving rails and multi-faceted legs. Drama is accentuated by crystal clear, heavy glass tops with polished pencil edges. And with all this style, you have the combination of fine craftsmanship and affordable prices that always makes furniture by Lane an exceptional value. For the name of your nearest Ambassador table dealer, phone toll-free 800-447-2882. For a handsome Lane furniture catalog, send $3.50 to The Lane Co., Inc., Dept. B-66, Altavista, VA 24517-0151.

Lane®












Ford

Aerostar... it does so much so well.

Ford Aerostar has the most aerodynamic design of all the mini-vans. A versatile performer–that looks good anywhere.

The Age of Aerostar.
The time is right for a ·hicle so versatile it seats p to seven in roomy omfort.* Carries 50% ıore cargo than big con- entional wagons. Or tows early 2½ tons.* And that's .erostar!

America's most ıerodynamic mini-van.
Aerostar's slick shape listinguishes it from any- hing else on the road. It ıot only looks good wher- ver you take it...the ıerodynamics work for ou en route.

The low air drag helps mprove handling on the ighway. Quiets interior vind noise. And contrib- ıtes to relaxed driving.

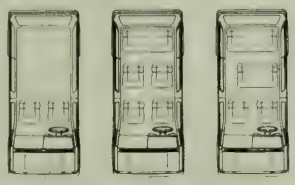
V-6 punch standard.
Aerostar now gives you Ford's sparkling 3.0L V-6 *standard.* This advanced engine has multiport elec- tronic fuel injection. And it packs the performance of 145 horsepower*–39% more than Chrysler mini-vans can offer you!



You've got pull.
With its powerful V-6, Aerostar can be equipped to tow boats or trailers as big as 4,900 lbs.* That's nearly 2½ times more than Chrysler minis!

Inside versatility.
Aerostar provides many arrangements of buckets, Captain's Chairs and bench seats.

For heavy hauling, rear seats slide out to create a huge cargo area. And an optional roof rack adds still more capacity!



Easy entry, easy ride.
Step height is a low 14 inches, but you sit tall with a commanding view of traffic. Aerostar rides on a luxury-car wheelbase of 119 inches, longest of any mini-van.

On the road... or on the town.
Aerostar's luxurious room and ride make long trips a pleasure. But around town, this trim-size Ford maneuvers and parks with ease. It fits in anywhere–including your garage.

Quality is Job 1.
Aerostar technology offers advances and options most mini-vans can't match. Like jacks for rear headphones. Or air-craft-type climate control. And from high-impact bumpers to tri-color tail-lights, Ford quality shows in every sleek inch.

Lifetime Service Guarantee.
Participating Ford Dealers stand behind their customer-paid work, in writing, with a free Life-time Service Guarantee for as long as you own your Ford car or light truck. Ask to see this Guarantee when you visit your participating Ford Dealer.

Buckle up– together we can save lives.

*Seats seven with optional rear bench seat. Towing rating is reduced by pas-senger and cargo weight in towing vehicle. Horsepower based on SAE Standard J-1349.

Ford Aerostar vs. Chrysler Mini-vans

	AEROSTAR	CHRYSLER
Aerodynamic for lower air drag	**.37Cd**	.42Cd
Standard engine	**3.0L V-6**	2.2L Four
Multiport fuel injection	**YES**	NO
V-6 engine power available	**STD**	NO
Bigger cargo space (cu. ft.)†	**139**	125
Extra driver legroom	**41.4 in.**	38.3 in.
Max. opt. trailer towing capacity*	**4900 lbs.**	2000 lbs.
Longer wheelbase, smooth ride	**119 in.**	112 in.

†Cargo space based on SAE Standard J-1100 Code V-6.

FORD AEROSTAR

CORNMEAL MUFFINS
SOUTHWESTERN STYLE

Here's a taste treat straight from cactus country—cornmeal muffins, southwestern-style! Blue cornmeal provides a slightly nutty flavor; jalapeño peppers add the pep. No longer a southwestern exclusive, blue cornmeal is now nationally available in supermarkets and health food stores.

BLUE CORNMEAL JALAPEÑO MUFFINS

Use this unique cornmeal, ground from a variety of blue corn, just as you would yellow cornmeal—in breads, pancakes, and tortillas. Their taste will be familiar, but the color won't be!

- 1 cup blue cornmeal
- ¾ cup all-purpose flour
- 3½ teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon ground cumin
- 2 beaten eggs
- ¾ cup milk
- ¼ cup cooking oil *or* bacon drippings
- ¼ cup chopped jalapeño chili peppers
- Cream cheese (optional)



SCOTT LITTLE

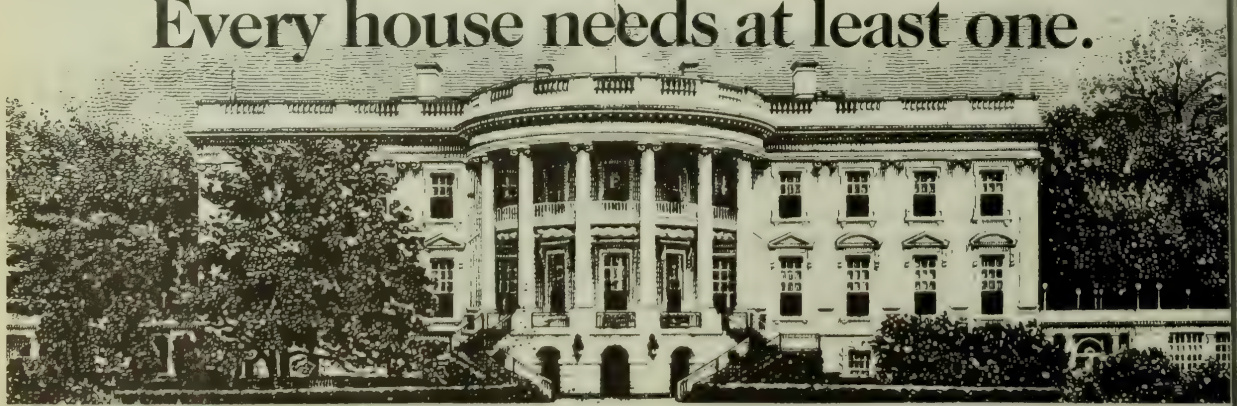
Blue Cornmeal Jalapeño Muffins are best warm from the oven.

In a medium mixing bowl stir together cornmeal, flour, baking powder, salt, and cumin; set aside. In a small mixing bowl stir together eggs, milk, oil, and jalapeño peppers. Add egg mixture all at once to cornmeal mixture, stirring just till moistened.

Grease muffin cups or line with paper bake cups; fill ¾ full. Bake in a 400° oven about 15 minutes or till a wooden toothpick inserted in the center comes out clean. Remove from the pan; serve warm with cream cheese. Makes 12 muffins.

Nutrition information per muffin: 131 cal., 3 g pro., 15 g carbo., 6 g fat, 48 mg chol., 196 mg sodium.

Every house needs at least one.





The White House has three.

Making our Glassfyre screens good enough for your house is what got us into the White House. If you're not now enjoying the beauty and pleasures of a Glassfyre screen, you really don't know what you're missing.

To find out, look for your Portland Willamette dealer in the Yellow Pages. He'll be glad to demonstrate why our Glassfyre Fireplace Screens have been unanimously approved by both houses. Yours. And you know who.

PORTLAND WILLAMETTE
DIVISION
P.O. Box 13097, Portland, OR 97213, (503) 288-7511

THOMAS INDUSTRIES INC

The Tappan Gas Range.
For people who love to cook but hate to clean.

Go ahead. Bake, broil and roast to your heart's content. And forget about oven mess. At the flick of a lever Tappan's self-cleaning oven makes spills, splashes and spatters disappear. Automatically.

And while it saves your energy, it also saves gas energy. Tappan self-cleaning ranges with automatic ignition use only half the gas of Tappan ranges with pilot lights.

And Tappan ranges come with very special Tappan features to make cooking easier and more convenient. Like a broiler at the top of the oven for closed door broiling and no more deep bending. Automatic timing controls that can start and finish a meal while you're busy doing something else. A Lift 'N Lock® top that makes it easy to clean spills on the range. And best of all, the instant response and infinitely variable heat control that you only get with gas cooking.

Beautiful styling. Easier cooking. And no more oven cleaning. To see how easily you can have it all in your kitchen, see your Tappan dealer.



TAPPAN

TAPPAN IS QUALITY COOKING®

Tappan Park • Mansfield, Ohio 44901 • 419/755-2011

New super-efficient appliances make natural gas an even better buy.

Gas. America's best energy value.

© 1985 American Gas Association



IT TOOK 100 YEARS TO BRING YOU THIS ANRI WOODCARVING

Its life began as a young seedling in the cool Dolomite mountains.

Its youth was spent among the fleeting deer, while song birds built homes in its branches.

It matured in the warm Italian sun. Its thirst quenched by a Tyrolean stream. And the waters of that stream reflected the beauty and majesty of a fine Alpine Maple.

A Tradition That Precedes Michelangelo

Time passes while this flawless, fine-grained wood seasons sufficiently to meet the rigid, exacting demands of the master woodcarver. Once in his skilled hands, a miracle gradually takes place. With chisels and knives, a shapeless form is expertly carved into an exquisite work of art.

His carving skill is a tradition that precedes Michelangelo. Today, only a precious few artisans retain this degree of craftsmanship which for generations, has been passed down through their families.

ANRI woodcarvings are revered by collectors throughout the world. Their value appreciates with each passing day. Each carving is individually registered and limited editions are numbered. You may own and cherish an ANRI woodcarving for perhaps less than you thought. Priced from $27.50 to $9,950.

For more information about ANRI woodcarvings and the name of your nearest dealer call Toll Free: ***1-800-544-2313***

Schmid

55 Pacella Park Drive, Randolph, MA 02368

VALENTINI
© ANRI 1986

UPDATED PLANTATION CHARM

High Style for Big Windows



The louvered look is catching on in a big way. Here, oversize shutters are attached by piano hinges to a projecting frame.

Traditional, country, or contemporary—almost any room wears the fresh louvered look well. These oversize windows feature wide-blade "plantation" shutters in a tailored treatment that affords privacy and light.

FINDING A FIT

Blessed with wonderful floor-to-ceiling windows, these style-conscious homeowners wanted clean, simple treatments. The most likely approach—a double row of small-scale shutters—wasn't quite right. For strong, clean impact, gutsy door-size plantation shutters were the answer.

MAKING CONNECTIONS

To support the hinged 7-foot-tall panels, a frame made of 1×3s was installed around the window. The 3-inch projection allows plenty of room for the shutters to close flush in front of the windows. Joined at the top, bottom, and center for strong support, the panels attach to the frame like conventional shutters. The finished shutters, painted to match the woodwork, take on an always-been-there look. Winners in practicality as well, they open and close easily and have adjustable louvers for fine-tuning privacy and light.

Photo: Hopkins Associates. Design: Shirley Mellecher. Field editor: Maxine Schweiker

Kaiser Crow

Since 1947

And Gorham Let you Celebrate in Style at Spectacular Savings.



Save up to 50% on Ariana Gourmet

	Regular	Sale
C1. Milk Jug, H. 6¼, cap. 28 ozs.	$40.00	$21.75
C2. Covered Butter Dish, L. 7½"	27.50	14.75
C3. Souffle, D. 7", cap. 1 Qt.	45.00	23.75
C4. Mugs, H. 4", cap. 9 ozs. ea. Set of four	37.50	18.75



Save up to 50% on Gorham Fine China Dinnerware

20 piece sets-*(Four, 5 piece place settings)*

	Regular	Sale
C5. Manhattan	$236.00	$114.95
C6. Rondelle	300.00	149.95
C7. Midnight Contessa	580.00	279.95
C8. Regatta	236.00	114.95

5 piece place setting

	Regular	Sale
C9. Manhattan	$ 59.00	$ 29.95
C10. Rondelle	75.00	39.95
C11. Midnight Contessa	145.00	69.95
C12. Regatta	59.00	29.95

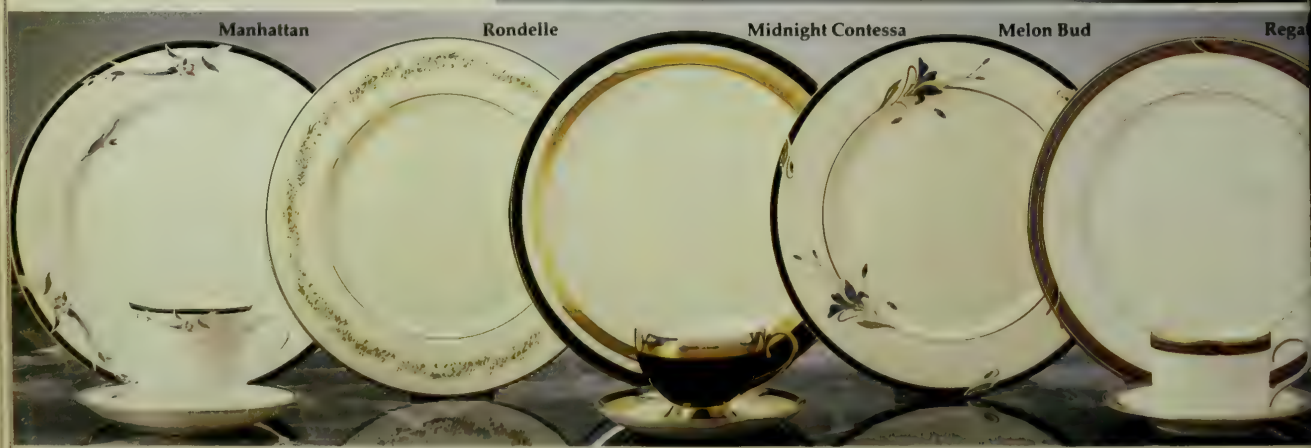
16 piece sets-*(Four, 4 piece place settings)*

	Regular	Sale
C13. Ariana	$228.00	$109.95
C14. Melon Bud	228.00	109.95

4 piece place setting

	Regular	Sale
C15. Ariana	$57.00	$28.95
C16. Melon Bud	57.00	28.95





uty and Brilliance at Special Savings









Save up to 50% on Full Lead and Fine Crystal Stemware

	Goblet, Wine Dessert/Champagne Fluted Champagne Regular	Sale
Full Lead		
C17. King Edward	$19.95	$10.95
C18. Acacia	19.95	10.95
C19. Isabella	23.95	12.95
C20. Lady Anne	19.95	10.95
C21. Cherrywood	28.95	14.95
Fine Crystal		
C22. Jolie	26.95	13.45
C23. Laurin Gold	17.95	9.95

	Iced Beverage Regular	Sale
Full Lead		
C24. King Edward	$22.95	$12.95
C25. Acacia	22.95	12.95
C26. Isabella	27.95	14.95
C27. Lady Anne	22.95	12.95
C28. Cherrywood	33.95	17.95
Fine Crystal		
C29. Jolie	30.95	15.45
C30. Laurin Gold	19.95	10.95

Save 50% on Althea Full Lead Crystal Gifts

	Regular	Sale
C31. Relish Dish, 3-part, L. 12"	$45.00	$22.45
C32. Sugar & Cream Set; Pitcher 4 ozs., Bowl, H. 4" with cover	22.50	10.95
C33. Bowl, D. 8"	42.95	19.95
C34. Bowl, D. 5¾" (not shown)	23.95	11.95
C35. Covered Box, D. 4⅛"	22.50	10.95
C36. Pocket Vase, H. 4½"	25.00	12.45
C37. Coasters, D. 4", Set of four	14.95	7.45



Sparkling Crystal for Every Occasion

Save 50% on Full Lead, Hand Cut Decanters & Barware

	Regular	Sale
C38. Monte Carlo Spirit Decanter, H. 10", 26 ozs.	$55.00	$24.95
C39. Monte Carlo Double Old Fashioned, 12 ozs.	20.00	9.95
C40. King Edward Wine Decanter, 22 ozs.	55.00	24.95
C41. King Edward Old Fashioned, 10 ozs.	12.50	5.95
C42. King Edward Highball, 12 ozs.	12.50	5.95
C43. Nocturne Spirit Decanter, H. 10" 26 ozs.	55.00	24.95
C44. Nocturne Double Old Fashioned, 12 ozs.	20.00	9.95

Save 45% on Cherrywood Punch Set (Handcut)

	Regular	Sale
C45. Cherrywood Punch Set (Set includes Punch Bowl and Twelve Cups) Free Silverplated Punch Ladle With Every Set	$390.00	$199.95

Save 50% on Full Lead Crystal Boxes

	Regular	Sale
C46. Cherrywood Heart Box, L. 4"	$16.95	$8.45
C47. Chantilly Shell Box, L. 4"	16.95	8.45
C48. Cherrywood Butterfly Box, W. 4½"	16.95	8.45
C49. Cherrywood Heart Box, L. 2½" (not shown)	10.95	5.45
C50. Chantilly Shell Box, L. 2¾" (not shown)	10.95	5.45
C51. Cherrywood Butterfly Box, W. 3½" (not shown)	10.95	5.45

Save 50% on Full Lead Crystal Votives

	Regular	Sale
C52. Viscount Candlesticks, H. 5¾"	$33.50	$16.75
C53. Harlequin Candleholder, H. 3½"	16.50	8.25
C54. Swallow Candleholder, L. 5½"	16.50	8.25
C54B. Firelight Votive, H. 2¾"	25.00	12.50

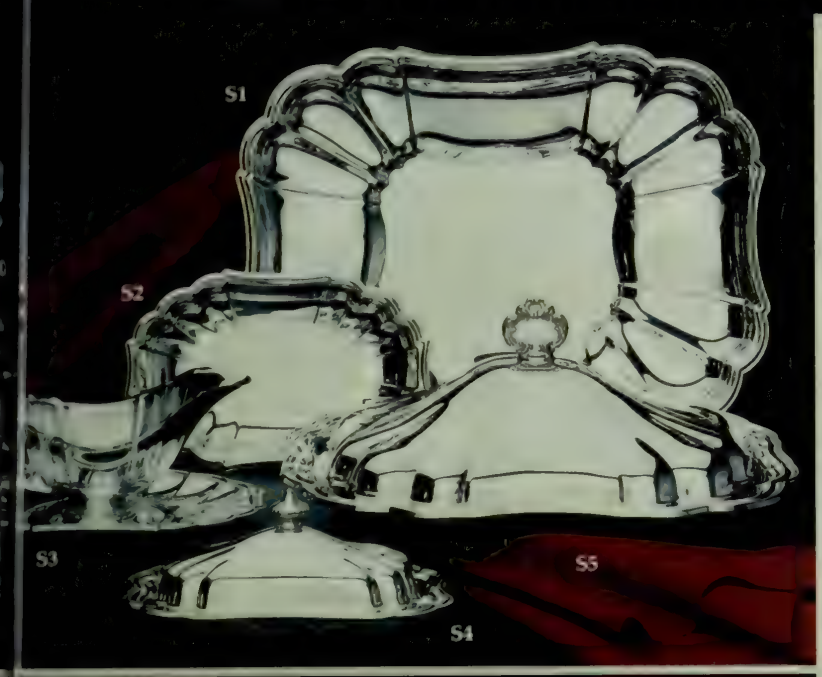








Celebrate and Save with Gorham Silver



Save up to 50% on Gorham Heritage Silverplated Holloware

		Regular	Sale
S1.	Buffet Dish, L. 15¾"	$ 55.00	$29.95
S2.	Bonbon Dish, L 8⅝"; W. 5⅝"	17.50	9.95
S3.	Gravy Boat with Tray, L. 9¾"	65.00	35.95
S4.	Butter Dish with glass liner, cap. ¼ lb.	37.50	19.95
S5.	Covered Entree Dish, L 13¼"; W. 10¾"	90.00	48.95
S6.	Faceted Bowl, D. 8"	45.00	24.95
S7.	Faceted Bowl, D. 6½" (not shown)	30.00	16.95
S8.	2 Qt. Open Casserole with ovenproof glass liner	55.00	29.95
S9.	2 Qt. Round Casserole with ovenproof glass liner	90.00	48.95
S10.	2 Qt. Covered Casserole with ovenproof glass liner	100.00	49.95



Save 50% on Paul Revere Bowls and Receive a Free Plexiglas Liner

		Regular	Sale
S11.	Bowl with plexiglas liner, D. 5"	$27.50	$13.75
S12.	Bowl with plexiglas liner, D. 6½" (not shown)	33.50	16.75
S13.	Bowl with plexiglas liner, D. 8"	50.00	24.95
S14.	Bowl with plexiglas liner, D. 9" (not shown)	60.00	29.95
S15.	Bowl with plexiglas liner, D. 10¼"	70.00	34.95





Save up to 50% on Sterling Candleware

Special Offer

Receive two free ivory colored candles with the purchase of a pair of Puritan candlesticks.

	Regular	Sale
S16. Puritan Candlesticks, H. 3⅜"	$80.00	$39.95 pr.
S17. Plain Candlesticks, H. 7"	155.00	84.95 pr.
S18. Cambridge Candlesticks, H. 3⅜"	85.00	46.95 pr.
S19. Cape Cod Candle Snuffer, L. 9½"	30.00	15.95



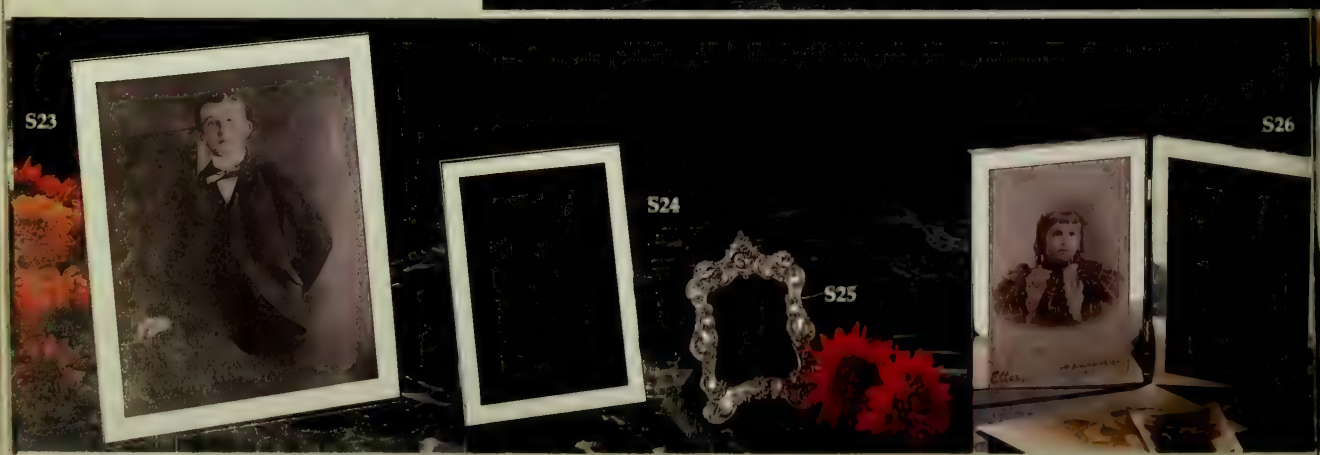
Save up to 45% on Silverplated Trays

	Regular	Sale
S20. Oval Gallery Tray, L. 25½"	$110.00	$59.95
S21. Gallery Tray. D. 13"	40.00	22.95
S22. Chippendale Tray, D. 12"	42.50	22.95

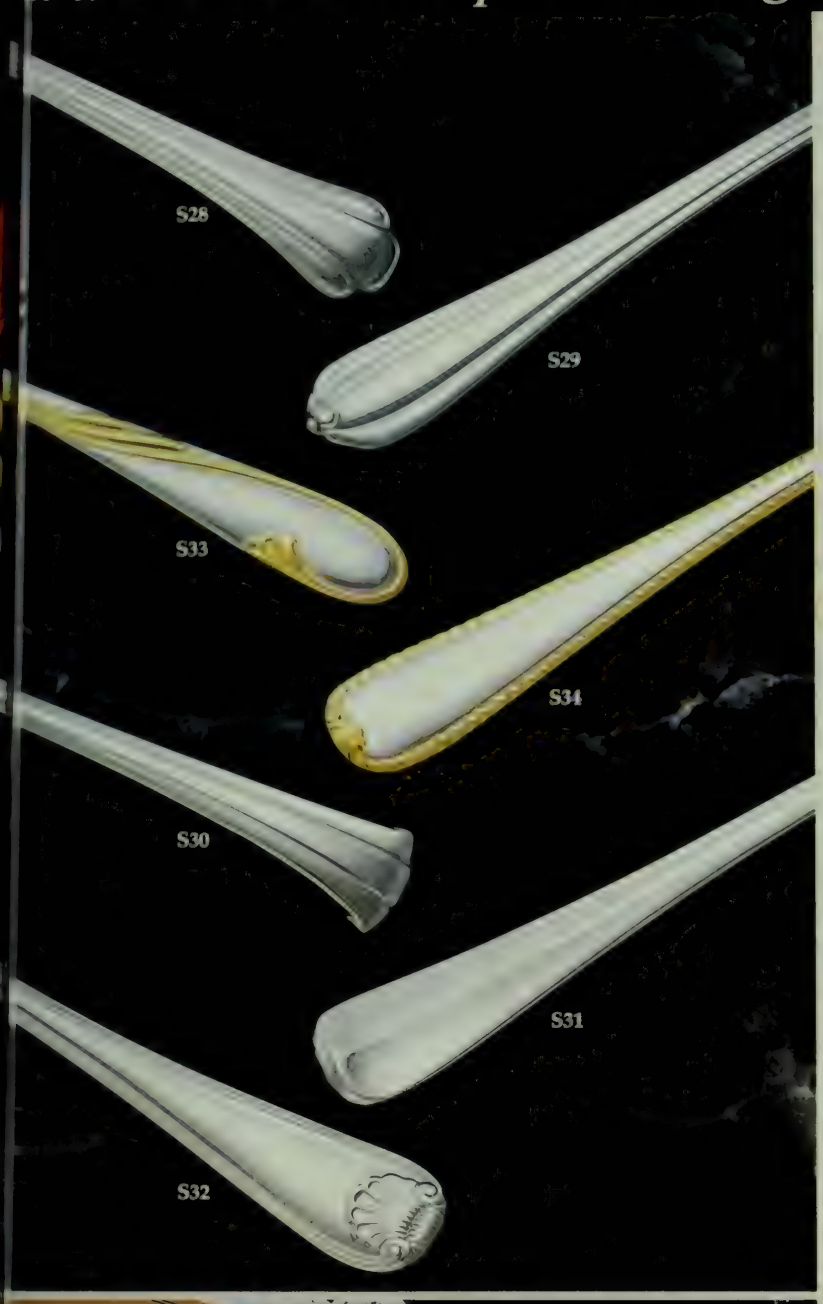


Gorham Silverplated Frame Collection

S23. Picture Frame, 8" x 10"	$22.95
S24. Picture Frame, 5" x 7"	17.95
S25. Victorian Frame, 3⅝" x 5"	18.95
S26. Double Picture Frame, 5" x 7"	29.95
S27. Double Picture Frame, 3¼" x 4¼" (not shown)	24.95



...er and Stainless at Special Savings.



Save up to 50% on Gorham Stainless

Group 1

S28. Nouveau, **S29.** Melon Bud, **S30.** Trilogy, **S31.** Colonial Tipt, **S32.** Gorham Shell

	Regular	Sale
5-piece place setting (place fork, salad fork, place knife, teaspoon, place spoon)	$50.00	$22.95
3-piece hostess set (cold meat fork, pierced tablespoon, gravy ladle)	42.00	24.00
4-piece serving set (sugar spoon, butter knife and two tablespoons)	48.75	27.00
7-piece Entertainment Set (Serving and Hostess Set)	90.75	51.00

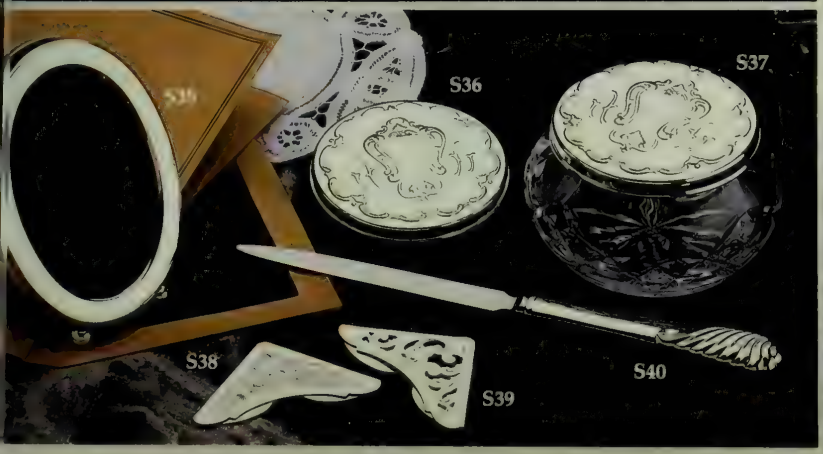
Group 2

S33. Golden Swirl, **S34.** Golden Ribbon Edge

	Regular	Sale
5-piece place setting (place fork, salad fork, place knife, teaspoon, place spoon)	$60.00	$26.95
3-piece hostess set (cold meat fork, pierced tablespoon, gravy ladle)	60.00	31.50
4-piece serving set (sugar spoon, butter knife and two tablespoons)	67.50	34.50
7-piece Entertainment Set (Serving and Hostess Set)	127.50	66.00

Special Gifts Under $30.00

S35. Sterling Oval Picture Frame, 3" x 4"	$29.95
S36. Chantilly Purse Mirror, D. 3"	14.95
S37. Chantilly Vanity Jar	17.95
S38. Sterling Bookmark, Incised Design	9.95
S39. Sterling Bookmark, Pierced Design	9.95
S40. Sterling Sea Sculpture Letter Opener	19.95
S41. Chantilly Napkin Rings, Pair	19.95
S42. Sterling Set of 4 Salt and Peppers	29.95





Gorham Christmas Treasures Under $50







Christmas Treasures in Crystal

C55. Holiday Votive, H. 2¾"	$14.95
C56. Holiday Bell, H. 2¾"	8.95
C57. Holiday Reindeer, H. 1¾"	6.95
C58. 1986 Annual Ornament, D. 3"	17.95
C59. Holiday Snowflake, H. 2¼"	6.95

Christmas Treasures in Silver

S43. 1986 Sterling Snowflake Ornament, D. 3¼"	$25.95
S44. Enamel Angel, H. 2¼"	9.95
S45. Enamel Santa, H. 2¼"	9.95

Seasonal celebrations and everyday table settings become special occasions with elegant treasures from Gorham and Kaiser Crow, Inc. We take great pride in helping you set your table or select exquisite gifts at the nation's fairest prices. You may order simply by filling in the order form, or by calling our toll free number for personal service. All of our merchandise is brand new and first quality with money-back guarantee. Set your table with the finest Gorham and Kaiser Crow, Inc.

FREE full lead crystal snowflake Christmas tree ornament (C-59) with any mail-in coupon order.

Mail orders to:
Kaiser Crow, Inc.
7 Sheridan Blvd., 2D
Dept. GT 11
Denver, CO 80214

Or call: 1-800-468-2769
(303) 237-5584

Kaiser Crow
Since 1947

Item No.	Quantity	Description	Unit Price	To
			Total Amount of Order	
			Sales Tax	
			Shipping and Handling Charges	
			Total	

Please Check One:
☐ MC ☐ VISA ☐ Check

Acct #_____ Exp. Date _____

Sign. _____

Sales tax for Colorado residents only.

Shipping and Handling Charges:
0-$20 — $3.00
$20-$100 — $5.00
$100-$250 — $7.00
$250-$500 — $10.00
Orders over $500.00 add 2% of total order.

Normal delivery time 2-3 weeks
Second day air available upon request.
Personal checks held two weeks before shipment.









There's no telling what you'll cook up in your dream kitchen.

With all of the quality ingredients that go into today's Merillat cabinetry, anything you do in your kitchen will be a piece of cake.

We've cooked up a whole batch of convenience accessories like lazy Susan cabinets, a cutting board/cutlery drawer kit, an appliance garage with a "roll-up" door, to name just a few.

We then combined them with dashes of all our other good things including our "WhisperGlide"® roller drawer and tray guide system, wipe-clean "leisure-time" interiors, adjustable shelves and many more.

In fact, your taste, reflected in Merillat kitchens, is so good, you'll almost think it's pie in the sky. Style selections that range from European sophistication to down-home country charm seem almost too good to be true.

Believe it or not, all it takes to whip up your kitchen to be the one of your dreams is planning, designing and installation. Merillat makes this as easy as pie, putting out a cuisine that can't be beat. But...just like in your dreams...your new Merillat kitchen will be so good you may have to pinch yourself to make sure that it's real.

Send for your Merillat Kitchen Kit. Enclose $3.00 to receive your Kitchen Planning Guide, Do-It-Yourself Installation Guide and Product Brochure.

Mail to: Merillat Kitchen Kit
Merillat Industries, Inc.
P.O. Box 1946, Adrian MI 49221

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP CODE _____

BHGSS11/86

Merillat®
AMERICA'S CABINETMAKER™
Number One

MERILLAT

WHAT IF YOU'RE SUDDENLY ON YOUR OWN?

"My life became a litany of 'I don't knows.' There were so many details at a time when I felt absolutely devastated."—Becky Barker

By Roma L. Weirich

When a spouse or other close relative dies, the shock can be overpowering. Yet tough financial and other decisions demand immediate attention. This young woman's story may help you prepare for the important issues before it's too late.

Becky's story

Becky Barker returned to her home in Corpus Christi, Texas, one balmy October Sunday in 1980 to find friends and family milling about in her house. Her husband, Billy, had been killed by a drunken driver.

Becky was a widow at 30, with two little girls to care for—both in the hospital, one in critical condition. They had been in the family car with Billy when the drunken driver struck.

Weeks of anguish and frustration followed that tragic afternoon. "Questions were coming at me from all sides," says Becky. "Funeral directors, hospital business offices, insurance agents, bankers, accountants, doctors, even the district attorney's office all needed information and decisions.

"My life became a litany of 'I don't knows.' There were so many details. But in order to find the two handfuls of information and documents we needed, we had to look through mountains of files.

"If I could just have talked to Billy. He was the only one who knew all the answers."

How she coped

With the help of friends and family, Becky managed to sort through all the papers during that bleak autumn. By Christmas, the worst was over, and she wanted to find a way to thank all who had aided her.



BILL STATES

Becky was widowed six years ago.

Her inspiration: She would give them workbooks to help them organize and record all the information their survivors would need.

Becky talked with numerous planners, but found nothing as complete, yet uncomplicated, as she wanted. "What I was looking for was a practical survival kit for family and friends who have to deal with the details," she said. Finally, she developed her own fill-in-the-blanks, sturdy three-ring-binder workbook called *answers*.

Becky put together 20 of these notebooks and gave them to friends for Christmas. The dedication was to her husband.

Word spread. Friends of friends began to ask for copies. Now Becky and her sister and partner Suzi Hart publish *answers* in bulk and travel the speaking circuit, encouraging people to create their own complete written record of the important details.

"It's just a commonsense project," says Becky, "but it's one of the most thoughtful things you can do to help your survivors."

Organizing the facts

As a fill-in workbook, *answers* is divided into five sections: Family, Finances, Properties, Insurance, and Business. "Information will vary in complexity according to your lifestyle," says Becky, "but, except for business, the categories pertain to everybody."

Within the sections, there is space for filling in everything from

continued

AGONIZING QUESTIONS

Would YOU know the answers to these typical concerns of surviving family members? A surprising number of people fail to talk about such matters at all, much less keep up to date on them. Use these questions to get discussions going now.

- **How can we get enough cash to live on until the estate is settled?**
- **When must medical bills be paid?**
- **Will the insurance come in time to prevent foreclosure on the house?**
- **Where is the real copy of the will?**
- **How can I prove stock ownership?**
- **Are there insurance policies and bank accounts I don't know about?**
- **How do we collect social security?**
- **Whose advice can I trust?**

YOU&KIRSCH



New Kirsch vertical blinds bring brilliance to your windows. Patterns like Spectra have a dual personality. Roomside you have gorgeous color, but they're lined with white streetside. And, these verticals are truly economical. Leave it to Kirsch to come up with such a brilliant idea — in 31 new colors. Find out more about Kirsch vertical blinds at your nearby dealer. For the name, call toll-free: 1-800-528-1407.

Kirsch®

COOPER INDUSTRIES

BRILLIANT

continued

social security and military service data to advisers' phone numbers and addresses, location of important documents, living will and burial instructions, and information about insurance and financial and other assets.

While much of *answers* is devoted to essential financial data plus instructions in case of death, the Family section is useful for additional, ongoing purposes. There is a page for emergency numbers, for example; another for special household instructions (yard and pet care data and the like); and legal forms permitting emergency medical treatment for your children.

Copies, not originals

Especially handy are the sturdy divider sheets with pockets for important documents such as copies of your will and trust papers, birth and marriage certificates, real estate papers, and home improvement receipts. "Don't keep originals here, though," Becky advises. "Those should go in a fireproof box. Just note where that's located."

Also indicate where other documents are kept. "Your original will should probably be with your lawyer's office," Becky says, "and securities should go into a safe deposit box or stay with your stockbroker."

Gathering and updating important financial and personal information can be one of the most thoughtful things you can do for your survivors, says Becky Barker, 36, whose husband was killed six years ago.

Keep it up to date

Whether you use *answers* or some other organizing tool, Becky advises people to keep the format flexible. For example, write in pencil so you can correct and update the data.

You should tell family members and someone outside the immediate family where you keep this record—preferably in a fireproof box also. "And make sure the record stays there," says Becky. "Take it out only to update it—at least once a year, or when facts change, like the purchase of new property or the birth of a child."

Actually, family record books like *answers* can serve a variety of purposes. "Just in the last six months," says Becky, "I have turned to it for auto license receipts, children's birth certificates, and instructions for the sitter when I'm out of town. I've also added data about insurance."

For more information

To obtain a copy of *answers*, send $24.50 (postage and handling included) to *answers period, inc., Dept. BH, P.O. Box 72666, Corpus Christi, TX 78472.*

You'll also find a wide choice of workbooks and materials for organizing essential family data at a range of prices in stationery and other stores. Check with financial institutions like insurance companies and banks, too.

INTRODUCING PROFORGE™ HARD-ANODIZED ELECTRICS.
THE ULTIMATE IN COOKING PERFORMANCE.



MEYER PROFINISH
THE ULTIMATE COOKING SURFACE.
■ HARDER THAN STAINLESS STEEL ■ EASY TO CLEAN ■ SUPERB EVEN HEATING ■ STICK AND SCRATCH RESISTANT

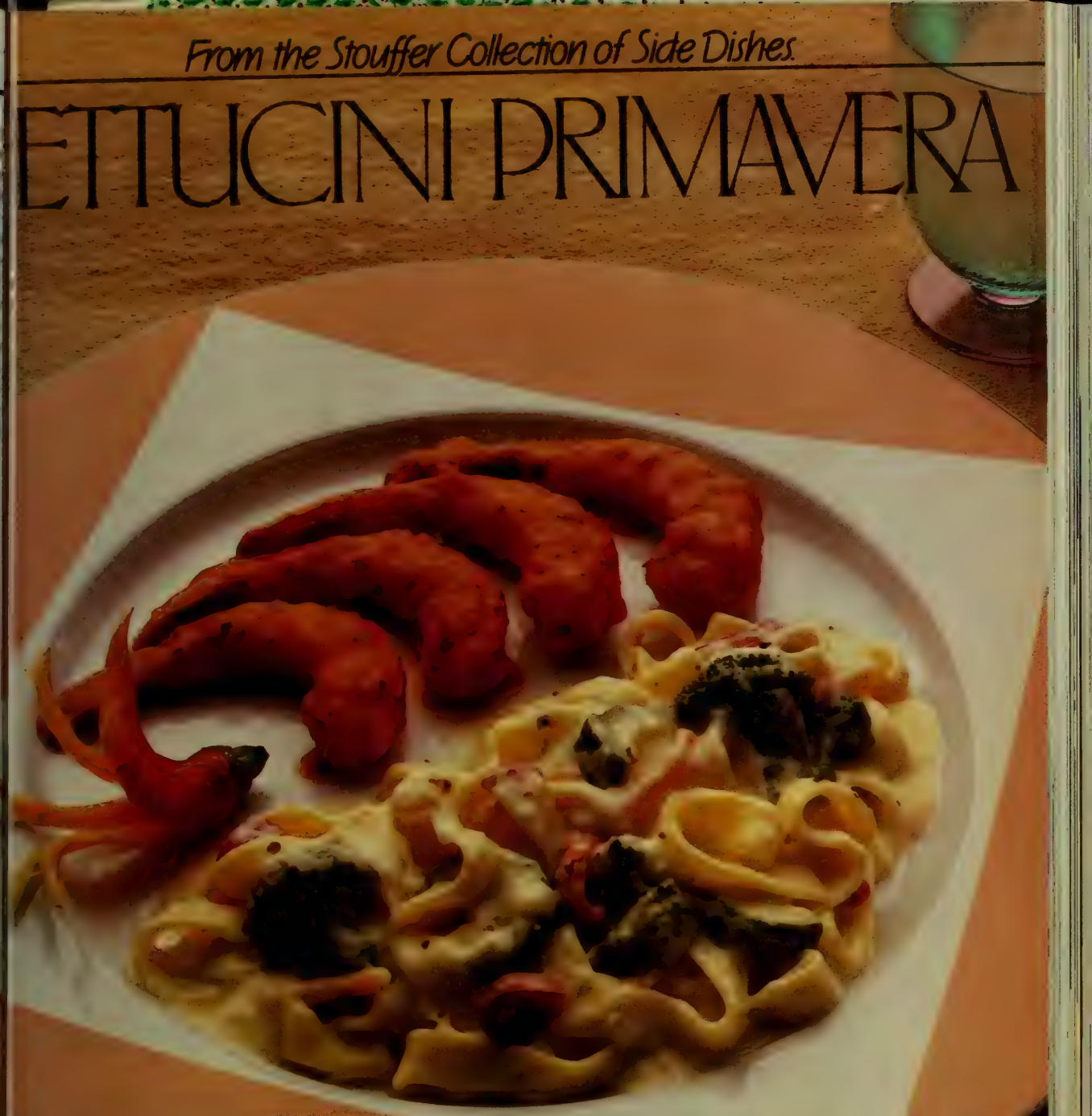
The World's First Hard-Anodized Aluminum Electrics. ProForge™ offers the ultimate cooking surface, PROFINISH.™ It's ultra-smooth, harder than stainless steel, scratch and stick resistant, easy to clean, provides for fast, even heating, and won't peel, or chip. **Unique, Quality Features.** Discover state-of-the-art innovations like beautiful mirror polished high-domed covers, cool-to-the-touch handles and patented pedestal base (fully immersible with heat control removed).

ProForge.™ The Only Limit To Your Menu Is Your Imagination. These electrics give total flexibility and convenience in the preparation of all kinds of food. Stir-fry, steam, roast, braise, deep-fry, stew, poach, bake, pan-fry, simmer, casserole and fondue in these elegant, multi-purpose electrics. And they're priced right. Also check out the ProForge™ hard-anodized cookware—the last cookware you'll ever need. For more information: 700 Forbes Blvd., So. San Francisco, CA 94080 (415) 871-2444. Available at fine stores.

MEYER
SAN FRANCISCO

From the Stouffer Collection of Side Dishes.

ETTUCINI PRIMAVERA



Fettucini noodles *al dente,* crunchy spring vegetables in a smooth, tangy cheese sauce.

An excitingly different accompaniment for everything from ground sirloin to grilled meats, from seafood to scaloppini. Or, try it as an unusual appetizer.

Fettucini Primavera.

Just one from Stouffer's® carefully edited collection of 15 very special Side Dishes.

Serving suggestion:
CAJUN SHRIM




Do you sleep in the nude?
You must have discovere


ne feel of Springmaid.
Decorative Pillows
Draperies
Towels
Springmaid

GENIE INTRODUCES THE GENIUS.™

IT PERFORMS UP TO 9 FUNCTIONS. ONLY ONE OF WHICH I

OPENING THE GARAGE DOOR.



FUNCTION 1:



VARIABLE LIGHT TIMER

Determine how long the Genius' Work Light stays lit, from 2½ to 10 minutes.

FUNCTION 2:



SECURITY/ VACATION LOCK

Make it impossible for anyone to operate your garage door while you're away.

FUNCTION 3:



IN-HOUSE MONITOR/ CONTROL

Monitor whether your garage door is open or closed, even operate it from inside your house.

FUNCTION 4:



MOVING DOOR ALERT

Warn others when the door is in operation, with flashing lights and audible alarm.

FUNCTION 5:



INDEPENDENT LIGHT CONTROL

Turn on and off the Genius' Work Lights from a convenient wall switch, even when door is not in operation.

FUNCTION 6:



INFRARED SAFETY REVERSE

Infrared beam senses an obstacle and reverses door automatically before contact is made.

FUNCTION 7:



KEYLESS ENTRY SYSTEM

Allow your family (even the kids) to operate door without transmitter or key, with limited access code you select.

FUNCTION 8:



REMOTE IN-HOUSE LIGHT CONTROL

Operate any light in your house from up to 500' away with the Genius' Remote Controller.

The new Genie® Genius™ is the first garage door opener smart enough to do so much more than open a door. That's because it's the first garage door opener with an electronic brain.

And the first that lets you determine precisely what functions you want it to perform simply by plugging in one or more of the Genius' exclusive "Electronic Brain Cells" you see in the illustration above.

You'll know how advanced the Genius is the moment you pick up its unique 3-button Remote Controller. Use it to operate multiple Genie garage door openers or a Genie Remote Gate Opener.



It can even turn on the lights in your house from up to 500 feet away with the optional Remote In-House Light Control Brain Cell.

The Genius is even smart enough to be easier to install than any other garage door opener, thanks to Genie's exclusive Trac-Drive™ System.

And where do you find the world's most intelligent garage door opener? Only at any hardware, discount store or home center smart enough to sell Genie.



GENIE

What'll they think of next?

Philips Home Products, Inc.
A North American Philips Company

SWISS-MIX CEREAL



SCOTT LITTLE

FRUIT, NUTS, AND GRAIN COMBINE FOR A FIBER-RICH BREAKFAST FOOD

Muesli—a breakfast food popular in Switzerland, England, and Australia—is now more available in the States. Its ingredients are similar to granola, but muesli is less sweet and more fruity. Another plus is its high-fiber content; ⅓ cup has 2 grams of fiber. Look for muesli in health food stores, or stir together this simple homemade version.

BRAN AND NUT MUESLI

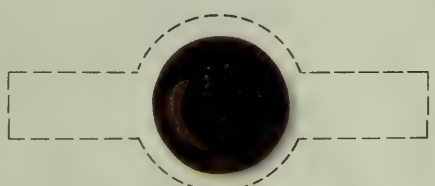
Just like granola, muesli varies from cook to cook, but always includes dried fruits, nuts, seeds, and grains. This homemade mix combines two cereals, three fruits, wheat germ, and nuts—

- **1 cup bran flakes**
- **1 cup corn bran cereal**
- **½ cup wheat germ *or* toasted wheat bran**
- **⅔ cup chopped walnuts**
- **⅓ cup snipped pitted whole dates**
- **⅓ cup snipped dried apple**
- **¼ cup unsalted sunflower nuts**
- **¼ cup dried banana chips, crushed**

Stir together all of the ingredients. Store in an airtight container at room temperature. Serve with milk. Makes about 5 cups.

Nutrition information per ⅓-cup serving (without milk): 90 cal., 3 g pro., 12 g carbo, 5 g fat, 1 mg chol., 46 mg sodium. U.S. RDA: 13% riboflavin and 12% iron.

The bite-size mint with the big size taste.

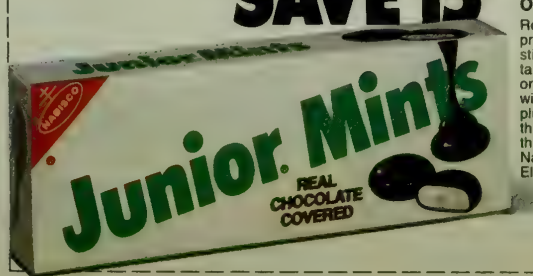


Try 'em out for size!

Try 'em out for taste!

15¢ MANUFACTURER COUPON EXPIRES 3/31/87 15¢

SAVE 15¢



WHEN YOU BUY ANY BOX OF JUNIOR MINTS, 3 OZ. OR LARGER.

Retailer: One coupon per purchase of product indicated. Any other use constitutes fraud. Consumer to pay sales tax. Void if copied, transferred, taxed or restricted. Good only in U.S.A. We will reimburse you for the face value plus 8¢ handling, provided you and the consumer have complied with the offer terms. Cash value 1/20¢. Nabisco Brands, Inc. Dept. 5921, El Paso, TX 79966.

44000 300739

FROZEN BREAD DOUGH FIX-UPS

FAST AND FABULOUS

**No measuring . . . no mixing . . . no kneading.
Start with frozen bread dough and skip right to the shaping step.
What a time-saver!**



This filled and shaped sweet bread is fancy and hassle-free. Serve it at a brunch.



Convenient yeast dough teams with ham and cheese for main-dish turnovers.

Poppy Seed Snails

- **1 16-ounce loaf frozen white bread dough, thawed**
- **½ of a 12½-ounce can (⅔ cup) poppy seed *or* prune cake and pastry filling**
- **⅓ cup finely chopped walnuts**

Powdered Sugar Icing

Place dough in a greased bowl; let rise in a warm place till double (2 to 2½ hours). Turn out onto a floured surface. Divide into 6 equal portions. Roll each into a 12x3-inch rectangle.

For filling, combine canned filling and walnuts; spread *2 tablespoons* down center of each dough portion. Bring sides of the dough up around filling to form a rope; seal. On a greased baking sheet start with *one* of the filled pieces, seam side down, and roll up to form a coil. Connect the first piece to a second piece; continue coiling the dough. Repeat with a third piece of dough. On another baking sheet repeat with the remaining 3 pieces of dough. Let rise till almost double (45 to 60 minutes). Bake in a 350° oven 20 to 25 minutes. Cool. Drizzle with icing. Makes 2 snails (12 servings).

Powdered Sugar Icing: Combine 1 cup sifted *powdered sugar,* ¼ teaspoon *vanilla,* and enough *milk* (about 4 teaspoons) to make of drizzling consistency.

Nutrition information per serving: 399 cal., 8 g pro., 68 g carbo., 11 g fat, 4 mg chol., 380 mg sodium. U.S. RDA: 24% thiamine, 14% riboflavin, 15% calcium, 18% iron.

Broccoli-Ham Pockets

Thaw the frozen chopped broccoli by placing it in a colander under warm running water—

- **1 16-ounce package frozen chopped broccoli, thawed**
- **2 cups shredded cheddar cheese (8 ounces)**
- **8 ounces fully cooked ham, diced (1½ cups)**
- **¼ teaspoon garlic powder**
- **¼ teaspoon pepper**
- **1 16-ounce loaf frozen white, wheat, *or* rye bread dough, thawed**

Squeeze or press out excess liquid from broccoli. In a medium mixing bowl combine the thawed broccoli, shredded cheese, diced ham, garlic powder, and pepper; set aside.

Divide thawed dough into 8 equal portions. On a lightly floured surface roll each portion into an 8x6-inch rectangle. Spoon about *¾ cup* of the broccoli-ham mixture on 1 half of each rectangle within ½ inch of the edge. Fold over the remaining half of the dough. Seal edges well.

Place bundles on greased baking sheet. Bake in a 350° oven 30 to 35 minutes or till golden. Serve warm. Makes 8 main-dish servings.

Nutrition information per serving: 321 cal., 19 g pro., 30 g carbo., 14 g fat, 48 mg chol., 798 mg sodium. U.S. RDA: 25% vit. A, 50% vit. C, 31% thiamine, 22% riboflavin, 16% niacin, 25% calcium, 14% iron, and 27% phosphorus.

Touch one button and the Panasonic Genius™ defrosts. Cooks. Turns. And keeps food warm. All automatically. Try that with another microwave oven.

The Panasonic Genius is so intelligent, it automatically figures out what other microwave ovens make you figure out. Like defrost time. Cooking time. Power levels. And it even turns the food to help ensure uniform cooking.

With the Panasonic Genius, everything is done for you at the touch of one button. That's what makes the Panasonic Genius so ingenious. So even if you've never cooked with a microwave oven before, Panasonic lets you turn out gourmet dishes. Main courses. Appetizers. Desserts. Soups. Snacks. And other delights. In practically no time at all.

A range of Geniuses. Even over the range.

There's a whole line of Panasonic Genius microwave ovens. From full-size. To mid-size. To a microwave/convection combination. To a model that's installed over your range.

So if you're looking for a microwave oven, there's really only one intelligent choice. The Panasonic Genius.



Auto Sensor calculates cooking time for dishes like chicken cacciatore.



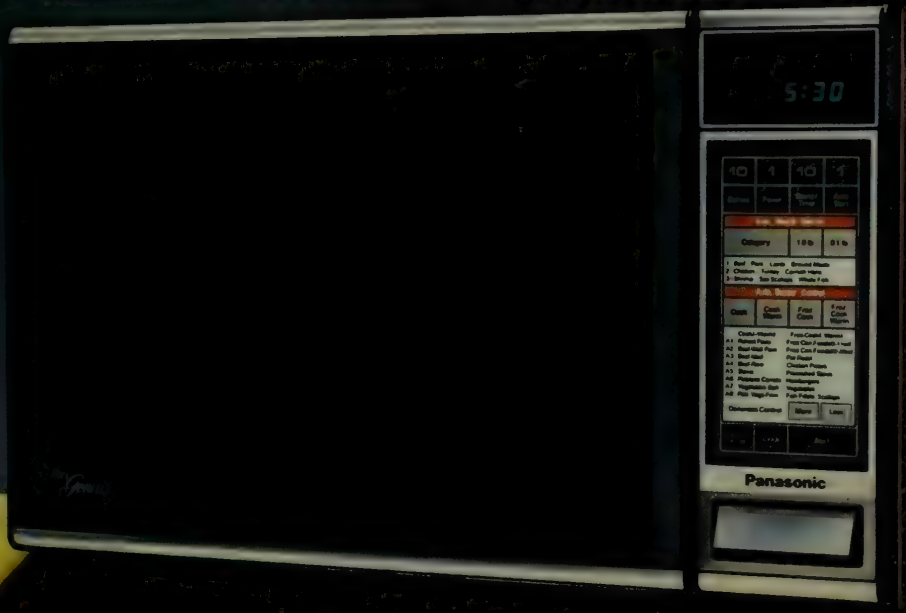
Touch one button. Frozen food, like beef stew, becomes a hot meal.



Pre-set the Genius to cook foods like stuffed potatoes even if you're not home.



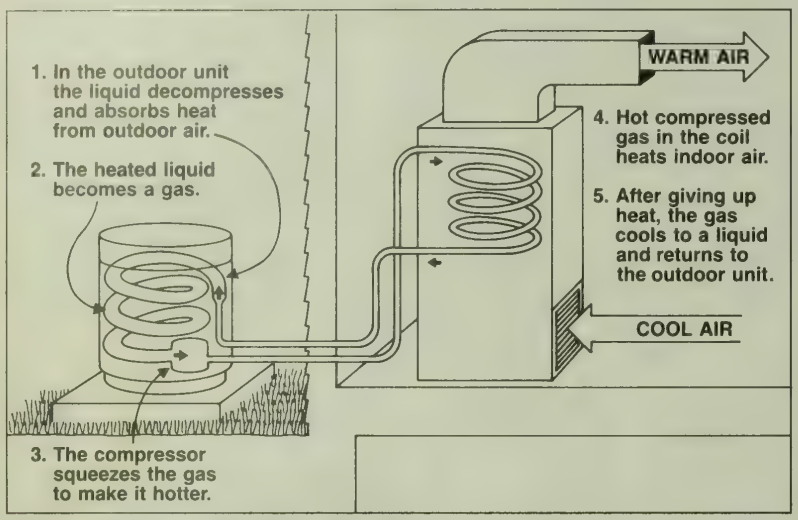
Cook-A-Round turntable helps ensure even cooking for this cherry cheesecake.



Panasonic®

just slightly ahead of our time.

How A Heat Pump Can Save You Money



In the heating mode, a split-system heat pump extracts warmth from outdoor air.

Cutting your utility bills down to size is much easier these days, thanks to the wide range of heating and cooling systems now on the market. One of the most versatile systems is the heat pump, which works both as a furnace and an air conditioner.

How they work

Heat pumps produce warmth or coolness by moving heat from one place to another. In warm weather, they move indoor heat outdoors. In cold weather, they move outdoor heat indoors (even at 0 degrees F., air is 80 percent as warm as at 100 degrees). The heat travels via tubing filled with refrigerant. A compressor drives the refrigerant through the tubing, and a *reversing valve* controlled by the house's thermostat automatically switches the system from heating to cooling.

What makes them efficient

Heat pumps heat efficiently because it takes a lot less energy to collect and move heat than to generate it. (Heat pumps deliver up to 250 percent more heat per kilowatt than a conventional electric furnace.) Also, heat pumps can help heat water for household use while they heat or cool the air.

How best to use them

In climates with mild winters and warm summers, heat pumps operate efficiently yearlong. In areas where winters are severe, it's best to team a heat pump with a backup heat source—a furnace, space heater, or wood stove. (Heat pumps don't operate efficiently when outdoor temperatures drop below 15 degrees F.)

If your present furnace is in good shape but lacks efficiency and doesn't provide summer cooling, you can upgrade it with a *split-system* heat pump for approximately $1,400. Split systems consist of an outdoor compressor unit plus an indoor coil that uses your furnace blower and ductwork to heat or cool the house. If your present heating system is due for replacement, a *single-unit* system may be a better option—especially if your present system has no flue. Single-unit systems are self-contained outdoor units that connect directly to the house's ductwork. Keep in mind, however, that in cold climates where natural gas is available, high-efficiency gas furnaces are still your best bet; single-unit heat pump systems may cost as much as $1,000 extra, and are a bit more expensive to operate.

Illustration: Carson Ode

Visit the American Olean Ceramic Excitement™ Dealer nearest you.

CALIFORNIA

Aptos — **Thompson Tile Company**
21 Deer Park Center
Carmichael — **Carmichael Floor Cov.**
6249 Fair Oaks Blvd.
Lafayette — **Pacific Coast Flooring**
3405 Hall Lane
Los Altos — **Walthers Floor Covering**
5084 El Camino Real
Los Gatos — **Roma Tile Ltd.**
457 N. Santa Cruz Ave.
Mountainview — **Ceramic Tile Supply**
285 Castro Street
Redding — **House of Tile**
3951 Eastside Road
Redding — **North State Tile Co.**
925 Wall Street #5
Roseville — **Carpet Depot**
1725 Santa Clara Dr. #190
San Jose — **Standard Tile**
1700 Pomona Avenue
Santa Cruz — **Mission Tile**
1920 Commercial Way
Woodland — **Retro Sales**
617 Main Street

See a wide range of full-size tile samples—color photographs of finished rooms and product literature.





Now, choosing American Olean Ceramic Tile is more fun and exciting than ever.

uring American Olean's first er National Event . . . xciting Ceramic Expressions.™

ght now American Olean Ceramic :citement® Centers coast to coast are fering you the best opportunity to :press yourself by giving you the latest styles, and the greatest selection of America's favorite ceramic tile.

To see how much design beauty ceramic tile can bring to your home ask for the free booklet, "Decorating Ideas with Ceramic Tile", at the Ceramic Excitement Dealer nearest you or send $1 to American Olean Tile Company.

American Olean Tile

A National Gypsum Company

American Olean Tile Company
Executive Offices: 3336 Cannon Avenue,
Lansdale, PA 19446

©1986, American Olean Tile Company

F. Ramond™



Introducing *Nu Romantic*™

The classic elegance of frosted crystal
the contemporary flair of beveled acrylic
create a new romance—available in polished brass or chrome



Look for the F. Ramond signature of excell

FREDRICK RAMOND™

DESIGNERS & MANUFACTURERS OF ORIGINAL LIGHTING FIXTURES

Capture the unique beauty of *Nu Romantic* at these quality lighting showrooms.

BJORNER ELECTRIC-Millbrae, CA
CALIFORNIA ELEC. SY. - San Francisco, CA
EL CERRITO LIGHTING - El Cerrito, CA
GALAXY LIGHTING - Cupertino, CA
GALAXY LIGHTING - Hayward, CA
GALAXY LIGHTING - Oakland, CA
GALAXY LIGHTING - San Francisco, CA
GALAXY LIGHTING - Walnut Creek, CA
MARIN LIGHTS - San Rafael, CA
STATEWIDE LIGHTING - Concord, CA
STATEWIDE LIGHTING - Fresno, CA
STATEWIDE LIGHTING - Rohnert Park, C
STATEWIDE LIGHTING - Sunnyvale, CA

For more information on the complete line of F. Ramond products call 1-800-432-7257 operator 840.

©Copyright 1986 Fredrick Ramond, Inc.

PANCAKES WITH PANACHE

MATCH THE OCCASION—ELEGANT, HOMEY, OR HEARTY

Have you been getting flack for serving ordinary flapjacks? Surprise your family with these easy, spruced-up versions for breakfast, lunch, dinner, or even a snack.



SCOTT LITTLE

LEMONY RICOTTA PANCAKES

Sink your teeth into this pancake—so delicate your family will keep asking for more—

- ¾ cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon ground nutmeg

• • •

- 2 beaten eggs
- 1 cup ricotta cheese
- ½ cup milk
- 1 tablespoon sugar
- ½ teaspoon finely shredded lemon peel
- 1 teaspoon lemon juice

Jam *or* preserves (optional)

In a large mixing bowl stir together flour, baking powder, salt, and nutmeg; set aside.

In a medium mixing bowl stir together eggs and ricotta cheese. Stir in milk, sugar, lemon peel, and lemon juice. Add to the flour mixture all at once; stir just till blended.

For each pancake, pour about *⅓ cup* of the batter onto a hot, lightly greased griddle or heavy skillet. Spread the batter into a 5-inch circle. Cook till pancakes are golden brown; turning to cook other side when pancakes have a bubbly surface and slightly dry edges (1½ to 2 minutes per side). Serve immediately with jam or preserves. Makes 6 to 7 pancakes.

Nutrition information per pancake: 163 cal., 9 g pro., 18 g carbo., 6 g fat, 107 mg chol., 312 mg sodium. U.S. RDA: 13% riboflavin, 18% calcium, 15% phosphorus.

WHOLE WHEAT GRIDDLE CAKES

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon brown sugar
- ¼ cup butter *or* margarine, cut up
- 1 beaten egg
- 1¼ cups milk
- ¼ cup finely chopped pecans

Stir together flours, baking powder, sugar, and ½ teaspoon *salt.* With a pastry blender cut in butter or margarine till mixture resembles coarse crumbs. Combine egg and milk; add all at once to flour mixture, stirring with a fork till completely moistened. Stir in pecans. For each pancake, drop about *¼ cup* of the batter onto a hot, lightly greased griddle or heavy skillet. Spread dough to a 4-inch circle. Cook till golden brown, turning to cook other side when pancakes have a bubbly surface and slightly dry edges (about 2 to 3 minutes). Serve immediately. Makes 10 pancakes.

Nutrition information per pancake: 180 cal., 5 g pro., 21 g carbo., 9 g fat, 44 mg chol., 268 mg sodium. U.S. RDA: 12% thiamine, 11% calcium, 12% phosphorus.

PECOS SUPPER FLAPJACKS

- 1 recipe Pepper-Cheese Sauce (optional) (see recipe, below)
- ½ cup chopped onion
- ½ cup chopped green pepper
- 2 tablespoons cooking oil
- 1 8-ounce can cream-style corn
- 1¼ cups all-purpose flour
- ½ cup yellow cornmeal
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 beaten eggs
- 1½ cups milk
- ½ cup shredded cheddar *or* Monterey Jack cheese (2 ounces)

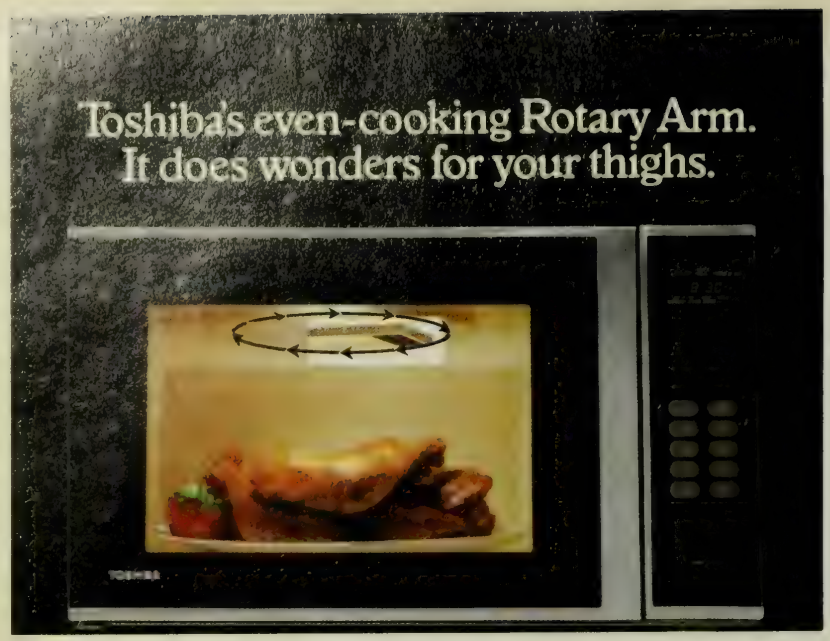
Prepare Pepper-Cheese Sauce; set aside. In a medium saucepan cook the onion and green pepper in hot oil for 5 to 7 minutes or till vegetables are tender. Stir in corn; set aside.

In a large mixing bowl stir together flour, cornmeal, baking powder, and salt. In a small mixing bowl combine eggs and milk; add all at once to the flour mixture, stirring till combined. Fold in corn mixture and cheese.

For each pancake, pour about *¼ cup* of the batter onto a hot, lightly greased griddle or heavy skillet; cook till deep golden brown, turning to cook other side when pancakes have a bubbly surface and slightly dry edges (about 2 minutes). Serve immediately. Pass Pepper-Cheese Sauce. Makes 18 pancakes.

Pepper-Cheese Sauce: In a small saucepan cook and stir one 8-ounce jar *cheese spread with jalapeño peppers* and ½ cup *tomato sauce* till cheese melts and mixture is heated through. Makes 1¼ cups.

Nutrition information per pancake: 118 cal., 5 g pro., 13 g carbo., 5 g fat, 40 mg chol., 239 mg sodium. U.S. RDA: 11% vit. C, 10% calcium.

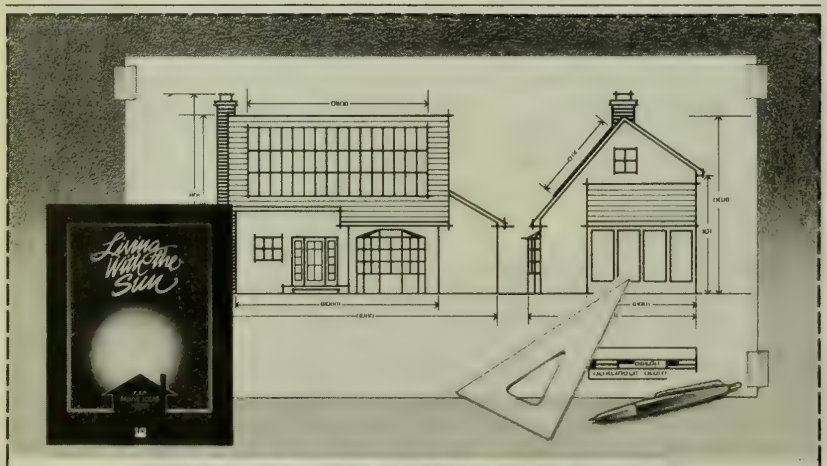


If you've ever had the rare treat of an unevenly cooked microwave meal, you'll appreciate Toshiba's unique new Rotary Arm. It creates a steady stream of microwaves throughout the oven—so your food cooks evenly from end to end (since our arm goes around in circles, your chicken doesn't have to).

We have some other appetizing features, too. Like nine power levels. A Therm-A-Matic Sensor Probe. Our Jet Defrost™ system. And a 1.6 or 1.0 cubic foot interior.

So get a Toshiba. And you'll have the best thighs on the block.

In Touch with Tomorrow
TOSHIBA
Toshiba America, Inc., 82 Totowa Road, Wayne, NJ 07470



BEFORE YOU BUILD, YOU SHOULD KNOW EVERY TRICK IN THE BOOK.

This book's on passive solar homes. Handsome, comfortable homes where many owners report savings on heating ranging from 40 to 80 percent, compared to traditional homes.

No matter where you live, find out how you can design your next home to use free energy from the sun. Send $1.00 to PPG Industries—America's leading glassmaker— for your 40-page, full-color copy of "Living with the Sun." Write: PPG Industries, Inc., Passive Solar Marketing, P.O. Box 8727, Harrisburg, PA 17105.

Name_____

Street_____

City_____ State_____ Zip_____

PC78

PPG

Sponge-Painting Techniques



Sponge-paint walls for an elegant look.

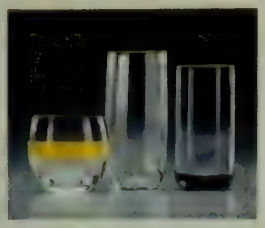
For elegant walls with textural interest, try sponging. Even novice painters can master this easy decorative paint technique. Here's how:

- The equipment you'll need includes: one natural sea sponge for each color you'll be applying (synthetic sponges aren't textured enough) and a plate or a pan for dipping each sponge.
- First, paint your walls the base color of your choice and let it dry thoroughly. On top of the base shade sponge as many colors as you wish. (You can use latex or oil-based paint.) For one-color sponging, simply dip a sponge lightly into the paint and press it to the wall.
- Space the patches of color as evenly as possible, but change the position of the sponge frequently for a mottled effect. For a multicolor application, dab the first color over the entire wall. When the surface is dry, apply additional colors, using separate sponges for each shade.

SPECIAL EFFECTS

Use light colors for a watercolor effect; for a marble look, apply dark colors sparingly on top of a lighter base. One combination you might try is a yellow background color sponged with hues of peach and pink, sponging an even paler yellow on top. For a different look, try painting the background gray and sponging with black and beige. The colors you choose will depend on the room and the effect you want to achieve.

AND YOU THOUGHT WE ONLY MADE GLASSES FOR MILK, LEMONADE AND ICED TEA.



Most of you know that Libbey makes traditional everyday glassware for America.

Always has.
Probably always will.
But look again.

We offer many fashionable styles of contemporary glassware like our Tall Ones collection of stemware.

Extraordinarily tall and gracefully elegant, Tall Ones stemware is just one more example of today's kind of Libbey glassware for today's kind of woman.

Like you.

LIBBEY®
AMERICA'S GLASSMAKER™
Toledo, Ohio 43666

An Air-Pollution Solution
For Buttoned-Up Homes

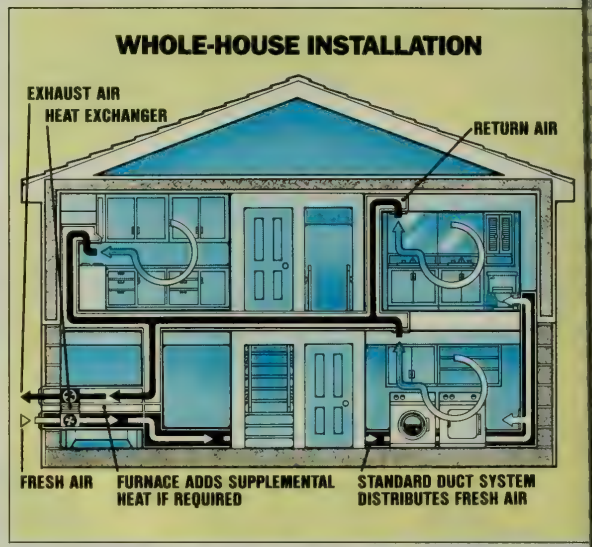
Today's superinsulated houses trap stagnant air as effectively as they conserve energy. That can create health problems. What can you do about indoor air pollution? Stay comfortable and breathe easy with an air-to-air heat exchanger.

HOW DO YOU VENTILATE A TIGHTLY INSULATED HOUSE without letting out air you've paid good money to heat or cool? An air-to-air heat exchanger may be your answer. Local utilities and some air-conditioning contractors can test your home to find out.

An exchanger is similar to a giant exhaust fan—with one big difference: A special mechanism salvages much of the valuable heat from your room air before it gets tossed to the winds. In the summer, an exchanger conserves your cooled air while it ventilates.

Problem pollutants

Two of the most common indoor pollutants are *carbon*



Introducing Pasta Prima. Th

Pasta Prima
HERB & GARLIC
PASTA SAUCE BLEND

Pasta Prima
ALFREDO
PASTA SAUCE BLEND

Pas

ıtinued

ɔnoxide and *nitrogen diox-*
; by-products of the com-
stion of gas stoves and
aters. Also, the *asbestos,*
ıyl chloride, and *fiberglass*
metimes found in building
ıterials can be a problem.
ırther, particleboard, cer-
in rugs, adhesives, and
rtains contain *formalde-*
de (*urea formaldehyde* in-
lation was at one time
ed in home construction).
To top it all off, there's *ra-*
n, a radioactive gas con-
ntrated in soil and rock.
ırts of the country with
uch natural granite are es-
ecially vulnerable to radon
ollution, but any area can
affected. The gas can en-
r a house through cracks
basement walls or floors.
ealing these cracks and
roviding proper ventilation
e effective measures to
ombat the problem.

How a heat exchanger works

Simply put, one fan exhausts interior air to the outside, and a second fan brings in fresh air simultaneously. As these two currents pass each other, the outgoing air surrenders its heat to the exchanger walls, which, in turn, transfer it to the incoming air. The unit works just as efficiently to ventilate a house during the summer—then, the direction of the heat exchange is simply reversed.

The drawing (*opposite*) shows one possible whole-house ventilation system. Depending on the manufacturer, the exchanger core is made of plastic, aluminum, or treated paper. Some types can salvage most of your house's humidity, too, and dehumidify incoming air when need be.

Installation choices

Much like air conditioners, heat exchangers can serve individual rooms or an entire house. The *unitary* type is a relatively small, self-contained device about the size of a window air-conditioner that mounts in an exterior wall. Two such units will change about a fourth of the air per hour in an average house. This volume of ventilation is sufficient for an average-size home when teamed with natural infiltration of another quarter air change per hour.

The second, and more common, type of exchanger is a *central* unit for the whole house. Most centrally operated heat exchangers are about the size of a water heater. Although more efficient than unitary types, they cost more to install; a central unit normally requires its own ducting.

Prices generally fall within the $350 to $750 range, but you can pay as little as $250 for a small unit to as much as $1,800 for a whole-house model. FH&G

MANUFACTURERS

Berner/Economini International Corp.
P.O. Box 5205, New Castle, PA 16105
800/245-4455 (PA: 412/242-4455)

Des Champs Laboratories, Inc.
P.O. Box 440, East Hanover, NJ 07936
201/884-1460

Gaylord Industries, Inc.
P.O. Box 558, Wilsonville, OR 97070
503/682-3801

Mitsubishi Electric Sales America, Inc.
HVAC Division, 5757 Plaza Drive
Cypress, CA 90630
714/220-2500

Q-DOT Corporation
701 N. First St., Garland, TX 75040
214/487-1130

ıd of the same old spaghetti.

Just add your fresh ingredients to one of Pasta Prima's™ perfect blends of McCormick®/Schilling® Spices and — Delicioza! Diferente! Eating Italian isn't just spaghetti anymore. New Pasta Prima. In your grocer's seasoning mix section.

Pasta Prima
MARINARA
Pasta Prima
PASTA SALAD VINAIGRETTE
DRESSING BLEND
BLEND

MFR COUPON | EXPIRES 1/31/88
20¢ Off
New Pasta Prima
DEALER You are authorized to act as our agent for the redemption of this coupon We will reimburse you 20¢ plus 8¢ for handling provided it has been used in accordance with our customer offer Invoice proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request Good only on any McCormick/Schilling Pasta Prima Sauce Blend. Any sales tax must be paid by customer Any other use constitutes fraud. Void where taxed, prohibited or otherwise restricted by law Cash value 1/20 of 1¢ Grocers mail coupons to McCormick & Co , Inc , Department #5940, El Paso, Texas 79966 Limit one coupon per items specified
McCormick®/Schilling®
52100 115865

UNLIMITED ADDITION



Furniture groupings define the family seating area, dining "room," and breakfast bar.

Major remodelings often start with a limited idea that grows. It's fun to dream, and you could wake up with a makeover to brag about.

This addition began with the idea of adding a greenhouse to the back of an older home. Heeding the advice of their architects, however, the homeowners decided to build a year-round living space more suited to the needs of an active family. Now, everyone enjoys the new family/dining room and completely remodeled kitchen.



Mexican paver tiles and wood wine rack add warmth to this kitchen's clean, white lines.

Features worth touting include French doors, a fireplace with cubbyhole for wood, and huge operable skylights. The vaulting roofline and generous window glass create the greenhouse feeling that spawned this elegant transformation.

Architect: Phelps and Sullivan. Interior design: Selene Morgan. Kitchen design: John Fanll
Field editor: Ruth L. Reiter



"Some windows are too cold."



North, south, winter, summer — windows made with Sunglas Heat Reflective glass work like transparent insulation to save you valuable energy dollars year-round.

Sunglas HR also helps reduce condensation and drafts to keep you more comfortable day and night no matter what the weather.

Sunglas HR is the insulator that really is a window. A high-tech glass that looks like old-fashioned clear glass, but actually reduces both heat loss and heat gain 65%* by keeping radiant heat where you want it: inside when it's cold — and outside when it's hot.



"Some windows are too hot."

In other words, with Sunglas HR your windows are never too hot, or too cold — but just right.

What's more, Sunglas HR also reduces the sun's harmful ultra-violet rays that cause premature fading of household fabrics.

*Versus single glazing. Based upon ¾" air space. Performance will change with the width of the air space.

Sunglas HR is ideal for new homes and replacement windows, even for simple add-on storm windows.

Sunglas HR also makes great energy sense for sunspaces. In fact, the larger your glass area, the more you need Sunglas HR.

Ask for Sunglas Heat Reflective glass from Ford Glass by name, because when it comes to glass that works 24 hours a day, 365 days a year, every year — Nobody outglasses Ford.

See your local window dealer or call 1-800-GLASS-HR for a free brochure.

Ford

Glass Division

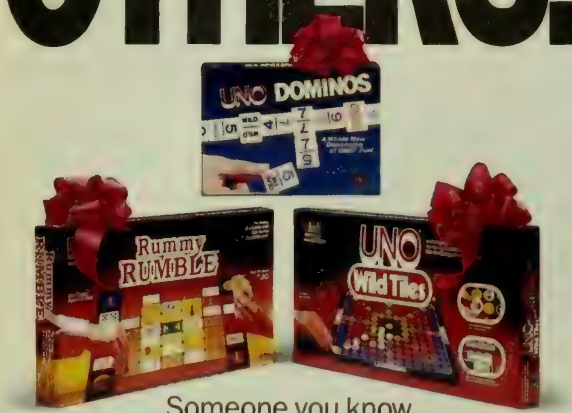
Founded 1919. A division of Ford Motor Company.

"Windows made with Sunglas® Heat Reflective™ glass are just right."

America's favorite family get together.™



UNO®
UNTO
OTHERS.



Someone you know would love UNO® for the holidays. Or, for board game lovers, there's UNO® WILD TILES,® with added strategy and surprises. And RUMMY RUMBLE,™ a rummy-type card game that's a board game at the same time. And now, there's UNO® Dominos, two great American classics together in one great UNO® game.

There's a lot of UNO in every game we make.

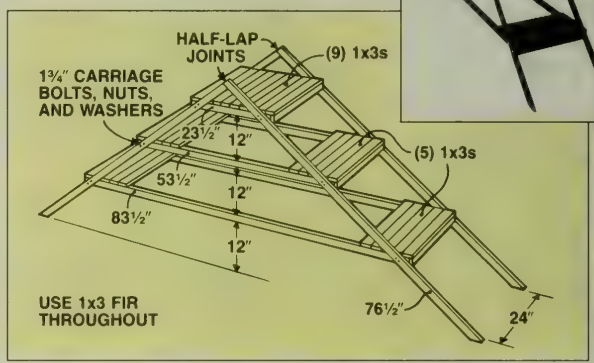
™

© 1986 International Games, Inc.

A Platform/Deck To Please Your Pooch

This easy-to-build platform/deck is designed to help keep your dog up and away from parasites, dampness, and allergy-provoking grasses—while encouraging your pet to exercise.





■ **Measure your dog:** The deck is designed for a dog that's 12 to 15 inches tall at the shoulder, but you can easily scale the project to a smaller or larger pet. Measure your dog's height from the ground to the top of its shoulder, and make that the approximate distance between each step.

■ HOW TO BUILD IT ■

■ **Build the steps first:** To make the top step, construct a 24×23½-inch frame. Then nail nine 1×3s to the frame. Space the parallel 1×3s about ⅛ inch apart.

Construct the 24×53½-inch frame for the middle step, and nail five 1×3s (spaced as above) at each end.

For the lowest steps, construct a 24×83½-inch frame, nailing five 1×3s at each end.

■ **Next come the legs:** Cut 4 boards 76½ inches long. Notch 1 end of each to form half-lap joints. Glue and screw the joints together to make 2 pairs of legs. Next, make a 45-degree cut in the other end of each board.

■ **To assemble:** Support the bottoms of the 4 legs by positioning each pair against a 2×4. Measure up 15 inches to mark the position of the first steps on the legs. Continue up the legs, marking all positions for the steps.

Temporarily assemble the deck using finishing nails or screws through the inside of the step frames. Then bore holes for the carriage bolts.

Finish the platform/deck with an outdoor paint or stain. Drive the carriage bolts into the wood, add the nuts and washers, and the deck is ready for Fido's inspection.

SHOPPING LIST

- 112 feet of 1×3-inch fir
- 24 zinc chromate carriage bolts, nuts, and washers
- 4d galvanized nails
- No. 7 wood screws
- wood glue
- stain or outdoor paint



I still can't believe it. Here's a man who's ever shown the slightest terest in cooking. And now, nce we got our Jenn-Air rill-Range, I can hardly t him out of the kitchen.

I mean if he isn't char-illing hamburgers or hot ogs for the kids, he's grill-g Tandoori Chicken or arinated ank Steak r our guests

"For 19 years my husband never even set foot in the kitchen. Now he's Mr. Barbeque."

t a dinner party.

He acts like he's some ind of super chef. But hat it really proves is how ownright easy it is to cook ith a Jenn-Air.

You just toss some eat or poultry on the grill, nd voilá. You've got a deli-ious char-grilled meal in o time.

Smoke and cooking dors are vented right to the outside. You don't even need an overhead hood.

Of course the grill isn't the only thing that makes cooking easier with a Jenn-Air. It also has a "selective use" oven that lets you dial either radiant or convection cooking.

Convection is a real time saver. Cooks meats up to ⅓ faster.

Do you know what that means at Thanksgiving? You can cook a 15 lb. bird in under 3½ hours.

Just think, no more getting up at dawn to put it in the oven. And it comes out crispy brown on the outside, nice and juicy on the inside.

The oven is self-clean, too. And the grill drops in the dishwasher.

Maybe this sounds corny, but getting a Jenn-Air Grill-Range has actually changed my life.

Not only has it made cooking simpler and clean-up easier, but it's turned my husband into a regular Mr. Barbeque.

Why, I may never have to cook again.



Jenn-Air.

These days, it's the only way to cook.

To find out more about the Jenn-Air Grill-Range see your nearest Jenn-Air dealer (he's in the Yellow Pages). Or write for our free brochure at Jenn-Air Co., 3035 Shadeland Ave., Indianapolis, Indiana 46226.

© 1986 Jenn-Air Company, A division of The Maytag Company



Moen life.
It's so uplifting. Rising to fill everything,
then lowering at your touch.
Your Moen faucet, fresh tender flowers.
That's a labor of love.

MOEN

STANADYNE
Moen Group

Kitchen Riser® shown. For brochure, call 1-800-258-8787, ext. 215. (1-800-821-9400, in Ohio.)

TEAMING SOFT AND BOLD

BLEND GRACEFUL FABRICS AND ACCENTS WITH POWERFUL FURNISHINGS FOR A BEDROOM WITH SHOW-STOPPING STYLE.



ERNEST BRAUN

Formal fabrics and delicate furnishings tame the look of a bold bed.

- **A rough-hewn four-poster** sets the stage here. The raw appearance of this massive bed provides contrast to the delicate linens and furnishings.
- **Lush gauze** draped around the poles flows to the floor and provides soft contrast to the bold bed. The informal fabric gives the grace of a canopy without a canopy's stylized look.
- **Color and pattern** come from a mélange of pillows. Richly ruffled shams in the same print as the bedroll form the backdrop for the pillows.
- **A fat bedroll**, tied at the ends with silk drapery tiebacks, tops the white lace blanket cover and acts as a counterbalance to the matching shams at the head.
- **Fabric trim**—an unusual softening touch—decorates the top of the wall. Made from the same material as the bed accents, the trim adds extra polish and ties the room's elements together.
- **A Queen Anne bedside table** sets another delicate counterpoint to the powerful bed. To soften the contrast, the table's wood has been pickled so that the light color complements the white-stained logs of the bed.

Design: Karen Carroll/Marin Designer's Showcase
Field editor Helen Heitkamp

Better Homes and Gardens®

HOME DECORATING CONTEST

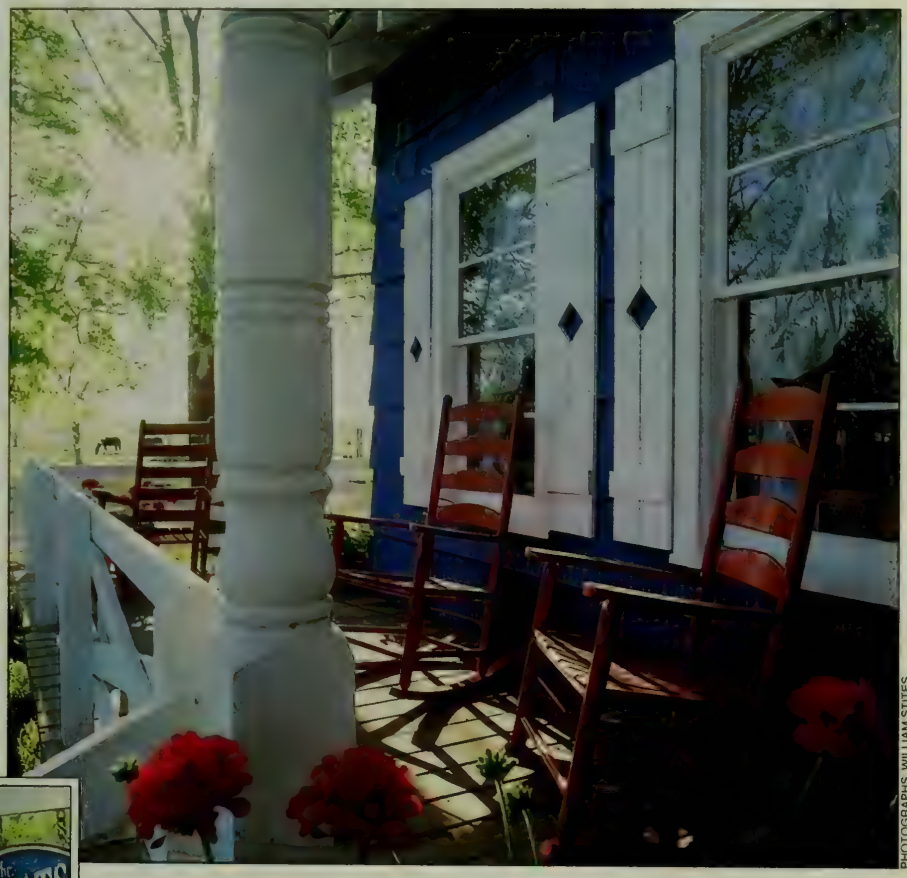
PART 2

THE WINNERS!

By Shirley Van Zante, Denise L. Caringer, and Robert E. Dittmer

Stylish, inventive, and committed to "hearth and home"—that's our typical reader! As we judged our more than 6,000 contest entries, we were delighted to see those traits turn up—again and again! Come along as we tour 15 winning homes from California to Connecticut. Each offers ideas to make your own place a real winner.

Buying information, page 178.



PHOTOGRAPHS WILLIAM STITES



THERESE DEATS' Dickinson, Texas, home gains character from new fencing, fresh colors, and an entry porch.

COUNTRY PORCH

As timeless as it is welcoming, this rural Texas porch only looks as if it's been there a lifetime. With neighbors' help, Therese built a new front porch with all the languid charm of the past. Each detail, from the fence-style railings and folkish shutters to the homespun rocking chairs, carries out Therese's country-porch vision. Playing off against white trim and blue shingles, bright geranium-red accents add the *zing* of personal style. Not one to stop for long, Therese says she enjoys those few moments she can "sit here and watch the traffic go by."

Therese gave her new porch a homey, decades-old aura. Bold colors reflect the owner's spirited style.

FAMILY ROOMS

Better Homes and Gardens®

HOME DECORATING CONTEST

WINNERS!



JOAN AND WILLIAM MARCO of Glastonbury, Connecticut, say colonial design inspired this inviting room addition.

COLONIAL AMBIENCE



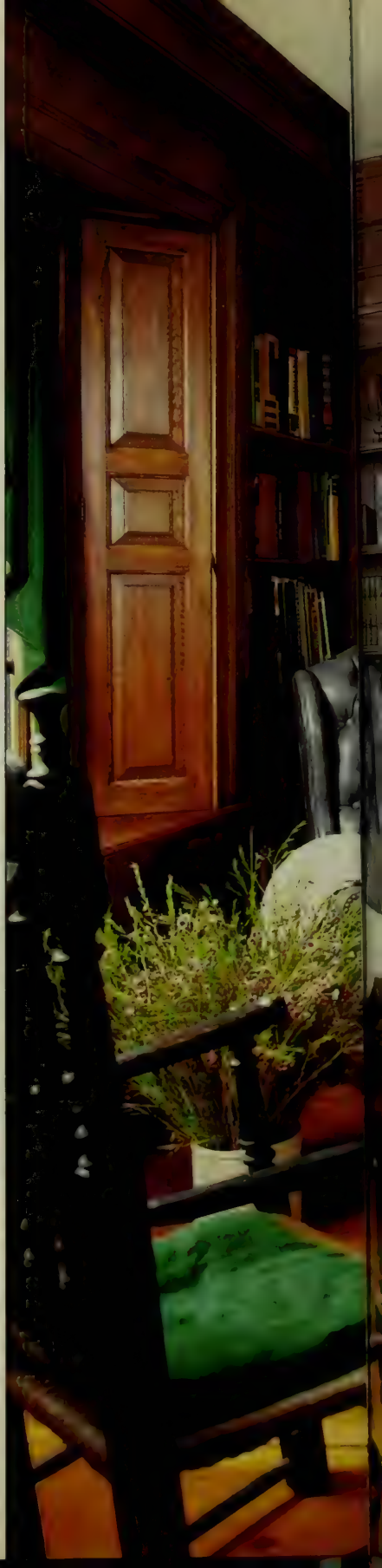
PHOTOGRAPHS MARIS/SEMEL FIELD EDITOR BONNIE MAHARAM

Antique furnishings and beautifully made woodwork give the room its authenticity.

When Joan and William decided to add a family room, they knew immediately how they wanted it to look. "We love 18th-century architecture," says Joan. She credits "a talented carpenter" with creating the vintage woodwork, but says her own hand-rubbing with tung oil and oil paints gave the wood its wonderfully aged patina. The marriage of this glowing backdrop with flea-market antiques sets a convincingly colonial mood.

Finished at last, the room is perfect for "enjoying a drink with a few friends by the fire," Joan says.

"We are crazy about this room!" exclaims Joan. Mellow antiques, plank floors, and a blazing fire draw family and friends.





Better Homes and Gardens®

HOME DECORATING CONTEST

WINNERS!

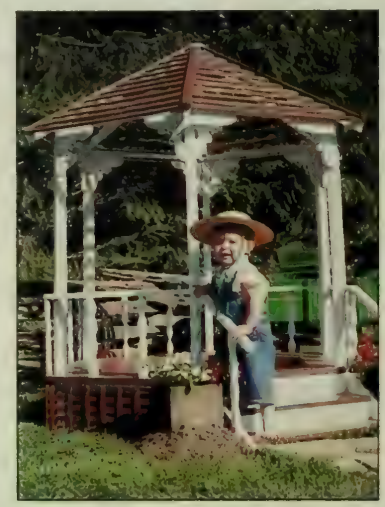
A KID'S GAZEBO



DOUG AND SHARON VAN ARNAM'S inspiration.

To mimic the gazebo on their porch, the Wadsworth, Ohio, couple built a kid-size version to shelter a sandbox. A lath roof filters midday sunlight.

"Our kids give us the incentive to be creative," says Sharon.



Romance comes to a kid's sandbox!

ARTFUL COPIES



BILL TAYLOR of Burlington, North Carolina, in his workshop.

With history in mind and tools in hand, Bill turns raw wood into heirlooms copied from colonial designs. Like Santa himself, he works all year crafting furniture pieces as Christmas gifts for his family.



PHOTOGRAPHS: GEORGE ROBERTS, JR.

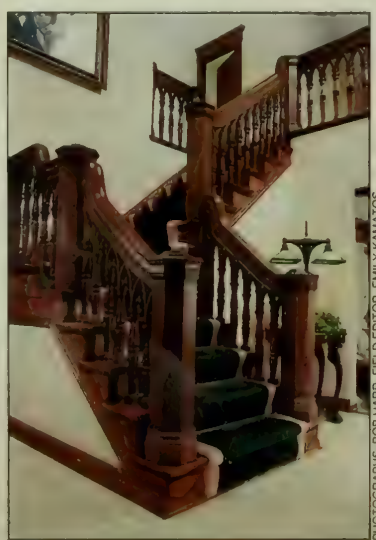
This secretary reflects Bill's artistry.

REBORN STAIRS



THE DONLEY FAMILY sits on their "stairway to the past."

Saved from the wrecking ball, this circa-1900 staircase lends venerable style to Chris and Randy's new Marengo, Illinois, home. The couple searched for two years before finding the architectural antique, then rebuilt it to fit the space.



PHOTOGRAPHS: BOB HARR FIELD EDITOR: EMILY KAMATOS

Antique stairs grace a new home.

PLAYFUL SHADE



THE OWENS family at their home in Gaithersburg, Maryland.

Both whimsical and practical, Linda Owens' do-it-yourself window shade adds a playful touch to baby Kevin's room. Fabric sheathes room-darkening batting; a sewn-on house with glued-on felt pieces repeats the design of the wallpaper.



PHOTOGRAPHS: MARIS/SEMEL FIELD EDITOR: EILEEN A. DEYMIER

A window flap adds graphic impact.

OLD-STYLE FIREPLACE



ARIA AND STEVE LUGINBILL of ockville, Maryland, with their daughter, efanie, on the front porch.

PHOTOGRAPHS: MARIS/SEMEL. FIELD EDITOR: EILEEN A. DEYMIER

Abandoned after a fire, the Luginbills' Victorian home has found a new family. "When I saw the brave little house, with its smashed windows and gaping door, I *knew* I had to have it," recalls Maria. Among the couple's improvements is the delightfully romantic living room fireplace.

"Steve, a genius when it comes to building things, built it into the corner," she says. The mantel and mirror were low-cost garage sale finds.

So convincing is the Luginbills' newly added fireplace that even a local building inspector had to ask, "Is it old or new?"

SUNNY SPACES

Better Homes and Gardens®

HOME DECORATING CONTEST

WINNERS!

BREEZY RETREAT



KATHY AND BRUCE McDONALD describe their porch as a "treehouse."

With Dubuque, Iowa's lush trees, roller-coaster streets, and Mississippi River views close at hand, the McDonalds wanted their screened porch to embrace the scene—year-round. Walls of glass create "a treehouse effect.... In the fall, golden maple leaves light the room with a wonderful glow," says Kathy.



PHOTOGRAPHS BOB HARR FIELD EDITOR EMILY KAMATOS

Garden-fresh sofa fabric and neutrals complement the outdoors—without competing.

STYLISH MIX



KEN AND SANDE RUD with their daughters, Molly and Leah.

Enriched by woods and a lake just outside, this Minnetonka, Minnesota, room welcomes family and guests. A checked floor anchors airy wicker and sink-in upholstery. Sande likes to call the space "a sunroom," and it's easy to see why. Abundant windows admit an almost continuous wash of light, and colorful stained glass lends warm radiance—rain or shine.



PHOTOGRAPHS SUSAN GILMORE FIELD EDITOR PAT CARPENTER DESIGN SANDE RUD

Open to the kitchen, the family room gains style from a fresh color scheme and furniture mix.

YEAR-ROUND COMFORT



IM AND STEVE AZEVIDO of Wal-t Grove, California, turned an aging rch into a year-round oasis.

PHOTOGRAPHS: LAURIE BLACK/ROSLYN BANISH. FIELD EDITOR: BARBARA CATHCART

At ease! That's what this porch commands. A homey furniture blend and relaxing colors don't merely encourage lingering, they *insist* on it. "We live out here," Kim says. Already enclosed, the porch needed updating when the couple bought the house. The worst job, removing dated indoor-outdoor carpet and the layers of floor-leveling plaster and adhesives under it, yielded the biggest bonus: a handsome quarry tile floor.

"I tried to find furnishings that fit the age of the [1920s] house," says Kim. The result: unassuming charm.

Better Homes and Gardens®

HOME DECORATING CONTEST

WINNERS!

HOMEY NURSERY



CINDY STEPHENSON of West Conshohocken, Pennsylvania, with Andrew.

The Stephensons' circa-1900 carriage house is full of charm—but tight on space. They lavished the tiny nursery with white for airiness, then painted the end wall yellow for warmth. The practical basics: a bunny border that can change easily when Andrew outgrows it and timeless furnishings, like the bookcase, that avoid cutesy clichés.



PHOTOGRAPHS: MARIS/SEMEL. FIELD EDITOR: EILEEN A. DEYMIER

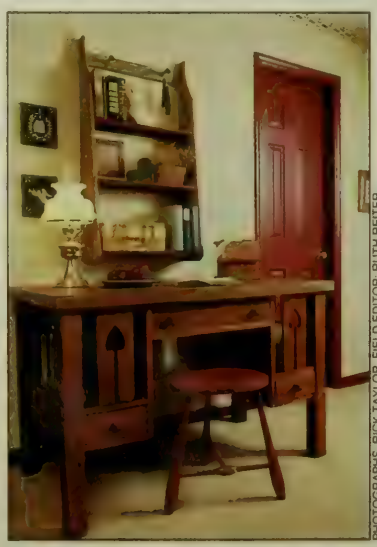
An adaptable kid's scheme: easy-to-change wallpaper border plus simply designed furnishings.

VINTAGE ACCENTS



THE COXES at their newly built home in Toccoa, Georgia.

To lend vintage style to their newly built home, Nancy Cox used traditional brick-red paint, a stencil-style wallpaper border, and a mission desk to set the scene. A mini-print wallpaper and a new pegged rack enhance the old-time feeling.



PHOTOGRAPHS: RICK TAYLOR. FIELD EDITOR: RUTH REITER

Country items warm a bedroom.

SERENE SCHEME



JANE HINCEMON of Greer, South Carolina, with family.

Do-it-yourself innovation produced this guest room. Jane made insulating shutters of mattress padding, refreshed old lamps with spray paint, and hammered together the ottoman and nightstands. Serene blues relax houseguests.



PHOTOGRAPHS: RICK TAYLOR. FIELD EDITOR: RUTH REITER

Ingenuity creates style on a budget.

STREAMLINED FUNCTION



ANCY STANTON transformed her w York studio apartment with flexible lt-ins and modular seating pieces.

PHOTOGRAPHS: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

Efficient built-ins stow everything from Nancy's clothes to her office gear; sheets of mirror help expand the small space.

Snug and organized, Nancy's shipboard-style apartment wasn't always that way. For five years, she lived with furniture from her former Connecticut home. "This is my bedroom, living room, dining room, and office," she says. "... it didn't work." Starting over, she designed an 18-foot storage wall and a Murphy bed pocket, leaving plenty of space for seating, including a sofa-sleeper for guests. Space-doubling mirror contrasts with rich black and red for drama. "For less than $100, I can change the look with pillows and flowers of any color I want!" she adds.



A set of mirrored doors opens to reveal a comfortable, full-size Murphy bed.

FAMILY ROOMS

Better Homes and Gardens®

HOME DECORATING CONTEST

WINNERS!



ROSEMARY AND JIM LONBORG with their six children at their 200-year-old Scituate, Massachusetts, house.

LIVING-DINING FOR A CROWD



PHOTOGRAPHS: ALEX BEATTY; FIELD EDITOR: ESTELLE BOND GURALNICK

An antique hutch mixes with reproduction chairs and a table made from old wood.

With six children and two golden retrievers, Rosemary says, "the walls seemed to be closing in"—especially at mealtime. The solution: move seating pieces and electronic gear to the smaller dining room, then place the dining pieces in the spacious old family room, shown here. The expansive "new" dining spot suits the Lonborgs' large, often spur-of-the-moment gatherings. Open to the kitchen, the room also puts Mom within range of a tableful of kids doing homework and projects. Well-worn woods and a durable woven rug mean fuss-free ease.

Just beyond the table, a handmade willow settee beautifies a slice of space once crowded by a kitchen table.





PERSONALITY KITCHENS

By Barbara A. Lewis

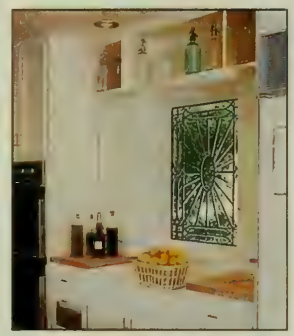


LAURIE BLACK ROSYLYN BANISHARK PHOTOGRAPHY

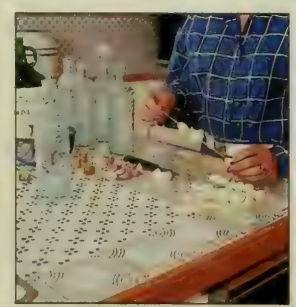
Solarium windows frame Jill's favorite views. In summer, insulated shades can be drawn against the heat.



Pullout chopping boards serve multiple cooks and double for "island" dining.



Jill designed the bake center around an antique beveled-glass window.



Ceramic tile, on the island and over the range, accents the all-white scheme.



A double-sided spice shelf near the range swings out of a cupboard on piano hinges.



Drawer-within-a-drawer slides back and lifts out to reduce utensil tangle.



Backed by a spacer, an acrylic panel displays nuts and pasta in a drawer front.



JILL FALOON harvests herbs for the flavored oils she uses in her cooking.



Jill's Garlic Spaghetti

PRACTICAL, PRETTY, AWASH IN SUNLIGHT

Clean and white with loads of storage to preserve the uncluttered look.

"Now that the kids are gone," explains Jill Faloon, primary cook in this fabulous kitchen, "I spend more time in my garden. I love to cook with my own herbs and vegetables.

"When we remodeled the kitchen, we were striving for a light and airy feeling, and easy-care efficiency. I wanted plenty of counter space so I could whip up big batches, and *lots* of storage so I could clear away the evidence. My husband and a friend did all of the work. They built the shelves above the bake center to display my collection of antique siphon bottles. Our new kitchen fits the way I cook and the way we live to a T.

"To make the most of the garden views, we replaced small windows along the south wall with larger ones, and bumped out a 12-foot stretch of wall for the solarium addition.

"Creating space for a solarium/family room was tricky—we borrowed 7 feet from a bath and laundry room at the far end of the room to make way for our TV-watching/sitting area at the other. In winter this is my favorite spot."

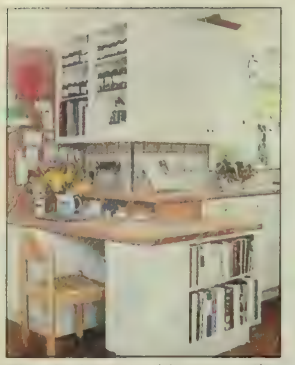
Recipes for Jill's Garlic Oil and Garlic Spaghetti begin on page 187.

Kitchen design: Sarah Lee Roberts. Sun-room design: Walvern/Solaria, Inc.
Field editor: Helen Heitkamp

Buying information, page 178.



PERSONALITY KITCHENS



The desk, tucked between the kitchen and family room is Holly's command post.



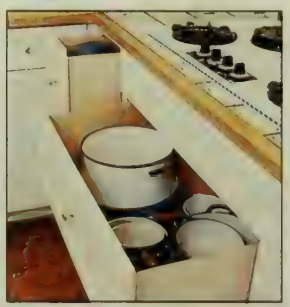
Relocating the stairs leading to the garage freed up space for a walk-in pantry.



Scott, Mimi, and Aimee frost Crisp Sugar Animal Cookies at the center island, where there's always room for one more person.



Holly cuts out animal cookies at her bake center that's outfitted with a marble slab.



Large pots for soups and preserves reside in a deep drawer under the range.



Handy to the range, the hospital-style faucet is perfect for filling big pots.



Ovens and refrigerator are set into the far wall, well away from main work areas.



HOLLY GREEN and her children love to bake and decorate animal cookies.



Holly's Sugar Animal Cookie

FAMILY-STYLE COMFORT, COUNTRY FLAIR

Warm and whimsical with plenty of room for the whole family.

"As our kids became more involved with sports and outside activities," recalls Holly Green, "Bill and I realized that our home no longer worked very well for the way our family lives. So, we decided to enlarge the kitchen and build a family-room addition over the garage. While we were at it, we raised the kitchen ceiling.

"I love to cook for my family but my biggest deal is cooking with kids—Brownies, Girl Scouts, and my own children. One of my goals was to reorganize the space so that the kids would have room to spread out without getting in each other's or in my way. I put the ovens and the refrigerator on the far side of the island so the kids can fix snacks in the microwave after school while I'm making dinner.

"I planned my 3×9-foot island for group cooking. But as it's turned out, our family 'lives' around the island—we eat here, the kids do projects, and Bill sits and talks to me after work. We do all of our cleanup at the big sink, and the smaller sink in the island serves the range."

Recipes for Holly's Crisp Sugar Animal Cookies begin on page 187.

Architect: Hank Bruce. Field editor: Helen Heitkamp

Buying information, page 178.

To order handcrafted Cat Cookie Cutter, see page 191.



An unusual arrangement of windows (*above*) topped by an arch opens the room to fresh air and garden views. Rosy-hued brick on the far wall (*below*) complements ceramic tile and the country French decor.



PERSONALITY KITCHENS



The Gur-Arieh's gather for a snack of Turkish Coffee and Phyllo Nut Rolls at the end of the day.



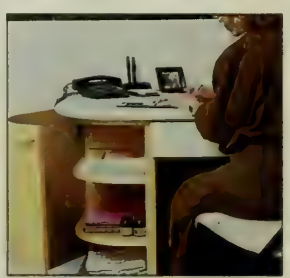
Chaim pours Turkish Coffee. Ingredients hide behind tambour-door cabinets.



A two-sided, pullout pantry unit fits snugly between the refrigerator and banquette.



Corian countertops make an ideal surface for preparing delicate Phyllo Nut Rolls.



The door of the desk repeats the graceful curve of the cupboard overhead.



Sivan fills a glass with chilled water from a "fountain faucet" in the second sink.



Etched glass set in the top half of a Dutch door lends a handsome deco accent.



ELISHIVA GUR-ARIEH collects ethnic art and enjoys cooking foods from the Middle East.



Elishiva's Phyllo Nut Rolls and Turkish Coffee

CITY SLEEK, ARTFUL ACCENTS

Elegant and inviting, with sophisticated hints of a rich cultural heritage.

"When we bought our older, Mediterranean-style home," remarks homeowner Elishiva Gur-Arieh, "almost everything suited us except the kitchen. It was large enough, but dark and gloomy. The work areas were poorly arranged for two cooks, and there was no place for the family to sit and eat. We didn't want a center island—we wanted the whole space to be open, with perimeter work stations and a comfortable dining area to one side.

"We're a busy family. During the week, we all go off in separate directions. In the evenings, we come together in the kitchen to talk about the day. Often, Chaim and I fix dinner while Sivan keeps us company. Our family life revolves around our kitchen—it is the nerve center of our home.

"We had specific materials and a look in mind that was dramatic and contemporary, with a touch of deco. I grew up in Israel where marble is commonly used. It's easy to care for, improves with age, and I feel very at home with it."

Recipes for Elishiva's Phyllo Nut Rolls and Turkish Coffee begin on page 189.

Architect: Bennett Christopherson, AIA. Field editor: Barbara Cathcart

Buying information, page 178.



A skylight and bay window bump-out (*above*) bring light into the kitchen, while pinstripes of jet black granite (*below*) define the open space and spark the marble. Soft cushions beckon from the sleek banquette.



LIGHT AND LOFTY ATTIC REDO!

By Gayle G. Butler



Before you add on, look up! Beneath the cobwebs and bare rafters, your attic may have the makings of a sun-swept getaway.

CAN YOUR ATTIC BE CONVERTED?

These guidelines will help you find out. Consult local building codes for specific requirements in your area.

- **ACCESS:** You'll need at least a 3×10-foot area on the floor below for a standard staircase. Spiral or U-shaped stairs take wider spaces, but need less of a run.
- **CEILING HEIGHT:** Ceilings should be 7½ feet high over at least half of the area. Collar ties—beams that span the rafters—often can be moved up for more headroom.
- **WIDTH:** You'll want 12 feet between sidewalls, unless you're adding a dormer to expand space. Local codes often require you to build sidewalls where the ceiling drops below a minimum height—usually 4 or 5 feet.
- **FLOOR SUPPORT:** If floor joists are smaller than 2×8s, you'll need to beef them up. Heavy loads, such as fireplaces and whirlpool tubs, may require special support.

With its high, sloped walls and exposed beams, the attic family room (*right*) exudes the rustic charm of an A-frame cabin. That's exactly what the homeowners had in mind: an informal escape where they could relax in treetop serenity.

JEWEL IN THE ROUGH

By remaking existing space—and doing some of the work themselves—the owners got their retreat for $25 a square foot, less than half of the cost of adding on. It helped that their attic (*above*), though long and boxy, was perfectly suited for finishing, with plenty of headroom and existing access. All it lacked was character and light.

THE PLAN

To transform the room, the owners and their architect devised a two-part strategy: first, to reshape the room into cozier proportions; and, second, to design a cabinlike interior that would play up the room's vaulted space and appealing, woodsy view.

Next page: How to do it ▶

ARCHITECT: JUDY MCCLURE AIA PHOTOGRAPHS: GEORGE CEOLLA


THE DECORATING BOO

ATTIC REDO!

FROM START TO FINISH



The start: Drywall goes up.

◀ RESHAPED SPACE

With wiring and ductwork done, work began on the walls. The first step: framing in closets on both sides of the entry to help square up the space. The closets stairstep down the eaves line, shortening the room. A fabric panel, inset into each closet, allows stereo speakers to be concealed within.

RUSTLED-UP RUSTIC ▶

In keeping with the cabin motif, the sloped walls were finished in easy-to-install "car siding"—V-grooved pine boards that snap together tongue in groove. Later, the exposed beams were clad with cedar for a sturdier look.



Pine boards cover rafters.



Roof windows fit into place.

◀ A SLICE OF SKY

Three roof windows let in light and provide ventilation. To simplify installation, the owners selected units that fit snugly between existing rafters; they added pleated shades to control the sun. Here, wood shims hold the windows plumb as they're nailed in place.

TREETOP LOOKOUT ▶

A graceful, round-topped window made of two stock units adds instant architecture to the end wall. The subtle but intriguing window recess was the serendipitous result of furring out the wall a few inches to cover a protruding electrical feed.



A round-top window awaits its trim.



Framing boxes in a fireplace.

◀ PREFAB COZY

A factory-built fireplace, set in 6 feet from the door, trims the room's awkward length. Using a prefabricated model saved money two ways: the unit cost less than a masonry fireplace and, because it weighs less, required no additional floor support.

FINALE IN OAK ▶

Random-width oak plank flooring completes the cabin effect; the tongue-in-groove planks were installed right over the existing boards. If your attic has no floor, you can use plywood sheets, nailed into the joists, as underlayment for the finish flooring.



The finish: Oak planks are nailed down.

Buying information, page 178.



HOLIDAY MAKE-AHEADS

By Barbara Atkins

DAZZLING HORS D'OEUVRES

READY WHEN YOU ARE FOR ENTERTAINING

Create these stunning, savory tidbits before the holiday rush begins; later whisk them out of storage to wow your guests. What better way to celebrate the spirit of the season—minus any last-minute frazzle or hassle.

RECIPES BEGIN ON PAGE 142.



CRAB-FILLED PHYLLO BITES
Pop the frozen bundles in the oven; bake till golden.

STRIPED SALMON 'N' PARSLEY ROUNDS
Thaw, glaze, and garnish the night before.

SPECKLED VEGETABLE TERRINE
Just 30 minutes from freezer to party buffet.


VEAL-SPINACH PÂTÉ EN CROÛTE
Flaky, sumptuous—no clue that it's made ahead.
SUGAR-AND-NUT-GLAZED BRIE
Warm the whiskey-kissed topper and creamy cheese.
PEPPER-COATED CHEESE WHEEL
Let the colorful coating tickle your taste buds.

HOLIDAY MAKE-AHEADS

SPECTACULAR DESSERTS

INDULGE YOUR GUESTS IN A SWEET BUFFET

Stash these marvelous do-ahead treats in your freezer or refrigerator. Like magic, serve one or all at a holiday open house or to end a festive dinner. Either way, they're perfect choices for sweetening the season.

RECIPES BEGIN ON PAGE 148.

CREAM-FILLED HAZELNUT CAKE
Brimming with nuts; ideal to freeze.

HOLIDAY CRANBERRY TORTE
Ready for drop-in guests in just 20 minutes.

GLAZED FINGER TARTS
Thaw as many delightful tarts as you need: 2 to 15.


LIQUEUR-LACED FRUITCAKES
A holiday must. Give the mini cakes as gifts.
PUFFED COCONUT PASTRY DIAMONDS
Bake these frozen gems for an airy, warm dessert.
CHOCOLATE-PRALINE PUMPKIN PIE
Lift pumpkin pie to delectable new heights.

HOLIDAY MAKE-AHEADS

FANCY BREADS

ONE YEAST DOUGH MAKES ALL THREE

Take a big bite out of holiday baking by making just one recipe of Rich Yeast Dough. Ease the time crunch even further: mix and freeze the dough up to three months ahead.

RECIPES BEGIN ON PAGE 155.
Buying information, page 178.



STARBURST BREAD WITH HERB BUTTER
Flavor with anise, caraway, and fennel seed.

SHAPING THE STAR

Coil the end of each dough rope. Then, curve the center of each dough rope slightly to create the star shape.



FESTIVE PINWHEEL ROLLS
Bake all 20 rolls; freeze. Take them out as needed.

ALMOND BREAD CROWN
The crowning touch to any holiday brunch.

CREATING PINWHEELS

To form the pinwheel shape, fold every other dough tip over the jam in the center. Then, pinch the points together securely. Brush with milk; sprinkle with nuts.



FORMING A CROWN

Using a ruler to measure and sharp scissors to snip, cut the thin rope of dough at 1-inch intervals. This creates the crown's points.



HOLIDAY MAKE-AHEADS

FESTIVE COOKIES

ONE BUTTERY DOUGH MAKES THEM ALL



PHOTOGRAPHS: TIM SCHULTZ FOOD STYLIST: PAT GOODSTED

Fill your holiday cookie tray with Crackled Crescents, Little Snow People, and Zigzag Cookie Shapes.

Take this rich dough and make more than seven dozen cookies in all—

CRACKLED CRESCENTS: Add chocolate pieces, shape crescents, bake, and dip in chocolate.

LITTLE SNOW PEOPLE: Shape the dough into balls, assemble, decorate with candy, and bake.

ZIGZAG COOKIE SHAPES: Roll, cut out, bake, and zigzag icing over.

INSTRUCTIONS FOR THESE COOKIES BEGIN ON PAGE 163.

FESTIVE COOKIE DOUGH

- 3½ cups all-purpose flour
- 1 teaspoon baking powder
- 1 cup butter *or* margarine, softened
- 1 8-ounce package cream cheese, softened
- 2 cups sugar
- 1 egg
- 1 teaspoon vanilla
- ¼ teaspoon almond extract
- ¼ teaspoon coconut flavoring (optional)

TO ORDER HOLIDAY COOKWARE, SEE PAGE 191.

In a medium mixing bowl stir together flour and baking powder. Set aside.

In a large mixer bowl beat butter or margarine and cream cheese with an electric mixer on medium speed for 30 seconds. Add sugar; beat till fluffy. Add egg, vanilla, almond extract, and coconut flavoring; beat well. Gradually add flour mixture to creamed mixture, beating well after each addition. Divide dough into thirds (about 2 cups each). Cover and chill overnight. *Or,* place in moisture- and vaporproof plastic bags. Seal, label, and freeze up to 3 months.



© 1986 Campbell Soup Company

HOW THIS CHICKEN RECIPE TASTES IS ENTIRELY UP TO YOU.

INTRODUCING CAMPBELL'S FLEXIBLE RECIPES.© This Skillet Chicken lets you ange the ingredients to your liking. Simply read the ingredient list as you would y recipe. But when you come to an ingredient in **bold** type, refer to that column the chart. Then you can choose any option in the column. You're on your own!

SKILLET CHICKEN

2 tbsp. salad oil
2 lb. chicken parts
1 can (10¾ to 11 oz.) condensed **Soup**
nedium onion, sliced and separated into rings

Seasoning
1 cup **Vegetable**
½ cup sour cream
Hot cooked noodles

SOUP	SEASONING	VEGETABLE
Cream of Chicken	2 tsp. paprika	sautéed sliced mushrooms
Nacho Cheese	¼ cup chopped parsley	chopped, seeded canned tomatoes
Creamy Chicken Mushroom	½ tsp. rubbed sage	shredded carrots

In 10" skillet over medium heat, in hot oil, own chicken on all sides. Spoon off fat. Stir **Soup**, onion and **Seasoning**. Heat to oiling. Reduce heat to low. Cover; simmer) to 40 min. until chicken is fork-tender.

2. Remove chicken to platter; keep warm. Stir **Vegetable** and sour cream into sauce; over low heat, heat through, stirring constantly. Spoon some of sauce over chicken; serve over noodles. Makes 4 servings.



CAMPBELL'S SOUP MAKES GOOD FOOD

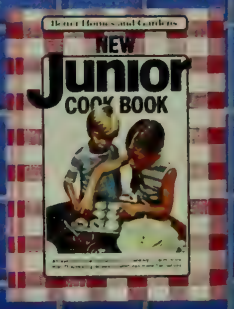
HOME IMPROVEMENT SALE.



Better Homes and Gardens New Cook Book
Regular Price $16.95
SALE $13.56



The Complete Guide to Gardening
Regular Price $22.95
SALE $18.36



Junior Cook Book Revised
Regular Price $6.95
SALE $5.56



Stir Fry Recipes
Regular Price $6.95
SALE $5.56



New Baby Book
Regular Price $9.95
SALE $7.96

SAVE 20% ON ALL BETTER HOMES AND GARDENS® BOOKS.

Hurry in to B. Dalton to find every Better Homes and Gardens® book in stock reduced by 20%. You can save on hundreds of idea books. From cooking and decorating, to home repair and gardening. Even health and diet books are reduced. So come in to B. Dalton between October 19 and November 8 and look for the special Better Homes and Gardens® display. You'll save 20%.

B. Dalton
BOOKSELLER

Over 770 stores nationwide. Check Yellow Pages for the store nearest you.

B. Dalton welcomes the American Express® Card.

TURKEY ROASTING GUIDE

It's turkey time again! Roast a bird to succulent perfection using these cooking times and tips.

ROASTING DIRECTIONS AND COOKING TIMES

Type of Turkey	Ready-to-Cook Weight	Roasting Time
Stuffed	6–8 lb.	3–3½ hr.
Whole	8–12 lb.	3½–4½ hr.
Turkey	12–16 lb.	4–5 hr.
325° Oven	16–20 lb.	4½–5½ hr.
	20–24 lb.	5–6½ hr.
Unstuffed	8–10 lb.	1¼–1¾ hr.
Foil-Wrapped	10–12 lb.	1¾–2¼ hr.
Turkey	12–16 lb.	2¼–3 hr.
450° Oven	16–20 lb.	3–3½ hr.
	20–24 lb.	3½–4½ hr.

Open roasting pan: Place bird, breast side up, on rack in shallow roasting pan. Brush with cooking oil. Insert meat thermometer in center of inside thigh muscle, so the bulb does not touch a bone. Cover loosely with a foil "cap" that barely touches bird. Press foil lightly at ends of drumsticks and neck. Roast, basting occasionally. Remove foil last 30 minutes.

Foil-wrapped turkey: Wrap the turkey, breast side up, in a piece of greased, heavy foil. Place in a large shallow roasting pan. Insert a meat thermometer in the thigh muscle through the foil. Roast turkey till done. Open foil the last 20 to 30 minutes of cooking time for browning.

TESTING FOR DONENESS

Roast till thermometer registers 180° to 185° or till the thickest part of drumstick is soft and the drumstick twists in the socket. Make sure the turkey juices are no longer pink when skin is pricked with a long-tined fork. Remove from oven; loosely cover with foil. Let stand 15 minutes before slicing. If stuffed, the stuffing temperature should be 165°.

Nothing so good should be this easy!



veryone knows there's no atch to "made from scratch" . . . it sometimes it's hard to find the ne to bake. Announcing a quick, isy way to go from "scratch" to scrump- ous—in minutes . . . SACO'S BAKE OUR BEST *EXPRESS.* It's the modern ay to make baking—*a breeze!*



Bake Your Best! Express



Recipe Cards . . . plus $1.50 SAVINGS in COUPONS & SAMPLES

Send for your SACO *EXPRESS* **recipe card set**, today! You'll receive a collection of a dozen cards; 24 recipes in all—each created to SAVE YOU TIME in the kitchen but TASTE like they took all day! Plus—we'll include **samples** from our fine family of baking products so you can *get started fast* —and we'll tuck in a few money-saving **coupons,** too. Just send 75¢ for handling to **SACO *EXPRESS!*** P.O. Box 5461, Madison, WI 53705.

Recipe Offer

Name

Street

City

State

Zip



FOOD

NUTRITION INFORMATION
WITH EVERY RECIPE

BETTER HOMES AND GARDENS TEST KITCHEN™

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

TRACK THE BASICS

- To help you keep track of the calories, protein, fat, cholesterol, and sodium you consume each day, we include the amounts of these nutrients by gram weight per individual recipe serving for every recipe we publish.
- You can also check the levels of vitamin A, vitamin C, thiamine, riboflavin, niacin, calcium, iron, and phosphorus in each serving of a recipe—we state these amounts in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts.
- The United States Recommended Daily Allowances are standards developed by the Food and Drug Administration. Use the U.S. RDAs as a guide to see how your recipes meet your nutritional needs.

HOW WE FIGURE THE NUTRITION INFORMATION

- When ingredient options appear in a recipe, we use the first ingredient choice for the analysis.
- We omit optional ingredients from the nutritional analysis.
- We base the nutritional analysis on the first serving size if a recipe gives variable serving sizes.

USE THE NUMBERS

- Start by looking at the nutrients each recipe provides. Then decide that recipe's importance to your diet.
- Here are some simple guidelines based on daily needs of females, 23 to 50 years old (in general, males and teenagers need more calories):

calories—2,000
protein—45 to 65 grams
fat—67 grams
cholesterol—300 milligrams
sodium—1,100 to 3,300 milligrams

Use these as approximate figures—there's no real harm in going over or under these figures in any single day, but you should aim for a balanced diet overall.

NOTE

The microwave recipes included here were tested in countertop microwave ovens that operate on 600 to 700 watts. Cooking times in these recipes are approximate because microwave ovens vary by manufacturer.

: October, the call went out
reative ways to cook with
adelphia Brand cream cheese...
nearly 14,000 entries poured
the "Hall of Fame"
ipe Contest!



Congratulations to the winners!



da Kreager
rolton, Michigan

cy Italian Dip

day Linda Kreager found out
t winning the "Hall of Fame"
e contest was also her *seventh*
ling anniversary! Linda and her
and are the parents of a five-
old daughter and 20-month old
s who keep things hopping at
house. She also collects frog
ines, plays golf and works part
as a bookkeeper. Linda loves
ing cookbooks and experiment-
vith recipes.

Roxanne E. Chan
Albany, California

Old Vienna Cheesecake

Roxanne Chan readily admits that she puts much more into cooking than most people, especially her working friends. She and her husband grow all their own fruits, vegetables and herbs and she creates recipes using the fresh, seasonal ingredients. She uses cookbooks "only for reference" and rarely makes the same dish twice.

Dee Bender
Orlando, Florida

"Philly" Carrot Loaf

When full-time bookkeeper Dee Bender isn't on horseback or training for a triathlon, you might find her in the kitchen baking her specialty, nut breads. Every year, Dee gives them as Christmas gifts and always comes up with a different recipe. With such award-winning talent, one thing is certain: the folks on Dee's '86 gift list are in for a treat!

Nancy J. Korondan
Aurora, Illinois

"Philly" Basil Linguine

Who'd believe that Nancy Korondan "dreamed up" her winnng recipe... but she did! "When I can't sleep, I make recipes, then get up and write them down," she said. It's no wonder, with her days filled with a full-time secretarial job plus aerobics, weight-lifting, bicycling, needlepoint, gardening and weekend entertaining with her husband. Nancy has two children — one married and one in college.

For a copy of the winning recipes, send a self-addressed, stamped #10 size envelope to:

"PHILLY" Hall of Fame Winners
P.O. Box 7922
Chicago, IL 60680-7922



FT INC.1986

continued

DAZZLING HOR D'OEUVRES

SPECKLED VEGETABLE TERRINE

We used a Japanese carrot shredder to make the carrot-rope garnish pictured on page 130. Check a gourmet kitchen shop for the gadget or order from the source in our buying guide, page 178—

1 cup chopped broccoli stems
2 large carrots
1 cup finely chopped onion
1 clove garlic, minced
2 tablespoons butter *or* margarine
2 tablespoons hot water
2 teaspoons instant chicken bouillon granules
1 15-ounce can garbanzo beans, drained
1½ cups soft bread crumbs (2 slices)
½ cup whipping cream
½ teaspoon dried savory, crushed
¼ teaspoon pepper

• • •

4 beaten eggs
2 tablespoons diced pimiento
Carrot rope garnish (optional)
Cooked broccoli spear (optional)

In a small saucepan cook broccoli stems in boiling water for 10 to 15 minutes or till tender. Drain; set aside.

Meanwhile, cut carrots lengthwise into quarters. In a medium skillet cook carrots, covered, in a small amount of boiling water for 10 to 15 minutes or till tender. Drain; set aside.

In a small skillet or saucepan cook onion and garlic in hot butter or margarine till tender. Remove from heat.

In a small bowl combine water and bouillon granules; let stand for 5 minutes. Stir to dissolve.

In a large mixing bowl use a potato masher to mash beans. Stir in onion mixture, bouillon mixture, bread crumbs, cream, savory, and pepper. Stir in cooked broccoli, eggs, and pimiento. Pour *one-fourth* of the mixture (about 1 cup) into a well-greased 8x4x2-inch loaf dish. Lay *3* of the carrot strips in lengthwise rows over mixture. Pour

THE MIXER SERIOUS COOKS ARE ATTACHED TO.



Just look at all the ways a KitchenAid® mixer can turn recipes into reality. Its complete line of optional attachments lets you do almost every job in the kitchen without buying and storing separate appliances.

For quality, performance and durability, more serious cooks choose a KitchenAid mixer than any other. Its exterior is all metal, no plastic. Its motor is heavy-duty. And it's built so well, it's often handed down from mother to daughter.

With a premium KitchenAid mixer, all you have to do is attach your imagination.

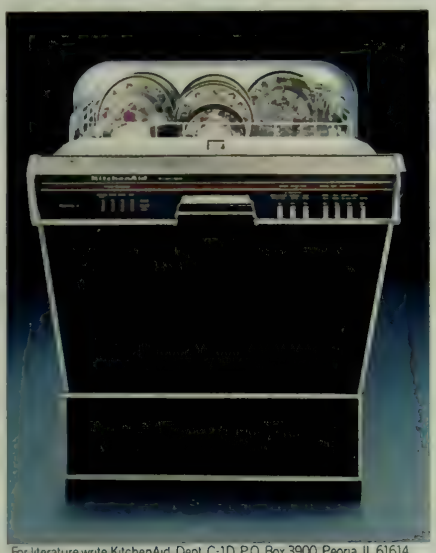
KitchenAid



For literature write KitchenAid Dept C 1M PO Box 3900 Peoria IL 61614

KITCHENAID®
FOR THE WAY IT'S MADE.™

GIVES DISHES THE SILENT TREATMENT.



Now America's best dishwasher eliminates bothersome noise. The KitchenAid® Superba has an exclusive Whisper Quiet System so effective that you can talk on the kitchen phone or entertain guests and scarcely know the dishwasher is running.

It also eliminates the messy chore of rinsing your dishes off before loading. An exclusive Triple Filtration System with a hard-food disposer grinds up food. So dishes go straight from the table to the dishwasher without handrinsing.

And it's built with the KitchenAid quality which means unparalleled durability.

See the incomparable KitchenAid Superba.

KitchenAid

For literature write KitchenAid, Dept. C-1D, P.O. Box 3900, Peoria, IL 61614

KITCHENAID® FOR THE WAY IT'S MADE.™

another *fourth* of the mixture over. Lay of the carrot strips lengthwise over ixture. Pour another *fourth* of the ixture atop. Lay remaining carrot rips in lengthwise rows over mixture. our remaining mixture over; spread enly. Cover tightly with foil. Set in a 3x9x2-inch baking pan in a 350° oven. our hot water around dish to depth of inch. Bake about 1½ hours or till set. ool in dish. Cover and chill up to 2 ays. *Or,* if you have a microwave oven thaw the loaf, seal, label, and freeze af up to 1 month.

Microwave directions: In a 1-quart icrowave-safe casserole combine broc-li stems and 2 tablespoons *water.* Mi-ro-cook, covered, on 100% power igh) 2½ to 3½ minutes or till tender. rain; set aside.

Cut carrots lengthwise into quarters. a 10x6x2-inch microwave-safe bak-g dish combine carrots and 2 table-poons *water.* Cover with clear plastic rap; vent by leaving a small area un-ealed at the edge of the dish. Cook on igh 3½ to 4½ minutes or till tender. rain; set aside.

In a 1-quart microwave-safe casse-ole combine onion, garlic, and butter r margarine. Cook, covered, on high ½ to 3½ minutes or till onion is ender. Set aside. Continue as directed n *page 142* and above.

To serve: If frozen, place loaf in mi-rowave oven. Cover with waxed paper; nicro-cook on 30% power (medium-ow) about 20 minutes or till sharp nife can be inserted in center, giving a quarter-turn every 5 minutes. Let stand 10 to 15 minutes to even thawing.

Unmold thawed or chilled loaf onto a serving platter lined with curly carrot ropes. Top with a broccoli spear. Cut into ½-inch-wide slices. Serves 16.

Note: Our Test Kitchen does not rec-ommend refrigerator thawing; the dense mixture simply takes too long to thaw. You'll achieve the most satisfac-tory results with microwave thawing.

Nutrition information per slice: 106 cal., 4 g pro., 9 g carbo., 6 g fat, 83 mg chol., 213 mg sodium. U.S. RDA: 58% vit. A, 11% vit. C.

CRAB-FILLED PHYLLO BITES

Crisp, delicious bundles of rich crabmeat. It's hard to eat just one—

1 6-ounce can crabmeat, drained, flaked, and cartilage removed
½ cup shredded Swiss cheese (2 ounces)
1 2-ounce can mushroom stems and pieces, drained and chopped
¼ cup crushed shredded wheat wafers (6 crackers)
2 tablespoons snipped parsley
½ teaspoon onion powder
Dash pepper
½ cup butter *or* margarine, melted
6 sheets frozen phyllo dough (16x13-inch rectangles), thawed

For filling, in a medium mixing bowl combine the crabmeat, cheese, mushrooms, crushed wafers, parsley, onion powder, and pepper. Drizzle with *1 tablespoon* of the butter or margarine. Toss to mix. Set aside.

Unfold phyllo; spread *one* of the sheets flat. Brush with some of the remaining butter or margarine. Top with another sheet. Brush with more butter or margarine. Repeat with a third sheet. (Cover remaining unbuttered phyllo with a damp towel or plastic wrap while working.) Cut stack of buttered phyllo lengthwise into fourths and crosswise into fifths. (You will have twenty 3¼-inch squares.) Using *half* of the filling, place *1 rounded teaspoon* in the center of each square. Form into a bundle by bringing edges of square up to top of filling; press edges together and twist slightly. Place upright in 2 greased 9x9x2- or 8x8x2-inch baking pans. Repeat with remaining phyllo and filling. Brush all bundles with remaining butter or margarine. Wrap baking pans in moisture- and vapor-proof wrap. Seal, label, and freeze up to 6 months.

To serve: Uncover pans; bake bundles in a 375° oven for 15 to 20 minutes or till brown. Makes 40 appetizers.

Nutrition information per appetizer: 36 cal., 1 g pro., 1 g carbo., 3 g fat, 12 mg chol., 86 mg sodium.

VEAL-SPINACH PÂTÉ EN CROÛTE

To order the petite pans used in this recipe, check our buying guide, page 178—

¾ pound ground veal
1 medium onion, chopped (½ cup)
2 cloves garlic, minced
4 ounces chicken livers

• • •

½ cup dry white wine
2 eggs
2 tablespoons fine dry seasoned bread crumbs

continued

BROIL MORE.
TOIL LESS.
The Quik-Clean non-stick broiler pan from Baker's Secret. Cleans easily. No scouring. No scrubbing.
QUIK CLEAN
FROM EKCO. AMERICA'S KITCHEN TRADITION

Sip the white fantastic!
Welch's® White Spritzer.
(3 parts Welch's White Grape Juice, 1 part club soda.)
Welch's
SINCE 1869
Made Welch's Way.
The best way we know how.
© 1986 Welch's

continued

1 tablespoon cornstarch
¼ teaspoon salt
¼ teaspoon pepper

• • •

1 beaten egg
1 10-ounce package frozen chopped spinach, thawed and well drained
2 tablespoons fine dry seasoned bread crumbs

• • •

½ of a 17½-ounce package (1 sheet) frozen puff pastry
1 slightly beaten egg yolk
1 tablespoon water

In a 10-inch skillet cook veal, onion, and garlic till veal is brown. Add livers. Cook and stir over high heat about 7 minutes or till liver is no longer pink. Drain well. Cool slightly.

In a food processor bowl combine veal-liver mixture and wine. Cover and process till smooth. Add the 2 eggs, 2 tablespoons bread crumbs, cornstarch, salt, and pepper. Cover and process till combined. Transfer to a mixing bowl. (*Or,* grind veal-liver mixture through the fine blade of a food grinder. Repeat, if necessary, to make a very finely ground mixture. Transfer to a mixing bowl. Stir in wine, the 2 eggs, 2 tablespoons bread crumbs, cornstarch, salt, and pepper till smooth.) Cover and chill for 1 to 2 hours or till thickened.

Meanwhile, in a clean food processor bowl combine the 1 egg, spinach, and 2 tablespoons bread crumbs. Cover and process till smooth. (*Or,* using a knife, chop spinach very finely. Transfer to a mixing bowl. Stir in the 1 egg and 2 tablespoons bread crumbs till smooth.)

Grease four 4½x2½x1½-inch loaf pans. Spread *3 tablespoons* veal mixture in bottom of *each* pan. Top *each* with *one-fourth* of the spinach mixture (⅓ to ½ cup); spread evenly. Top *each* with another *3 tablespoons* veal mixture. Cover *each* with foil. Place in a shallow baking pan. Pour hot water around the loaf pans to a depth of ½ inch. Bake in a 325° oven about 30 minutes or till a knife inserted near center comes out clean. Cool 15 minutes before removing from the pans.

Meanwhile, let pastry stand at room temperature 20 minutes. On a floured surface unfold pastry sheet. Roll out to a 17x15-inch rectangle. With a fluted pastry wheel, cut eight ½-inch-wide

ips off 1 short side of the rectangle. t the strips in half crosswise, form- sixteen 7½x½-inch strips. Set de. Cut remaining pastry in half ngthwise, then in half crosswise, ming four 7½x6½-inch rectangles. ace *one* of the baked loaves in a shal- v baking pan. Top with *one* of the stry rectangles, tucking the edges of e pastry under about ½ inch. In a all mixing bowl stir together the egg lk and water; brush some of the mix- re over pastry. Arrange *2* of the re- rved pastry strips diagonally across p of loaf. Arrange *2* more of the strips the opposite direction, forming a dia- ond pattern. Tuck strips under bot- m of loaf. Repeat with remaining ked loaves, pastry rectangles, egg ixture, and pastry strips. Brush re- aining egg mixture over loaves. Seal, bel, and freeze up to 3 months.

Microwave directions: In a 1½- iart microwave-safe casserole com- ne the veal, onion, garlic, and liver. icro-cook, covered, on 100% power igh) for 4½ to 5½ minutes or till no nk remains, stirring twice. Continue directed on *page 144* and above.

To serve: Thaw loaves overnight in ie refrigerator. Bake in a 425° oven for) to 25 minutes or till golden. Serve arm. Cut each loaf into 4 slices. Makes 4 loaves, 16 servings total.

Nutrition information per serving: 10 cal., 7 g pro., 6 g carbo., 6 g fat, 112 ig chol., 119 mg sodium. U.S. RDA: 3% vit. A, 14% riboflavin, 10% iron.

TRIPED SALMON 'N' 'ARSLEY ROUNDS

The reddish pink and green fillings not nly accent the season's spirit, they taste onderful, too—

1 1-pound loaf unsliced whole wheat bread

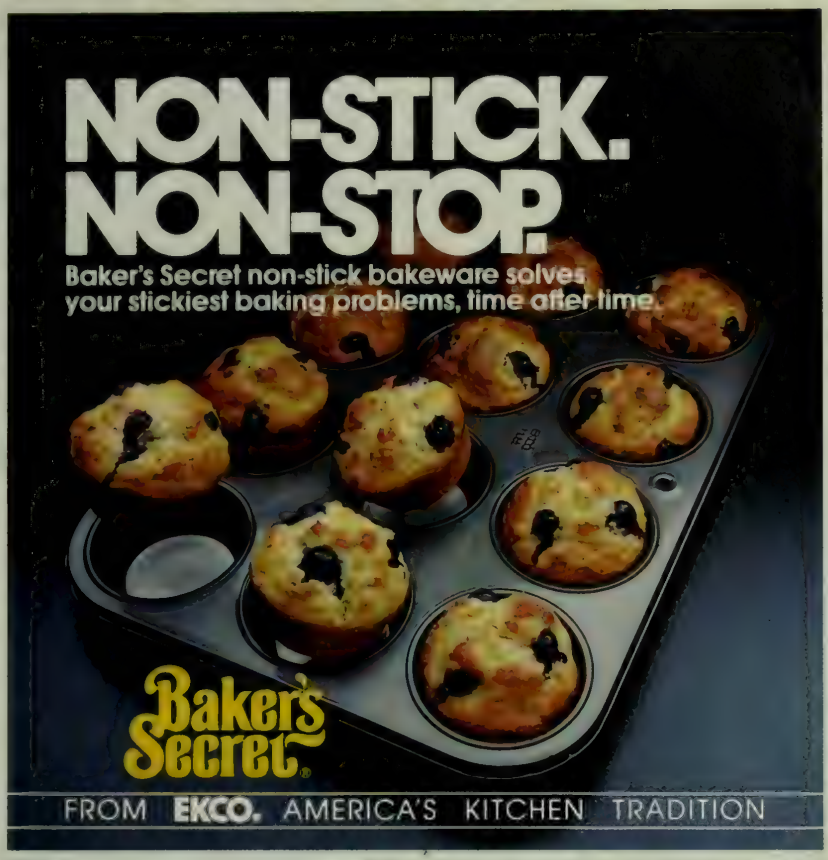
• • •

1 8-ounce package cream cheese, softened
1 8-ounce container sour cream dip with chives
1 7¾-ounce can red salmon, drained and skin and bones removed
1 tablespoon diced pimiento

• • •

1 cup snipped parsley
½ cup sliced green onion
1 teaspoon dried dillweed

continued



FREE! THE INS AND OUTS OF WINDOW REMODELING.



If new windows are part of your remodeling, or if you're replacing problem windows, the Window Beauty people have just the book for you. It is called "Window & Patio Door Answers From Andersen" and it's packed full of facts, figures, window planning ideas–everything you need to ensure window beauty, quality, low maintenance and energy efficiency. Send for your free copy. Do it today!



For free copy of "Window & Patio Door Answers From Andersen," fill out and mail this coupon to Andersen Corp., Box 12, Bayport, MN 55003. I will ☐ remodel ☐ replace ☐ build.

Name_____

Address_____ City_____

State_____ Zip_____ Phone (Area Code) _____

002-1186

Come home to quality. Andersen®

Give them something they already love.

PRESTO FryDaddy deep fryer

French fries, golden shrimp, deep-fried chicken, tender crisp-fried vegetables, doughnuts, egg rolls, tempura, chicken kiev, fritters, and more.

Presto® FryDaddy® deep fryer, a gift that gives for years. Crisp, delicious food—easy, mess-free, automatic. Four big servings with only four cups of oil. Ideal temperature automatically makes foods crisp outside, tender inside. Nonstick surface inside and out for easy clean-up. Only Presto offers these features in a choice of sizes: FryBaby®, FryDaddy®, GranPappy®. Give them the crunch they love without the mess and guess of ordinary fryers.

PRESTO®

...innovation to make it first quality that makes it last and last®

© 1982 by



Wrap the strips into a pinwheel.

On 1 end of a large baking sheet, with salmon mixture toward the inside, wrap *half* of the salmon strips, end to end, into 1 pinwheel. Starting at the outer end of the salmon strips, with the parsley mixture toward the inside, wrap *half* of the parsley strips end to end around the salmon strips (see photo, *above*). For the second round, on the same baking sheet repeat the wrapping with the remaining strips, *except* begin with the parsley strips and end with the salmon strips. Cover rounds on the baking sheet, then place in the freezer till rounds are firm. Remove rounds from baking sheet. Wrap in moisture- and vaporproof wrap. Seal, label, and freeze up to 1 month.

To serve: The day before serving, remove rounds from freezer. To soften unflavored gelatin, in a small saucepan add unflavored gelatin to 2 tablespoons *cold water*. Let stand for 5 minutes. Cook and stir over low heat till gelatin is dissolved. Remove from the heat; cool slightly. In a medium mixing bowl stir together mayonnaise or salad dressing and cream. Stir in dissolved gelatin. Place rounds on a wire rack; set over waxed paper. Spoon *half* of the mayonnaise mixture over *each* round, allowing mixture to drip down over sides and spreading to coat evenly. For the garnish, using hors d'oeuvre or small cookie cutters, cut leaves or other decorative shapes from the whole pimientos. Assemble on top of the rounds using chives for the stem. Place olive slivers in the center of the leaves. Chill about 1 hour or till gelatin is set, then cover with plastic wrap and chill overnight. Cut into thin wedges to serve. Makes 2 rounds, 16 to 20 servings each.

Nutrition information per serving: 136 cal., 4 g pro., 8 g carbo., 10 g fat, 21 mg chol., 160 mg sodium.

continued

HOLIDAY MAKE-AHEADS

continued

½ teaspoon unflavored gelatin
¾ cup mayonnaise *or* salad dressing
½ cup whipping cream
Whole pimientos
Fresh chives *or* strips of green onion tops
Ripe olives, slivered

Trim crusts from bread loaf. Slice loaf lengthwise into ½-inch-wide slices. Using a rolling pin, gently flatten each slice; cover and set aside.

In a small mixer bowl beat cream cheese and dip with an electric mixer on medium speed till mixed; divide mixture in half. To *one* of the halves, stir in salmon and diced pimiento; cover and chill about 30 minutes or till easy to spread. To remaining mixture, stir in parsley, onion, and dillweed. Spread salmon mixture evenly over *half* of the bread slices. Spread parsley mixture evenly over remaining bread slices. Cut each slice lengthwise into 3 strips.



Looks like a Dinty Moore® day.

Dinty Moore® Beef Stew makes any day better. Serve your family America's favorite. Make It A Dinty Moore Day™ with A Real Meat And Potatoes Meal.™

MANUFACTURER'S COUPON | NO EXPIRATION DATE



FORESTLAND PALS™ STICKERS AND GAME. FREE WITH REQUIRED LABELS. LOOK FOR SPECIAL OFFER ON DINTY MOORE® BEEF STEW.

RETAILER: Hormel will redeem this coupon for 25¢ plus 8¢ handling provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing purchase of sufficient stock to cover coupons redeemed must be shown on request. Coupons void where prohibited, taxed or restricted. Customers must pay any sales tax. Offer good only in U.S.A. To redeem coupon, mail promptly to: Geo. A. Hormel and Company, P.O. Box 730002, El Paso, TX 79973. © 1986 Geo. A. Hormel and Company

37600 350724

5 37600 26125 3

SAVE 25¢

ON 15 OZ. OR LARGER DINTY MOORE® BEEF STEW.

Hormel

continued

SUGAR- AND NUT-GLAZED BRIE

A contrast of sweet and savory flavors that's incredibly delicious—

- ¼ cup packed brown sugar
- ¼ cup broken walnuts, pecans, macadamia nuts, almonds, *or* hazelnuts (filberts)
- 1 tablespoon whiskey *or* brandy
- 1 14-ounce round Brie cheese (about 5 inches in diameter)
- Apple wedges, seedless grapes, and crackers
- Lemon juice

In a small mixing bowl or a wide-mouthed jar stir together sugar, nuts, and whiskey or brandy. Cover; chill up to 1 week. *Or,* place mixture in a moisture- and vaporproof freezer container; seal, label, and freeze up to 6 months.

To serve: If frozen, let sugar mixture stand at room temperature for 1 hour.

Place cheese on a large round ovenproof platter or in a 9-inch pie plate. Bake in a 500° oven for 4 to 5 minutes or till cheese is slightly softened. Sprinkle sugar mixture over top; bake 2 to 3 minutes more or till sugar is melted and cheese is heated through but not melted. Brush apple wedges with lemon juice. Arrange apple wedges, grapes, and crackers around cheese. Makes 16 to 20 servings.

Microwave directions: Prepare sugar mixture as above. To serve, place sugar mixture in a 2-cup glass measure. Micro-cook, uncovered, on 100% power (high) about 1 minute or till sugar is melted. Place cheese in a 9-inch microwave-safe pie plate. Pour sugar mixture over. Micro-cook, uncovered, on 50% power (medium) about 2 minutes or till cheese is heated through but not melted. Serve as above.

Nutrition information per cheese slice: 110 cal., 5 g pro., 4 g carbo., 8 g fat, 25 mg chol., 157 mg sodium.

PEPPER-COATED CHEESE WHEEL

You'll find the creamy cheese mixture easy to shape—

- 1 8-ounce container soft-style cream cheese with chives
- 1¼ cups shredded Muenster cheese (5 ounces)
- 1 3½-ounce package sliced pepperoni, finely chopped
- 2 teaspoons paprika
- ½ teaspoon ground red pepper
- Melba toast rounds and assorted crackers

In a medium mixing bowl stir together cream cheese, Muenster cheese, and pepperoni. Shape mixture into a 4-inch ball; flatten into a wheel shape measuring 4x1½ inches. On waxed paper combine paprika and red pepper. Roll and pat wheel in paprika-pepper mixture till coated. Cover and chill for several hours or overnight till firm. Store up to 1 week in the refrigerator. *Or,* wrap in moisture- and vaporproof wrap; seal, label, and freeze up to 3 months.

To serve: If frozen, thaw wheel overnight in the refrigerator. With a knife, score the top of the wheel into diamonds. Serve, cut into wedges, with crackers. Makes 14 to 16 servings.

Nutrition information per cheese wedge: 131 cal., 5 g pro., 1 g carbo., 12 g fat, 32 mg chol., 271 mg sodium. U.S. RDA: 10% vit. A.

SPECTACULAR DESSERTS

HOLIDAY CRANBERRY TORTE

Use confectioners' coating for simple, foolproof chocolate decorations—

- ½ of a 10¾-ounce frozen loaf pound cake, thawed
- 1 14-ounce can (1¼ cups) *sweetened condensed* milk
- 1 10-ounce package frozen cranberry-orange relish, thawed
- 2 cups whipping cream
- Whipped cream
- 1 recipe Fancy Chocolate Decorations

Line the bottom of a 9-inch springform pan with a circle of waxed paper. Set aside.

Thinly trim off end of cake; reserve for another use. Cut cake into fifteen ¼-inch slices. Trim top crust off 8 of the slices; cut slices in half crosswise. Arrange, trimmed side down, around sides of the pan. Cut remaining cake slices in half lengthwise. Arrange spoke-fashion around the bottom of the pan, so slices overlap slightly near the center of the pan. Set aside.

In a large mixing bowl stir together the sweetened condensed milk and cranberry-orange relish. In a large mixer bowl beat the 2 cups cream with an electric mixer on low speed till stiff peaks form (tips stand straight); fold into relish mixture. Turn into the prepared pan. Wrap the pan in moisture- and vaporproof wrap. Seal, label, and freeze up to 2 months.

To serve: Let stand at room temperature 20 minutes. Trim cake on sides even with top. Remove sides of springform pan. Invert onto serving platter. Peel off waxed paper. Pipe on whipped cream; top with Fancy Chocolate Decorations. Serves 12 to 16.

Fancy Chocolate Decorations: Coarsely chop 3 ounces *chocolate-flavored confectioners' coating;* place in a heavy small saucepan. Cook and stir over low heat till coating begins to melt. Remove from the heat; stir till smooth. (*Or,* place coarsely chopped coating in a microwave-safe medium mixing bowl. Micro-cook, uncovered, on 100% power (high) for 1¾ to 2 minutes or till coating is soft and begins to melt; stir till smooth.)

Line a baking sheet with waxed paper. Fit a decorating bag with a No. 5 writing tip. When coating is cool enough to handle, spoon it into the bag. Pipe a tall, narrow triangle about 2½ inches high. Pipe a wider upside-down triangle, about 1½ inches high, having bottom points meet. Pipe another short, wide triangle, about 1 inch high, on top of second triangle, having all bottom points meet. Chill till firm. Carefully remove the decorations from waxed paper. Transfer to a freezer container. Seal, label, and freeze.

Nutrition information per serving: 383 cal., 5 g pro., 42 g carbo., 22 g fat, 92 mg chol., 117 mg sodium. U.S. RDA: 17% vit. A, 14% riboflavin, 15% calcium, 15% phosphorus.

GLAZED FINGER TARTS

Sandbakelser molds are the tiny pans used to make the traditional rich Swedish "sand tarts." Look for them in the baking section of department stores—

- 1 egg
- 1 package 1-layer-size white cake mix
- ½ cup cherry-vanilla yogurt
- ½ cup currant jelly *or* peach preserves
- 1 tablespoon water
- Candied red and green cherries, halved and cut into thin petals *or* green gumdrops and red cinnamon candies (optional)

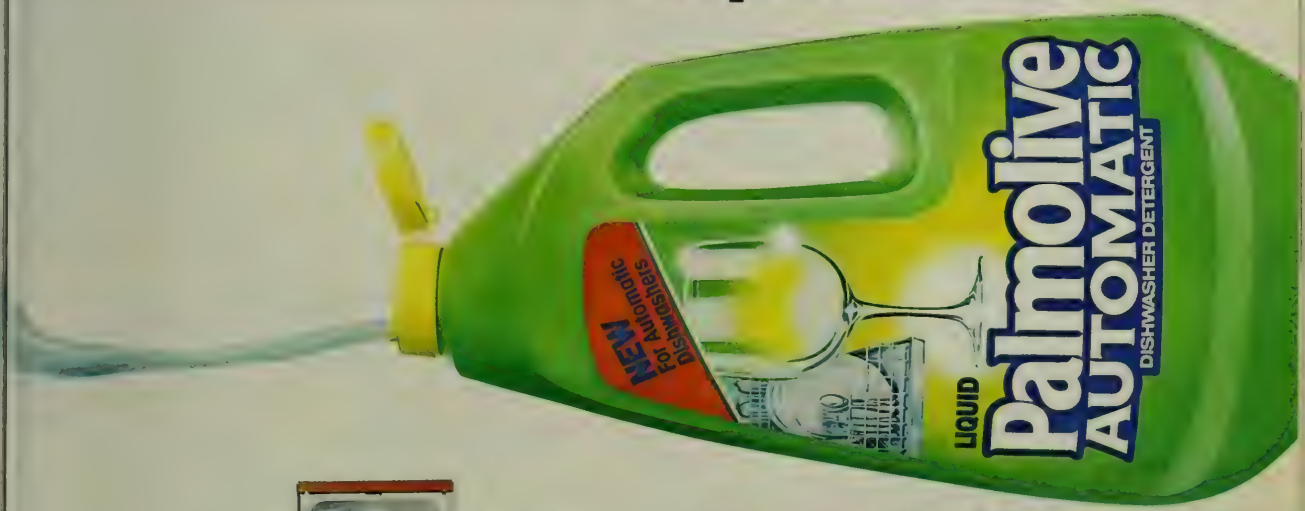
Grease and flour 15 sandbakelser molds. Place on a baking sheet.

continued

Powder Problem.



Liquid Solution.





Introducing Palmolive® Automatic.

Those gritty, grainy remains of undissolved dishwashing powder aren't a problem anymore.

The solution: New Palmolive Automatic, a revolutionary new liquid made just for automatic dishwashers. It dissolves in a twinkling and rinses clean without a trace of powder residue. New Liquid Palmolive Automatic Dishwasher Detergent. All it leaves behind is clean.

The solution for automatic dishwashers.

A LIMITED WARRANTY TO CONSUMERS
Good Housekeeping PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

986 Colgate-Palmolive Co.



TASTE WHAT YOU'VE BEEN MISSING

HOLIDAY MAKE-AHEADS

continued

For batter, in a medium mixing bowl mix egg, cake mix, and yogurt well. Fill molds about ⅔ full with batter (about 2 tablespoons batter in each mold). Bake in a 350° oven 15 to 18 minutes or till a wooden toothpick inserted near the center comes out clean. Cool on wire rack 10 minutes. Remove cakes from molds; cool completely on wire rack.

In a small saucepan heat and stir jelly or preserves and water till melted. Strain preserves through a small sieve. Brush over cake tops and sides. Place about 8 cherry petals on top of each cake, forming a flower. (*Or,* roll out gumdrops on a sugared surface; cut out holly leaves with an hors d'oeuvre or small cookie cutter. Arrange on top of cakes with cinnamon candies.) Let stand till jelly or preserves set. Transfer to a freezer container. Cover, seal, label, and freeze up to 3 months.

To serve: Thaw at room temperature for 2 hours. Makes 15 tarts.

Nutrition information per tart: 114 cal., 2 g pro., 22 g carbo., 2 g fat, 19 mg chol., 124 mg sodium.

CREAM-FILLED HAZELNUT CAKE

An attractive, rich cake similar to a European nut cake in which finely ground nuts replace some of the flour. Perfect for your holiday open house—

- **¼ cup all-purpose flour**
- **½ teaspoon baking powder**
- **¼ teaspoon ground cinnamon**
- **½ cup butter *or* margarine**
- **⅔ cup sugar**
- **3 egg yolks**
- **1 cup finely ground toasted hazelnuts (filberts), walnuts, *or* pecans**
- **3 egg whites**

• • •

- **1½ cups whipping cream**
- **¼ cup sugar**
- **2 tablespoons finely ground toasted hazelnuts (filberts), walnuts, *or* pecans**

Grease the bottom of an 8x1½-inch round baking pan. Line the bottom with waxed paper; grease the paper. Set aside.

In a bowl stir together flour, baking powder, and cinnamon. Set aside.

In a large mixer bowl beat butter or margarine with an electric mixer on medium speed for 30 seconds. Add the ⅔ cup sugar and beat till fluffy. Beat in egg yolks. Add flour mixture; beat well. Stir in *½ cup* of the nuts.

Wash beaters and mixer bowl thoroughly. In bowl beat egg whites till stiff peaks form (tips stand straight). Fold into cake batter. Turn batter into prepared pan. Bake in a 350° oven for 30 to 35 minutes or till a wooden toothpick inserted near the center comes out clean. Cool on a wire rack 10 minutes. Remove cake from pan; remove waxed paper. Cool completely on rack.

For easier slicing, chill cake. Use a long serrated knife to split cake horizontally into 2 layers. Transfer 1 layer to a freezer-proof plate. In a large mixer bowl combine cream and ¼ cup sugar. Beat with an electric mixer on low speed till stiff peaks form (tips stand straight). Reserve *half* of the cream mixture (about 1½ cups). Fold remaining ½ cup nuts into remaining cream mixture; spread on top of cake layer

continued



© 1988 General Foods Corporation.
Post and Fruit & Fibre are registered trademarks of General Foods Corporation.

continued

on the plate. Top with remaining cake layer. Spread reserved cream over top and sides of cake. Cut shapes such as six 2x1-inch diamonds out of paper; place on top of cake to form a design. Sprinkle the 2 tablespoons nuts over cake. Carefully remove paper patterns. Place uncovered cake on plate in the freezer for 30 to 45 minutes or till cream frosting is frozen. Wrap cake in moisture- and vaporproof wrap. Seal well, label, and freeze up to 2 weeks.

To serve: Place covered cake in the refrigerator for several hours or overnight till thawed. Serves 12 to 16.

Nutrition information per serving: 302 cal., 3 g pro., 19 g carbo., 24 g fat, 129 mg chol., 117 mg sodium. U.S. RDA: 16% vit. A.

PUFFED COCONUT PASTRY DIAMONDS

Incredibly easy! Only five ingredients, but so buttery and delicious. For extra servings, just double the recipe—

½ of a 17½-ounce package (1 sheet) frozen puff pastry
1 egg yolk
¼ cup flaked coconut
2 teaspoons brown sugar
1 egg white
1 tablespoon water

Let folded pastry stand at room temperature for 20 minutes. Meanwhile, in a small mixing bowl stir together egg yolk, coconut, and sugar. Set aside.

On a lightly floured surface, unfold pastry. Use a fluted pastry wheel to trim five ¼-inch-wide strips off 1 side of the pastry square; set strips aside. Cut remaining dough into 12 diamonds, (about 3½x2½ inches) using cookie cutters or cardboard cutout as a guide. Place *6* of the diamonds in a shallow ungreased baking pan; spoon about *1 teaspoon* of the coconut mixture atop *each* diamond. Combine egg white and water; brush some around edges of pastry diamonds. Top with remaining diamonds. Press together gently. Brush top of pastry with more of the egg white mixture. Place reserved pastry strips around top outside edge of each diamond, trimming to fit. If you like, cut additional ¼-inch-wide strips or decorative shapes from remaining pastry scraps; brush with remaining egg-white mixture and place on top crust. Wrap in moisture- and vaporproof wrap. Seal, label, and freeze up to 3 months.

To serve: Unwrap frozen diamonds. Bake in the pan in a 400° oven about 15 minutes or till crust is golden. Serve warm. Makes 6 servings.

Nutrition information per serving: 122 cal., 2 g pro., 11 g carbo., 8 g fat, 45 mg chol., 118 mg sodium.

CHOCOLATE-PRALINE PUMPKIN PIE

Pastry for Single-Crust Pie (see recipe, page 154)
1 16-ounce can pumpkin
¾ cup sugar
1 teaspoon pumpkin pie spice
3 eggs
1 5-ounce can (⅔ cup) evaporated milk
½ cup milk
½ cup semisweet chocolate pieces
Whipped cream (optional)
1 recipe Praline Topper

continued





Fleischmann's Yeast 0-Minute Meal In A Loaf.

Tender chunks of ham with Swiss cheese
ıd spicy Dijon, surrounded by freshly
ıked folds of homemade bread.
What could be more satisfying?
What's more, when you bake with
leischmann's Regular or RapidRise yeasts,
ou bake in natural goodness. They have
o preservatives.
Which is why you can trust Fleischmann's
r taste and quality.
Once you serve our Ham 'n Swiss to your
mily, they won't just be ready for supper,
ıey'll be waiting.

Dijon Ham 'n Swiss
Meal In A Loaf
Makes 1 loaf (in approx. 60 mins.)

- 4 cups all-purpose flour
- 2 tablespoons sugar
- ½ teaspoon salt
- 2 packages FLEISCHMANN'S RapidRise Yeast
- 1 cup water
- ¼ cup Dijon Mustard
- 2 tablespoons BLUE BONNET Margarine
- ½ cups chopped cooked ham (8 ounces)
- 1 cup shredded Swiss cheese (4 ounces)
- ½ cup chopped dill pickle
- 1 egg, beaten

Set aside 1 cup flour. Mix remaining flour, sugar, salt and yeast. Heat water, mustard and margarine to 125° to 130°F; stir into flour mixture. Mix in enough reserved flour to make soft dough. Knead 4 minutes.

On greased baking sheet, roll dough to 14 x 12-inches. Sprinkle ham, cheese and pickle down center third of dough length. Make cuts from filling to dough edges at 1-inch intervals along sides of filling. Bring strips from opposite sides of filling together; twist and place ends at an angle across filling; cover. Place large shallow pan on counter; half-fill with boiling water. Place baking sheet over pan; let dough rise 15 minutes.

Brush loaf with egg. Bake at 375°F for 25 minutes. Serve warm. Refrigerate leftovers; reheat to serve.

Variation: For an even heartier loaf, ham may be increased up to 1 pound. Increase baking time to about 35 minutes.

Fleischmann's Yeast $20,000 "Meal In A Loaf" Recipe Contest.

Send us your favorite Meal In A Loaf Recipe and you could be a real breadwinner. Here's how to enter:

1. Create an original "Meal In A Loaf" recipe. Type or plainly print the recipe on an 8½" x 11" piece of paper and include your name, address, city, state, zip code and telephone number on the same piece of paper. Also include one (1) UPC Symbol from Fleischmann's Yeast. (State of Florida and Vermont residents are not required to submit a UPC Symbol.)
2. A "Meal In A Loaf" is a main course that consists of any combination of meat, cheese, vegetable or fish baked in a yeast dough. All recipes submitted must conform to the "Meal In A Loaf" recipe concept and must use Fleischmann's Yeast as an ingredient. Recipes must be original, not previously published nor entries of other contests.
3. All entries must be received by March 31, 1987. Each entry must be mailed in a separate envelope. Mail To: Fleischmann's Yeast "Meal In A Loaf" Recipe Contest, P.O. Box 2226, Dept. #7 , Libertyville, IL 60198.
4. Winners will qualify on the basis of completing steps 1, 2 and 3 above. All recipes must include readily available ingredients, complete preparatory instructions, standard measurements, pan size, baking time and temperature. Judging will be conducted on following points: 1.) Originality/Creativity; 2.) Ease of preparation; 3.) Appearance; 4.) Taste; 5.) Appropriateness to the "Meal In A Loaf" recipe concept; 6.) Clarity and completeness of instructions.
5. Prizes: Grand (1 Winner): $10,000; First (1 Winner): $5,000; Second (1 Winner): $2,500; Third (25 Winners): $100 ea. Total 28 prizes valued at $20,000. Winners will be notified by mail by July 1, 1987.
6. Chefs, food editors, food home economists and other food preparation professionals, who create recipes for pay, are not eligible. Void where prohibited. For complete Official Rules, send stamped, self-addressed envelope to: Rules, P.O. Box 1093, Libertyville, IL 60198.



©Fleischmann's Yeast, Inc. 1986

continued

Prepare and roll out pastry. Use to line a 9-inch pie plate. Trim pastry to ½ inch beyond edge of pie plate. Flute edge high; *do not* prick pastry.

In a large mixing bowl stir together the pumpkin, sugar, and pumpkin pie spice. Add eggs; with a fork lightly beat into pumpkin mixture. Stir in evaporated milk and milk. Transfer *½ cup* of the pumpkin mixture to a small heavy saucepan. Pour remaining pumpkin mixture into prepared pastry.

Add chocolate pieces to pumpkin mixture in the saucepan. Cook over low heat, stirring constantly, till melted.

Carefully spoon chocolate mixture over filling in pastry. Use a narrow spatula to gently swirl through mixtures to marble. Cover edge of pie with foil. Bake in a 375° oven for 25 minutes. Remove foil; bake 25 to 30 minutes more or till a knife inserted near center comes out clean. Cool thoroughly on a wire rack. Cover pie with an inverted 10-inch paper plate. Wrap in moisture- and vaporproof wrap. Seal, label, and freeze up to 3 months.

To serve: Thaw pie, loosely covered, for 24 hours in the refrigerator. Dollop with whipped cream and sprinkle with Praline Topper. Makes 8 servings.

Pastry for Single-Crust Pie: In a medium mixing bowl stir together 1¼ cups *all-purpose flour* and ¼ teaspoon *salt.* Cut in ⅓ cup *shortening* till pieces are the size of small peas. Sprinkle 1 tablespoon *cold water* over part of the mixture; gently toss with a fork. Push to the side of the bowl. Repeat till all is moistened (use 3 to 4 tablespoons cold water total). On a lightly floured surface flatten dough with hands. Roll into a 12-inch circle.

Praline Topper: In a heavy small skillet combine ½ cup coarsely chopped *pecans,* ¼ cup *sugar,* and 1 tablespoon *butter* or *margarine.* Cook over medium heat, stirring constantly, 6 to 8 minutes or till sugar melts and turns a rich brown color. Spread mixture on a buttered baking sheet or foil; separate into clusters. Cool. Break clusters into small chunks. Store in an airtight container at room temperature up to 1 month.

Nutrition information per serving: 442 cal., 8 g pro., 55 g carbo., 23 g fat, 115 mg chol., 139 mg sodium. U.S. RDA: 255% vit. A, 15% thiamine, 16% riboflavin, 10% calcium, 14% iron, 16% phosphorus.

LIQUEUR-LACED FRUITCAKES

To remoisten the cheesecloth around the mellowing cakes, either pour liqueur over the cloth-wrapped cakes, or take the cloth off and dip it into liqueur—

2 cups all-purpose flour
1 cup whole wheat flour
1 teaspoon baking powder
1 cup butter *or* margarine
1 cup packed brown sugar
4 eggs
1 cup orange juice
¼ cup light corn syrup
1 teaspoon lemon extract
24 ounces whole candied red *or* green cherries (4 cups)
1 pound diced mixed candied fruits and peels (2½ cups)
2 cups raisins
1 cup chopped pecans
Amaretto, orange liqueur, crème de cacao, crème de cassis, *or* other desired liqueur *or* brandy



Crispy crusts, soggy centers, and basically burnt. You know the signs—it's the curse of the black plague and most toaster ovens are the villains. Until now. The Oven Up™ Toaster Oven Broiler from West Bend® found the cure. Unlike other ovens, Oven Up has the unique ability to contract from its full position to a compact position for superior toasting performance. Simply turn the side handles and Oven Up expands for your complete baking, roasting, and broiling needs.



Call us toll free at 1-800-438-5326.

WEST BEND®

Products for Today's Lifestyle™

© 1986, Dart Industries Inc.

1 recipe Liqueur Glaze
Pecan halves *or* candied red *or* green cherry halves

Thoroughly grease and flour a 10-inch fluted tube pan and twelve 2¾-inch fluted muffin cups. Set aside.

In a medium mixing bowl stir together flours and baking powder. Set aside.

In a large mixer bowl beat butter or margarine with an electric mixer on medium speed for 30 seconds. Add brown sugar and beat till fluffy. Add eggs, one at a time, beating well after each. In a small mixing bowl stir together orange juice, corn syrup, and lemon extract. Add flour mixture and orange juice mixture alternately to beaten mixture, beating on low speed after each addition just till combined. In large mixing bowl combine candied cherries, fruits and peels, raisins, and chopped pecans; fold into batter. Place about *¼ cup* batter in *each* prepared muffin cup. Turn remaining batter into prepared tube pan. Bake in 300° oven 30 to 40 minutes for muffin pans and 70 minutes for tube pan or till toothpick inserted near centers comes out clean. Cool in muffin pan for 10 minutes and in tube pan for 15 minutes; remove from pans. Cool on a wire rack.

Cut pieces of cheesecloth large enough to wrap around cakes. Moisten cheesecloth pieces with desired liqueur or brandy. Wrap cakes in moistened cheesecloth pieces. Overwrap in foil or clear plastic wrap, or place in an airtight container. Store at least 1 week in refrigerator. (Store 3 to 4 weeks for a more blended and mellow flavor.) If cakes are stored longer than 1 week, remoisten cheesecloth weekly with about ⅓ cup liqueur or brandy for the large cake and about ½ cup total liqueur for all of the mini cakes.

To serve: Unwrap cakes. Drizzle with Liqueur Glaze. Top with pecan halves or candied cherry halves. Makes 1 large cake and 12 mini cakes, about 36 servings total.

Liqueur Glaze: In a small mixing bowl stir together 1 cup sifted *powdered sugar* and enough *amaretto, orange liqueur, crème de cacao, crème de cassis,* or other desired *liqueur* or *brandy* to make of drizzling consistency (2 to 4 tablespoons). Makes about ⅓ cup glaze.

Nutrition information per serving: 280 cal., 3 g pro., 51 g carbo., 8 g fat, 44 mg chol., 94 mg sodium.

FANCY BREADS

RICH YEAST DOUGH

Use this brioche-style dough to make three bread recipes: Starburst Bread with Herb Butter, Festive Pinwheel Rolls, and Almond Bread Crown. Recipes begin on page 156—

6½ cups all-purpose flour
2 packages active dry yeast
• • •
1½ cups milk
¾ cup butter *or* margarine
½ cup packed brown sugar
½ teaspoon salt
5 eggs

In a large mixer bowl combine *3 cups* of the flour and yeast. In a medium saucepan heat milk, butter or margarine, sugar, and salt just till warm (115° to 120°) and butter is almost melted, stirring constantly. Add to flour mixture along with eggs. Beat with an electric mixer on low speed ½ minute. Beat on high speed 3 minutes. Stir in remaining flour to make a soft dough.

continued



continued

Place in greased bowl; grease top of dough lightly. Cover; let rise in warm place till double (1 to 1½ hours). Stir dough down (it will be sticky). Divide into thirds (1 pound each). Place *each* in plastic bag; tie, leaving ample space for expansion. Chill 2 to 24 hours.

To freeze dough: After dividing, wrap in moisture- and vaporproof wrap. Seal, label, and freeze up to 3 months. To use, thaw overnight in the refrigerator.

Microwave directions: To test your microwave oven for raising and thawing yeast bread dough, place 2 tablespoons cold *stick margarine* in a microwave-safe custard cup in the center of the microwave oven cavity. Micro-cook, uncovered, on 10% power (low) for 4 minutes. If the margarine is *not* completely melted, you can use your microwave oven to raise and thaw yeast bread dough.

In a large mixer bowl combine *3 cups* of the flour and yeast. Cut butter or margarine into chunks. In a 4-cup glass measure combine butter, milk, sugar, and salt. Micro-cook, uncovered, on 100% power (high) 2 to 2¼ minutes or till butter is almost melted, stirring once. Add to flour mixture along with eggs. Beat with an electric mixer on low speed for ½ minute. Beat on high speed for 3 minutes. Stir in remaining flour to make a soft dough.

In a 4-cup glass measure cook 3 cups *water,* uncovered, on high for 6 to 8 minutes or till boiling. Set the water to the side in the oven. Place dough in a greased microwave-safe mixing bowl; cover loosely with waxed paper. Cook on 10% power (low) for 9 to 10 minutes or till double. Stir dough down (dough will be sticky). Divide into thirds. Place each third in a plastic bag; tie, leaving ample space for dough to expand. Chill or freeze as above.

To thaw frozen dough, place *one-third recipe* frozen dough in a greased 9-inch microwave-safe pie plate. Cook, uncovered, on 10% power (low) for 15 to 17 minutes or till thawed.



STARBURST BREAD WITH HERB BUTTER

A moist bread with a pretty shape that's so impressive, no one will guess how easy it was to make—

- ⅓ **recipe Rich Yeast Dough (see recipe, *page 155*)**
- 1 **egg yolk**
- 1 **tablespoon milk**
- 1 **teaspoon caraway seed**
- 1 **teaspoon fennel seed**
- 1 **teaspoon aniseed**
- ½ **cup butter *or* margarine, softened**

Punch down Rich Yeast Dough. Divide into 8 portions. On a lightly floured surface, roll *each* portion into a 9-inch-long rope. Coil 1 rope and place in the center of a lightly greased baking sheet. Moisten end of *one* of the remaining ropes; press into the center of the coil on the baking sheet. Repeat with remaining ropes, arranging them spoke fashion at equal intervals. Coil up the outer end of each rope once. Curve the middle portion of the dough rope slightly (see photo, *top, page 158*). Cover; let rise in warm place till double (30 to 45 minutes).

In a small bowl combine egg yolk and milk. Brush over dough. Sprinkle with

continued

"I think I'm seeing double chocolate."

"You must be nuts!"

Betty Crocker® Brownies: double or nuttin'.

"We're the brownies loaded with extras! Hershey's syrup. Chocolate chips. Chocolate frosting.



And now, crunchy, chewy walnuts."

Betty Crocker.

You Sweetalker, Betty Crocker™

ırshey's is a Reg. T.M. of Hershey Foods Corporation.

c General Mills, Inc. 1986

continued

½ teaspoon of each seed. Bake in 375° oven 20 minutes or till golden, covering completely with foil after 15 minutes to prevent overbrowning. Remove; cool on a wire rack.

Meanwhile, in a mortar and pestle crush the remaining seeds. In a small mixing bowl stir together crushed seeds and butter or margarine. Serve with bread. Makes 12 servings.



Coil and curve the dough ropes.

To freeze baked bread: Wrap in moisture- and vapor-proof wrap. Seal, label, and freeze up to 3 months. Thaw at room temperature 4 to 6 hours.

Nutrition information per serving: 222 cal., 4 g pro., 21 g carbo., 14 g fat, 94 mg chol., 165 mg sodium. U.S. RDA: 10% vit. A, 11% thiamine.

FESTIVE PINWHEEL ROLLS

Our editors agree these rolls are charming and easy to make—

⅓ recipe Rich Yeast Dough (see recipe, *page 155*)
8 teaspoons butter *or* margarine, softened
¼ cup red raspberry, apricot, *or* cherry preserves *or* blackberry jam
Milk
Finely chopped walnuts *or* pecans

Punch down Rich Yeast Dough. Divide dough in half. Cover and chill *half* of the dough. On a lightly floured surface roll remaining dough to a 15x12½-inch rectangle. Cut rolled dough into three 12½x5-inch rectangles. Spread *one* of the rectangles with *2 teaspoons* of the butter or margarine. Top with another rectangle. Repeat with another *2 teaspoons* of the butter and dough rectangle. With a sharp knife cut in half lengthwise. Cut crosswise into fifths. (You will have ten 2½-inch squares.) Place squares 1 inch apart on a greased baking sheet. With the sharp knife, cut 1-inch slits from center to each corner. Spoon about *½ teaspoon* of the preserves or jam in each center. Fold every other point to the center to form a pinwheel. Pinch points together (see photo, *above*). Brush center of each roll with a little milk. Sprinkle a few nuts atop; press down in center to seal. Repeat with remaining dough. Cover; let rise



Pinch points together in center.

continued





Betty Crocker.®
New muffins with bags of Treasure.

New Carrot Nut muffin mix comes with a separate pouch of crunchy carrots, nuts and raisins. New Oatmeal Raisin's pouch is a treasure of oatmeal and raisins.



And a can of real fruit makes our juicy blueberry muffin a perfect jewel.

Betty Crocker®
You Sweetalker. Betty Crocker™

General Mills, Inc. 1986

CHICKEN NOT INCLUDED

And for a very good reason. When you add your own chicken or meat to new Oriental Classics, you make the freshest oriental dinner ever.

What is included in our sweet & sour? Water chestnuts so crisp they snap. Juicy chunks of pineapple. Luscious sauce to top our tender rice.

Oriental Classics, in the oriental food section. Try all four dinners—Sweet & Sour, Teriyaki, Chow Mein and Stir-Fried Rice.



Fresh oriental taste. At home. At last.

NEW ORIENTAL CLASSICS

Betty Crocker

©General Mills, Inc. 1986

ntinued

a warm place for 20 minutes. Gently ress closed the tips of any rolls that ave opened during rising. Bake in a 75° oven about 12 minutes or till gold- n. Cool on a wire rack. If desired, poon additional preserves or jam and prinkle additional nuts in center of olls. Makes 20 rolls.

To freeze baked rolls: Place rolls in moisture- and vaporproof freezer con- ainer. Seal, label, and freeze up to 3 nonths. Thaw at room temperature.

Nutrition information per roll: 111 al., 2 g pro., 15 g carbo., 5 g fat, 34 mg hol., 67 mg sodium.

ALMOND BREAD CROWN

Jm-m-m. Tender, buttery bread with a uscious, sweet almond filling rolled up nside—

⅓ recipe Rich Yeast Dough (see recipe, *page 155*)
½ cup almond paste
¼ cup packed brown sugar
1 egg

• • •

¾ cup sifted powdered sugar
Milk
¼ cup sliced almonds, coarsely chopped

Punch down Rich Yeast Dough. Reserve *one-fourth* of the dough. On a lightly floured surface, roll remaining dough to a 18x10-inch rectangle.

Crumble almond paste into a small mixer bowl; add the brown sugar and egg. Beat with an electric mixer on medium speed till mixed. Spread the almond paste mixture over the rolled-out dough to within ½ inch of the edges. Roll up dough from 1 of the long sides. Moisten and pinch the seam to seal. Roll a 6x3-inch piece of cardboard into a tube 3 inches high and 1½ inches in diameter; wrap with foil. Grease the outside of foil and stand the tube up in the center of a greased 9x1½-inch round baking pan. Coil dough roll, seam side down, around tube in pan, pinching ends of dough together to seal.

Roll reserved dough into a 24-inch rope. Lay around the top outside edge of dough in the pan; moisten and pinch ends together to seal. With scissors, snip about halfway through dough rope at 1-inch intervals (see photo, *page 163*). Cover; let rise in a warm place till nearly double (about 40 minutes). Bake in a

continued

The wedding gift that will stand the test of time.
New SilverStone® SUPRA is the closest thing yet to the perfect nonstick. It's twice as abuse-resistant as SilverStone, the quality standard. So treat yourself or someone special to the joy of owning the best.
SilverStone® Supra
Twice as abuse-resistant. Certified by DuPont.
Only DuPont makes SilverStone and SilverStone SUPRA nonstick finishes.
DUPONT

CAN YOU MAKE IT TO YOUR NEXT PAYDAY?

NOTHING-TO-IT STUFFED TURKEY.

NEW STUFFING IDEA
À LA REYNOLDS®
OVEN COOKING BAG.



STEP 1

Combine favorite stuffing ingredients in turkey-size or large-size oven cooking bag (no bowl to wash). Close bag with tie from carton. Cut 15 half-inch slits in each side to allow juices to flow into bag.



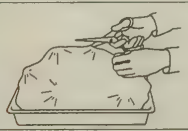
STEP 2

Place bag with stuffing inside turkey, turning bag sideways to fit. Loosely pack; part of bag may hang out of cavity.



STEP 3

Place stuffed turkey in turkey-size Reynolds® Oven Cooking Bag following directions in carton insert. Allow extra cooking time for stuffing. See time/temperature chart in carton.



STEP 4

When done, cut turkey bag open and carefully remove stuffing bag, using pot holders. Place stuffing in serving bowl. Transfer turkey to platter and garnish.

Clip and save these instructions.



With Reynolds® Oven Cooking Bags, you can cook your stuffing as easily as you cook your turkey.

Now it's a cinch to stuff and unstuff your turkey. The turkey juices flow into the bag as both turkey and stuffing cook up flavorful and juicy all by themselves. Plus there are no bowls or pans to clean up. What could be more convenient!



Another quality product from the makers of Reynolds Wrap® aluminum foil.

continued

350° oven for 20 minutes; remove the foil-covered tube. Bake for 15 to 20 minutes more or till the bread sounds hollow when tapped. Cover the bread with foil during the last 10 minutes of baking to prevent overbrowning. Remove the bread from the pan. Cool completely on a wire rack.



Snip dough rope at 1-inch intervals.

For glaze, in a small mixing bowl stir together powdered sugar and enough milk (about 3 teaspoons) to make a glaze of drizzling consistency. Spoon the glaze over the top of the bread. Sprinkle with almonds. Serves 12.

To freeze baked bread: Omit glazing. Wrap baked bread in moisture- and vaporproof wrap. Seal, label, and freeze up to 6 months. Thaw overnight in the refrigerator. To serve, glaze as directed above.

Nutrition information per serving: 248 cal., 6 g pro., 36 g carbo., 9 g fat, 73 mg chol., 94 mg sodium. U.S. RDA: 13% thiamine, 15% riboflavin, 11% iron, 11% phosphorus.

FESTIVE COOKIES

CRACKLED CRESCENTS

Stir bits of chocolate into the rich dough to create an elegant cookie with a crackly surface and a flavor that is simply addictive—

⅓ recipe Festive Cookie Dough (see recipe, *page 136*)
1 6-ounce package (1 cup) miniature semisweet chocolate pieces
1 tablespoon shortening
Chopped coconut, pearl sugar, finely chopped pistachio nuts *or* finely chopped semisweet chocolate

continued

The Christmas gift that goes merrily on and on.
SilverStone® SUPRA is the closest thing yet to the perfect non-stick. It's twice as abuse-resistant as SilverStone, the quality standard. Treat yourself or someone special to the joy of owning the best.
SilverStone® Supra
Twice as abuse-resistant. Certified by DuPont.
Only DuPont makes SilverStone and SilverStone SUPRA nonstick finishes.
DUPONT

Can you make it to your next Chocolaty Payday candy bar?
CHOCOLATY PAYDAY® PEANUT BAR
To the great taste of those fresh-roasted, salted peanuts and golden caramel and fudge and delicious chocolaty coating?
We didn't make it easy, did we?
© 1986, Hollywood Brands.

continued

If frozen, thaw the Festive Cookie Dough in the refrigerator overnight. *Or,* place dough in a microwave-safe mixing bowl; cover with waxed paper. Micro-cook on 10% power (low) for 5 minutes or till thawed.



Shape the dough into crescents.

If necessary let dough stand at room temperature for 20 minutes for easier handling. Stir in *½ cup* of the chocolate pieces. Shape dough into 1-inch balls. Roll into logs about 2 inches long. Place on an ungreased cookie sheet. Bend and pinch ends to form crescents (see photo, *above*). Bake in 375° oven for 8 to 10 minutes or till edges are firm and bottoms light golden brown. Cool on a wire rack.

In a small heavy saucepan melt remaining chocolate pieces and shortening over low heat, stirring constantly. Remove from heat. Dip 1 end of each cookie into the melted chocolate mixture. Roll in coconut, pearl sugar, pistachio nuts, or chopped chocolate. Place the dipped cookies on a waxed-paper-lined cookie sheet; chill till chocolate is set. Makes about 36 cookies.

Nutrition information per cookie: 85 cal., 1 g pro., 11 g carbo., 5 g fat, 9 mg chol., 27 mg sodium.

LITTLE SNOW PEOPLE

Merry snow people you can build right indoors! They're complete with a dusting of new-fallen "snow"—

⅓ recipe Festive Cookie Dough (see recipe, *page 136*)
Miniature semisweet chocolate pieces
Red cinnamon candies
¾ cup sifted powdered sugar
Milk *or* light cream
Several drops green food coloring
Milk chocolate kisses *or* bite-size chocolate-covered peanut butter cups, halved
Sifted powdered sugar

If frozen, thaw the Festive Cookie Dough in the refrigerator overnight. *Or,* place dough in a microwave-safe mixing bowl; cover with waxed paper. Micro-cook on 10% power (low) for 5 minutes or till thawed.

For each snow person, shape dough into 3 balls: one 1-inch ball, one ¾-inch ball, and one ½-inch ball. Place balls on an ungreased cookie sheet in decreasing sizes with sides touching. Press together slightly. Press 2 chocolate pieces in smallest ball for eyes. Press 1 red cinnamon candy in middle ball and 2 candies in largest ball for buttons (see photo, *below*). Bake in a 325° oven about 18 minutes or till edges are firm and bottoms are light golden brown. Cool 1 minute on baking sheet. Carefully transfer to a wire rack; cool.



Press decorations in before baking.

To make the icing for decorating the cookies, in a small mixing bowl stir together the ¾ cup powdered sugar and enough milk or light cream (2 to 3 teaspoons) to make an icing of piping consistency. Stir in the green food coloring. To make hats for the snow people, attach halved kisses or peanut butter cups to the heads with icing. With a decorating bag and writing or star tip, pipe bow ties, belts, scarves, or stocking caps on the snow people with the remaining icing. Lightly sprinkle the snow people with powdered sugar. Makes about 16 cookies.

Nutrition information per cookie: 169 cal., 2 g pro., 25 g carbo., 8 g fat, 22 mg chol., 66 mg sodium.

ZIGZAG COOKIE SHAPES

Reroll scraps of dough on a surface dusted with equal parts flour and powdered sugar. That way, the cookies will be more tender than if you rerolled using flour alone—

⅓ recipe Festive Cookie Dough (see recipe, *page 136*)
1 cup sifted powdered sugar
¼ teaspoon vanilla
Milk
Several drops red food coloring
Several drops green food coloring

If frozen, thaw the Festive Cookie Dough in the refrigerator overnight. *Or,* place dough in a microwave-safe mixing bowl; cover with waxed paper. Micro-cook on 10% power (low) for 5 minutes or till thawed.

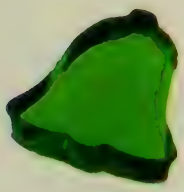


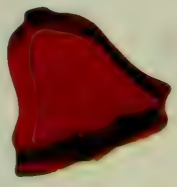
Transfer cutouts with a spatula.

On a lightly floured surface or pastry cloth, roll chilled or thawed dough ⅛ inch thick. Cut with a 2½-inch fluted round or other shaped cookie cutter. Place on an ungreased cookie sheet (see photo, *above*). Bake in a 375° oven for 6 to 8 minutes or till very light brown around edges. Remove and cool on a wire rack.

To make the glaze to decorate the cookies, in a small mixing bowl stir together the powdered sugar, vanilla, and enough milk (3 to 4 teaspoons) to make a glaze of piping consistency. Divide the glaze in half. To *one* of the halves, add red food coloring; mix well. To other half, add green food coloring; mix well. With a decorating bag and writing tip, pipe both colors over cookies in a random zigzag fashion. Makes about 36 cookies.

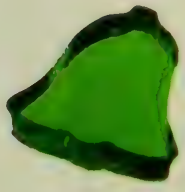
Nutrition information per cookie: 63 cal., 1 g pro., 10 g carbo., 3 g fat, 9 mg chol., 27 mg sodium.



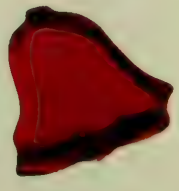


Jiggle bells,

Jiggle bells,



Jiggle all the way...



Oh, what fun for fruit

Nothing makes fruit more jolly than Jell-O® Brand Gelatin. Berries get merry, cherries cheer up, and nuts come out of their shells when paired up with that jolly old favorite. And if fruit jumps for joy, just imagine how your family will react. You better watch out.





Cheers to Cherries Parfait

1 can (8 oz.) pitted dark sweet cherries
1 package (4-serving size) JELL-O® Brand Strawberry or Cherry Flavor Gelatin or Sugar Free JELL-O® Gelatin
¾ cup boiling water Ice cubes
1 cup thawed COOL WHIP® Whipped Topping
¼ cup slivered toasted almonds

Drain cherries, reserving ½ cup syrup. Quarter the cherries. Completely dissolve gelatin in boiling water. Combine measured syrup and ice to make 1¼ cups. Add to gelatin, stirring until slightly thickened. Remove any unmelted ice. Let chill until thickened. Measure 1¼ cups, add half of the cherries and the chopped nuts; set aside. Fold whipped topping into remaining gelatin; add remaining cherries and nuts and spoon into glasses. Chill until set but not firm, about 15 minutes. Top with clear gelatin mixture. Chill about 1 hour. Garnish with whipped topping. Makes about 3 cups or 4 to 6 servings.

to have a Jell-O® holiday.

Cranberry Tarts A-Glow



1 package (4-serving size) JELL-O® Brand Strawberry Flavor Gelatin or Sugar Free JELL-O® Gelatin
1 cup boiling water
¼ cup Ocean Spray® Cranberry Juice Cocktail
½ cup Ocean Spray® Whole Berry Cranberry Sauce
8 baked 3" tart shells
1 to 1½ cups fruit (banana slices, halved seedless grapes, drained canned mandarin orange sections and additional whole berry cranberry sauce, drained)



Dissolve gelatin in boiling water. Measure ⅓ cup, add juice and set aside. Add cranberry sauce to remaining gelatin and chill until very thick. Chill clear gelatin until thickened. Spoon cranberry mixture into shells. Arrange fruit on top; add drained cranberry sauce. Carefully spoon clear gelatin over fruits to glaze. Chill 1 hour. Makes 8 tarts.

Banana Nut Wreath

1 can (8 oz.) crushed pineapple in juice
2 packages (4-serving size) JELL-O® Brand Lime Flavor Gelatin or Sugar Free JELL-O® Gelatin
2 cups boiling water
½ cup sour cream
1 large banana, sliced
Pecan halves



Drain pineapple, reserving juice; add water to juice to make 1½ cups. Dissolve gelatin in boiling water; add measured liquid. Measure 2 cups and chill until slightly thickened. Blend remaining gelatin into sour cream; add the pineapple and chill until thickened. Arrange banana slices and pecans in about ½ cup of the clear gelatin in 5- or 6-cup ring mold. Add remaining clear gelatin and chill until set but not firm. Add creamy mixture. Chill until firm, at least 3 hours. Unmold. Garnish as desired. Makes about 5 cups or 10 servings.

JELL-O® & SUGAR FREE JELL-O® GELATIN

WE'VE GOT FRUIT APPEAL



Jell-O® and fruit... perfect for the holidays.



Merry Berry Heaven

1 package (4-serving size) JELL-O® Brand Strawberry Flavor Gelatin or Sugar Free JELL-O® Gelatin
¾ cup boiling water
1 cup Ocean Spray® Whole Berry Cranberry Sauce
1 tablespoon grated orange rind
½ cup Ocean Spray® Cranberry Juice Cocktail
2 cups thawed COOL WHIP® Whipped Topping
1 baked 9-inch pie shell, cooled

Dissolve gelatin in boiling water. Add cranberry sauce and rind; add juice. Chill until thickened. Fold in whipped topping. Chill again until mixture will mound. Pour into pie shell. Chill until firm, about 3 hours. Garnish with cranberries, if desired.

Winter Fruit Splendor

1 package (4-serving size) JELL-O® Brand Lemon or Lime Flavor Gelatin or Sugar Free JELL-O® Gelatin
¾ cup boiling water
½ cup white grape juice, pineapple juice or water
Ice cubes
1½ cups fruit (banana slices, orange sections, seedless grapes, diced apple or pear)

Dissolve gelatin in boiling water. Combine fruit juice and ice to make 1¼ cups. Add to gelatin, stirring until slightly thickened. Remove any unmelted ice. Let stand or chill until thickened, about 10 minutes. Add fruit and spoon into dessert glasses. Chill about 1 hour. Garnish as desired. Makes about 3 cups or 6 servings.



SAVE 35¢

on any two large size (14 oz., 16 oz.) Ocean Spray® Cranberry Sauce plus one package (any size) Jell-O® Brand Gelatin or Sugar Free Jell-O® Brand Gelatin.

Retailer: Ocean Spray Cranberry, Inc. will redeem this coupon in accordance with our redemption policy; copies available upon request. Void where prohibited, taxed or restricted by law. Cash value .001¢. Mail coupons to: Dept. #5946 El Paso, TX 79966. LIMIT ONE COUPON PER TRANSACTION. Exp. 5/31/87



118466

31200 10035

Enjoy happy holiday savings on Jell-O® and Ocean Spray.®

GENERAL FOODS

© 1986 General Foods Corporation
Jell-O and Cool Whip are registered trademarks of the General Foods Corporation.
Ocean Spray is a registered trademark of Ocean Spray Cranberries, Inc.

WIN MONEY FOR YOUR RECIPES

This Month's Winners, Pages 171, 172.

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

THIS MONTH'S CATEGORIES

Microwave Desserts
Posh Pasta Dishes

Dessert in minutes? What sweet treat do you quick-cook in the microwave oven? For dinner, have you created a saucy new idea using your favorite pasta shape?

Send us your recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Recipes will be pictured on the Prize Tested Recipe pages next June. Winners receive a framed Certificate of Endorsement and six copies of their recipe.

HINTS TO HELP YOU

Microwave Desserts: Your original recipe might be a moist cake, down-home cobbler, creamy pudding, crunchy bar cookie, fancy pie, or sensational sauce that's made completely in the microwave. Does your creation feature fresh summer fruits?

Hints: coconut peach crisp, chocolate mint squares, strawberry-brandy ice cream sauce, zucchini cake with lemon filling, cherry pie with crunchy nut topping.

Posh Pasta Dishes: Anything goes with pasta! What pasta combination do you cook up—vegetable, meat, or cream sauce? Is your one-of-a-kind recipe for a hot main dish or cold side dish? Do you use purchased pasta or do you make your own flavored pasta?

Tips: spinach tortellini soup, chicken lasagna rolls, cheesy bow-tie salad, sausage manicotti bake, 20-minute spaghetti supper, seafood stew with basil pasta.

WINNERS IN THIS ISSUE

(See recipes on pages 171 and 172.)

Cooks of the Month
Julianna Horvath, Wichita, Kans.
Jan I. Hynson, Baltimore, Md.

Runners-Up
Jeanne Petty, West Valley City, Utah
Susan Spafford, Benicia, Calif.

Honor Roll
Louise Albert, Deming, Wash.; F. Hill, Long Beach, Calif.; Carelyn L. Hingst, Halifax, Mass.; H. Hungerford, San Diego, Calif.; Olga James, Yuma, Ariz.; Marjorie Senne, Lake Mills, Iowa.

CONTEST RULES

1. Clearly write or type your name, address, and recipe marked "June Microwave Desserts" or "June Posh Pasta Dishes."
2. Specify brand names of products you use.
3. Include the origin of the recipe.
4. If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish.
5. Entries must be postmarked by November 30, 1986. If recipe duplicates are submitted, the one earliest postmarked will be judged.
6. We reserve the right to adjust and edit all winning recipes.
7. Address all of the recipes you enter to 8706 Food Department, Better Homes and Gardens, Des Moines, IA 50336.
8. All entry materials become the property of the Meredith Corporation.



IF YOU LIKE OUR GREEN BEAN CASSEROLE... YOU'LL LOVE DURKEE'S NEWEST CASSEROLE.

Durkee French Fried Onions make it special. Nothing else adds that crunch...that savory onion flavor!



Swiss Vegetable Medley
(Ready To Bake In Just 5 Easy Minutes)

- 1 bag (16 oz.) frozen broccoli, carrots and cauliflower combination, thawed and drained
- 1 can (10¾ oz.) condensed cream of mushroom soup
- 1 cup (4 oz.) shredded Swiss cheese
- ⅓ cup sour cream
- ¼ teaspoon Durkee Ground Black Pepper
- 1 jar (4 oz.) chopped pimiento, drained (optional)
- 1 can (2.8 oz.) Durkee French Fried Onions

Combine vegetables, soup, *½ cup* cheese, sour cream, pepper, pimiento and *½ can* Durkee French Fried Onions. Pour into a 1-quart casserole. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onions; bake, uncovered, 5 minutes longer. Preparation time: 5 minutes MAKES 6 servings.

MICROWAVE DIRECTIONS: Prepare as above. Cook, covered, on HIGH 8 minutes; turn halfway through. Top with remaining cheese and onions. Cook, uncovered, on HIGH 1 minute or until cheese melts.

Select Slices™ from Oscar Mayer® give you more taste than you thought cold cuts could have.



Oscar Mayer has nine tasty, tempting lean meats—Select Slices. You'll find zesty Pastrami, spicy Corned Beef, savory Smoked Chicken Breast, Honey Ham and more...all smoked or spiced for the end of the same old sandwich and the beginning of a whole new taste.

Just the best that it can be.

Oscar Mayer®

Pastrami • Corned Beef • Italian Style Beef • Smoked Turkey Breast • Smoked Chicken Breast
Cracked Black Pepper Ham • Smoked Cooked Ham • Honey Ham • Italian Style Ham

WIN MONEY FOR YOUR RECIPES
See Page 169 For Details

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Hot and Spicy Main Dishes

File under Fish and Seafood



$100 WINNER *Jan I. Hynson, Baltimore, Md.*

Spicy Shrimp and Bacon Kabobs

Pickapeppa sauce is available in the gourmet section of supermarkets—

- 1 pound fresh *or* frozen jumbo shrimp in shells (14 to 16)
- 3 tablespoons cooking oil
- 2 tablespoons Pickapeppa sauce
- 2 tablespoons apricot preserves
- 1 tablespoon honey
- 1 tablespoon maple-flavored syrup
- 1 teaspoon crushed red pepper
- 1 teaspoon Szechuan peppercorns, crushed
- ¼ teaspoon dried basil, crushed
- ¼ teaspoon dried oregano, crushed
- ¼ teaspoon dried rosemary, crushed
- 1 clove garlic, minced
- 7 to 8 slices bacon
- 3 tablespoons lemon juice
- Steamed shredded zucchini
- Lemon wedges

Thaw shrimp, if frozen. Peel and devein shrimp. Stir together oil, Pickapeppa sauce, preserves, honey, syrup, red pepper, Szechuan peppercorns, basil, oregano, rosemary, and garlic. Stir in shrimp. Cover and chill for at least 1 hour. Halve bacon slices crosswise. In a 10-inch skillet, partially cook bacon. Drain well on paper towels. Drain shrimp, reserving marinade. Wrap *each* shrimp with a half slice of bacon; thread on 4 skewers. Squeeze lemon juice over kabobs. Place kabobs on a well-greased, unheated rack of a broiler pan. Broil 4 to 5 inches from heat for 3 minutes. Turn and brush with marinade. Broil 3 to 4 minutes more or till shrimp are done. (*Or,* place kabobs on a grill rack directly over *medium-hot* coals. Grill, uncovered, 8 to 10 minutes or till done, turning and basting with some of the marinade twice.) Serve over steamed zucchini and with lemon wedges. Serves 4.

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Quick and Easy Candies

File under Candy



$100 WINNER *Julianna Horvath, Wichita, Kans.*

Candied Fruit and Almond Bites

To make this no-cook candy, just stir together the ingredients and shape them into 1-inch balls—

- 1 cup almonds, toasted
- 1 cup sifted powdered sugar
- ½ cup diced mixed candied fruits and peels
- 1 teaspoon finely shredded orange peel
- 2 tablespoons orange juice
- ¼ teaspoon vanilla *or* rum extract
- Finely shredded semisweet *or* German sweet baking chocolate (optional)
- Sifted powdered sugar (optional)

Place almonds in a food processor bowl or food grinder; cover and process or grind till finely ground. In a medium mixing bowl stir together almonds, the 1 cup powdered sugar, candied fruits and peels, and orange peel. Stir in orange juice and vanilla or rum extract. Shape into balls using about 2 teaspoons of the almond mixture for each. Roll in finely shredded chocolate or powdered sugar. Makes 24 to 30 candies.

Nutrition information per candy: 47 cal., 1 g pro., 7 g carbo., 2 g fat, 0 mg chol., 1 mg sodium.





PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

Now there are two loose-leaf Better Homes and Gardens® cookbooks! The famous red plaid *New Cook Book* has 1,251 tested recipes. The solid-red *My*

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Quick and Easy Candies

File under Candy



$50 WINNER *Jeanne Petty, West Valley City, Utah*

Creamy Chocolate Crescents

A three-ingredient candy! Jeanne's mother imitated a favorite candy called "spuds" to create this easy and delicious recipe—

- **2 8-ounce bars milk chocolate**
- **1 8-ounce container frozen whipped dessert topping, thawed**
- **⅔ cup finely crushed vanilla wafers**

In a heavy 2-quart saucepan melt chocolate bars over low heat, stirring often; cool to room temperature. Fold in dessert topping. (Mixture will thicken.) Cover and chill at least 1 hour. Form into 1-inch balls or crescent shapes. Roll in crumbs. Chill thoroughly. Makes about 66.

Microwave directions: Break chocolate bars into small squares in a 2-quart microwave-safe casserole. Micro-cook, uncovered, on 100% power (high) for 2½ minutes, stirring once. Stir till smooth. Continue as directed above.

Nutrition information per candy: 51 cal., 1 g pro., 5 g carbo., 3 g fat, 2 mg chol., 10 mg sodium.

Photographs: Scott Little

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Hot and Spicy Main Dishes



$50 WINNER *Susan Spafford, Benicia, Calif.*

Algerian Chicken

A peanut butter sauce with just a touch of hotness from pepper—

- **2 medium onions, thinly sliced and separated into rings**
- **1 medium green pepper, cut into thin strips**
- **¾ cup sliced fresh mushrooms**
- **1 tablespoon water**
- **2 teaspoons dried oregano, crushed**
- **2 teaspoons crushed red pepper**
- **1 teaspoon garlic salt**
- **½ teaspoon bottled hot pepper sauce**
- **1 14½-ounce can tomatoes**
- **⅔ cup peanut butter**
- **2 teaspoons instant chicken bouillon granules**
- **4 whole large chicken breasts (about 4 pounds total), skinned, boned, and halved lengthwise**
- **Hot cooked rice**

In a medium saucepan combine onion, green pepper, mushrooms, the water, oregano, red pepper, garlic salt, and hot pepper sauce. Cook over medium heat, stirring frequently till vegetables are crisp-tender. In a blender container or food processor bowl combine *undrained* tomatoes, peanut butter, and bouillon granules. Cover and blend or process till smooth. Rinse chicken; pat dry. Place in a 13x9x2-inch baking dish. Top with vegetable mixture. Pour tomato mixture over all. Cover and bake in a 350° oven for 45 to 55 minutes or till chicken is tender. Use a slotted spoon to transfer chicken to a serving platter or individual plates; stir sauce and spoon atop. Serve with rice. Makes 8 servings.

Nutrition information per serving with ½-cup rice: 405 cal., 36 g pro., 34 g carbo., 14 g fat, 72 mg chol., 574 mg sodium. U.S. RDA: 13% vit. A, 35% vit. C, 17% thiamine, 11% riboflavin, 82% niacin, 17% iron, 33% phosphorus.

Introducing:

REAL SEMI-SWEET CHOCOLATE WITH NATURAL MINT FLAVOR

MINT-CHOCOLATE MORSELS

Nestlé®

TOLL HOUSE®

Magnificent mint-chocolate morsels.



hocolate
int
ousse Pie

sp. sugar,
ivided
sp. + 2 tsp.
rnstarch
f 10-oz. pkg. (1 c.)
lestlé® TOLL HOUSE®
lint Flavored Semi-Sweet
hocolate Morsels
c. milk
. heavy cream
e 9" graham cracker crust

heavy gauge saucepan, combine 4 tbsp. sugar, cornstarch
d Nestlé® TOLL HOUSE® Mint Flavored Semi-Sweet Chocolate
rsels. Gradually stir in milk. Cook, stirring constantly, over medium
at until mixture *boils*. *Boil* 1 minute. Transfer to large bowl; cover surface
th plastic wrap. Cool to room temperature. In bowl, combine heavy cream
d 2 tbsp. sugar; beat until stiff. Beat chocolate mixture; fold in whipped
am. Spoon into prepared crust. Chill until firm (about 2–3 hours). Makes: one 9" pie.

'86 The Nestlé® Foods Corporation

Believe it or not, the prunes have more fiber than the cereal.



If you've been eating bran cereal to get your daily fiber, we have a little suggestion. The tasty California prune.

Because three prunes actually have even more dietary fiber than this entire bowl of bran flakes.* The fact is, prunes have more fiber per serving than almost any food you can name.

And if you add prunes to your cereal, you won't just be getting more fiber. You'll be getting different kinds of fiber.

Which is important. Because many nutritionists suggest that wheat fiber and fruit fiber is a healthy combination.

Besides, there's one more thing prunes can do for bran cereal. They can make it taste delicious.



One way to serve your family prunes is in a salad. You'll find more helpful serving suggestions in our free brochure. For your copy, write to Prune Ideas, P.O. Box 882168, San Francisco, CA 94188-2168.

*¾ cup of 40% bran flakes.

Prunes. The high fiber fruit.

© California Prune Board 198

DIET AND HEALTH

By Lynn Hoppe

TION Too much salt has been associated with high blood pressure. How much is too much?
Anna V. Hansen
Blair, Nebr.

NER To play it safe, you should consume no more than 3,300 mg of sodium per day. Unfortunately, some of us get somewhere in the ballpark of 6,900 mg per day. That translates into increased blood pressure for sodium-sensitive individuals.



STEVE NIEDORF

HOW MUCH IS TOO MUCH?

Sleuthing sodium

Though foods closest to their natural form usually contain low sodium levels, sodium occurs naturally in certain fresh foods such as celery (25 mg per stalk), carrots (34 mg per carrot), and milk (122 mg per cup).

Water also contains sodium naturally (up to 250 mg per quart compared to club soda with 160 mg per quart). Some home water softeners increase the sodium level by another 100 mg per quart. If you're on a sodium-restricted diet, call your municipal water department to find out how much sodium is in your water. If you have your own well, call your state health department. For a fee, they'll test your water.

Information on labels

Many convenience foods range from 800 to 1,400 mg sodium per serving. Since July 1, any food with a nutrition label must list sodium content. Also, to make a sodium claim, each serving must fall within guidelines: sodium-free, less than 5 mg sodium; very low sodium, less than 35 mg sodium; low sodium, less than 140 mg sodium; and reduced sodium, 75 percent less sodium than the usual level in the food.

Sodium in a grain of salt

You've heard it before: The easiest way to shake the salt habit is to get rid of the shaker. Each teaspoon of salt has 2,400 mg of sodium. That's about 144 mg of sodium from each shake of the salt shaker! Keep track of how much sodium you're adding to food during cooking and at the table.

Limit fast foods

For many of us, fast food is an inexpensive solution to getting a meal when we don't have time to cook. That's OK occasionally, but be aware: A cheeseburger, fries, and a milk shake can tally up to more than 1,000 mg of sodium. The best advice is moderation—don't eat the stuff every day. And don't add extra salt!

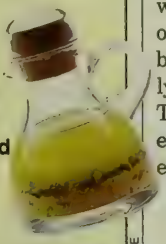
LEMON MARINADE

Season with this tangy marinade instead of salt—

- ½ cup cooking oil
- ¼ cup lemon juice
- 2 tablespoons sliced green onion
- 1 clove garlic, minced
- ½ teaspoon dried tarragon, crushed
- ¼ teaspoon pepper

For the marinade, combine oil, lemon juice, onion, garlic, tarragon, and pepper. Pour over 1 pound *meat.* Cover; chill for 6 hours or overnight for beef, lamb, and pork (2 hours for chicken, fish, and shrimp), turning several times. Drain, reserving the marinade. Cook as desired, brushing with marinade. Makes 1 cup.

Nutrition information per tablespoon: 62 cal., 1 g carbo., 7 g fat., 0 mg chol., 0 mg sodium.


SCOTT LITTLE

FAST-FOOD SODIUM

Single burger	290 to 700 mg
Cheeseburger	700 to 1,404 mg
Roast beef sandwich	750 to 900 mg
Fried fish sandwich	450 to 900 mg
Chili (8 ounces)	about 1,000 mg
Fries, regular	100 to 230 mg
Onion rings	about 450 mg
Dinner salad	about 500 mg
Vanilla shake	147 to 300 mg
Apple turnovers	about 300 mg

What's on Your Mind?

We want to know about your diet and health concerns, favorite good-health recipes, and cooking tips. Send letters to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. We will pay $50 for each idea accepted and reserve the right to edit copy. No materials will be acknowledged or returned. If your idea is purchased, you give Meredith Corporation the right to use it in any manner and for as long as we wish. We do not accept previously published materials.



Christmas sampler 50¢

Oneida Sample Center
P.O. Box 9777, New Brighton, MN 55197

Beautiful beginnings start with Oneida Stainless. I enclose $.50 plus $.25 postage and handling for each stainless teaspoon ordered. Offer limited up to three spoons, one spoon per pattern.

☐ ACT I
☐ ALEXIS
☐ AMERICAN COLONIAL
☐ ANTICIPATION
☐ CHATEAU
☐ CLASSIC SHELL
☐ DOVER
☐ FREDERICK II
☐ HENLEY
☐ INDEPENDENCE
☐ JUILLIARD
☐ KINGSWOOD
☐ LOUISIANA
☐ MARQUETTE
☐ MICHELANGELO
☐ PAUL REVERE
☐ RIDGECREST
☐ SATINIQUE
☐ SHELLEY
☐ SHERATON

Name
(Please print)
Address
City
State Zip

Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 6/30/87. BG116

ONEIDA

"COMFORT" CORNERS CUT THE CLUTTER IN

KIDS' ROOMS

Most kids' bedrooms are small spaces, hard to organize, easy to clutter. Stretch the space by letting the bed serve as a place to lounge as well as to sleep. Follow these examples for beds that really are cozy corners.

Make the bed play home base

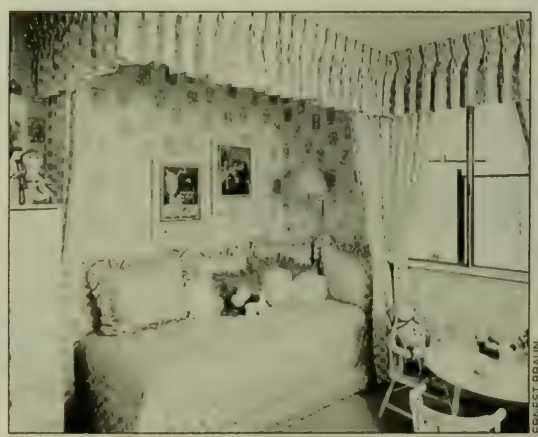
Thanks to a room-wrapping wall system, this budding sports star has plenty of places to stow a variety of athletic paraphernalia and other special treasures.

Books and accessories deck the shelves above the bed and window, favorite baseball bats and other sports equipment claim the easy-to-reach lower shelves.

Painting the wall behind the shelves a dark tone creates the illusion of depth. A wallpaper border placed below the top shelf defines and cozies up the bed corner and also establishes a sporty theme that ties the area together.



Give a bedroom a sporty flavor.



Transform a bed into a special haven.

ERNEST BRAUN

Combine bed and window dressings

Once you get a bed and a dresser in this small room (only 10½ × 11½ feet) there's little space left for even the dolls. One solution for freeing up the floor plan: let the bed serve as both a reading retreat and a sleeping spot.

An 18-inch-deep valance sets the stage for this inviting nook.

Stapled to 1 × 2s attached to the ceiling, the pleated valance frames the bed, then goes on to top the window, unifying the space.

Draperies mounted beneath the valance can be drawn to turn the bed into a youngster's private haven. A wall light mounted inside the canopy provides all the necessary illumination for late-night reading.

The playful checked fabric adds cheer without looking childish. The economical result? A pattern a youngster won't outgrow.

Builder: Garrow & Cardinale. Design: Color Design Art
Field editor: Helen Heilkamp

Presenting the first of life's little challenges.

You're looking at some Tuppertoys® from Tupperware®.
They're the kind of toys kids love.
The kind they play with for hours on end. Month after month. Year after year.



Noah's Ark™ Toy.



Little Lighthouse™ Toy.

They're so rugged that we back them with an amazing lifetime guarantee.

But perhaps the best thing about Tuppertoys is they're carefully designed to challenge a child to grow.



Shape-O™ Toy.

They test and develop coordination. Introduce new concepts like shapes, colors, letters and numbers in innovative ways.

They give children something to think about while they're having fun.



Zoo-It-Yourself® Toy.

Because at Tupperware, we think the best way to prepare children for life's little challenges is to give them an early start.

For more information call us. We're in the White Pages.



©1986. Dart Industries Inc.

Buying Guide

TODAY'S SOLAR HOUSES

Page 36 (*top*): Wood stove "Vigilant"—Vermont Castings Inc., Prince St., Randolph, VT 05060. **Slate floor**—Hilltop Slate Co. of New York, P.O. Box 201, Middle Granville, NY 12849. **(*Bottom*): Lights**—Lightcraft of California, 1600 W. Slauson, Los Angeles, CA 90047.

Page 37 (*top*): Redwood siding—Simpson Timber Co., 900 Fourth Ave., Seattle, WA 98164. **Fiberglass shingles**—Owens-Corning Fiberglas, Fiberglas Tower, Toledo, OH 43659.

Page 38 (*top*): Furnishings—Scandinavian Design. **Stove**—Hearthstone, Morrisville, VT. **Quarry tile**—American Olean Tile Co., Lansdale, PA 19446. **(*Bottom*): Dishwasher**—KitchenAid, 701 Main St., St. Joseph, MI 49085.

Page 39 (*top*): Windows, doors—Marvin Windows, Warroad, MN 56763. **Skylights**—Wasco Products, Box 351, Pioneer Ave., Sandford, MI 04073.

Page 40 (*top*): Fireplace—Majestic, 736 Erie St., Huntington, IN 46750. **Plants**—Sam Ellison Interior Landscape Specialist, Kennedy St., Raleigh, NC 27602. **(*Bottom left*): Sofas**—Living Rooms, 4111 North Blvd., Raleigh, NC 27604. **(*Bottom right*): Cabinets**—Rudd, Rte. 23, Goodville, PA 17528. **Sink**—Kohler (address above). **Dishwasher**—Kenmore, Sears, Sears Tower, Chicago, IL 60684. **Ovens**—General Electric, Appliance Park, Louisville, KY 40225. **Microwave**—Panasonic, One Panasonic Way, Secauous, NJ 07094.

Page 41: Windows—Andersen Corp., Box 12, Bayport, MN 55003. **Outdoor furniture**—Dinettes Unlimited, Highway 70, Raleigh, NC 27612.

HOLIDAY CHINA

Most of the products shown editorially in *Better Homes and Gardens*® can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

Page 70: Tureen, soup bowls "Christmas Heritage"—Pfaltzgraff, P.O. Box 1069, York, PA 17405. **Teapot, mugs, cup, candlestick** "Christmas Tree"—Royal Worcester Spode, Inc., 26 Kennedy Blvd., East Brunswick, NJ 08816. **Teapot, plates, bowls** "Naif Christmas"—Villeroy & Boch, 41 Madison Ave., New York, NY 10010. **Sandwich tray, plate, cup, saucer** "Poinsettia"—Royal Albert, Doulton and Co., Inc., 700 Cottontail Ln., Somerset, NJ 08873. **Dinnerware** "Christmas Tree"—Waechtersbach, 8300 Underground Dr., Kansas City, MO 64161. **Coffeepot, pie plates** "The Spirit of Christmas"—Portmeirion Potteries, Kosta Boda Ltd., 4 Sperry Rd., Fairfield, NJ 07006.

DECORATING CONTEST WINNERS

Page 114 (*top*): Parquet flooring—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248. **Area rug**—Capel Inc., 831 N. Main, Troy, NC 27371. **Woven wood blinds**—Del Mar Window Coverings, 7150 Fenwick Ln., Westminster, CA 92683. **(*Bottom*): Light/fan**—Sears, Roebuck & Co., Sears Tower, Chicago, IL 60684. **Fabric on love seat**—designed by Gear for Cohama Riverdale, 110 Seventh Ave., New York, NY 10011.

Page 116 (*bottom left*): Paint "Palace Arms Red"—Martin-Senour Paints, 1370 Ontario, Cleveland, OH 44113. **Shelf over desk**—Habersham Plantation, P.O. Box 1209, Toccoa, GA 30577.

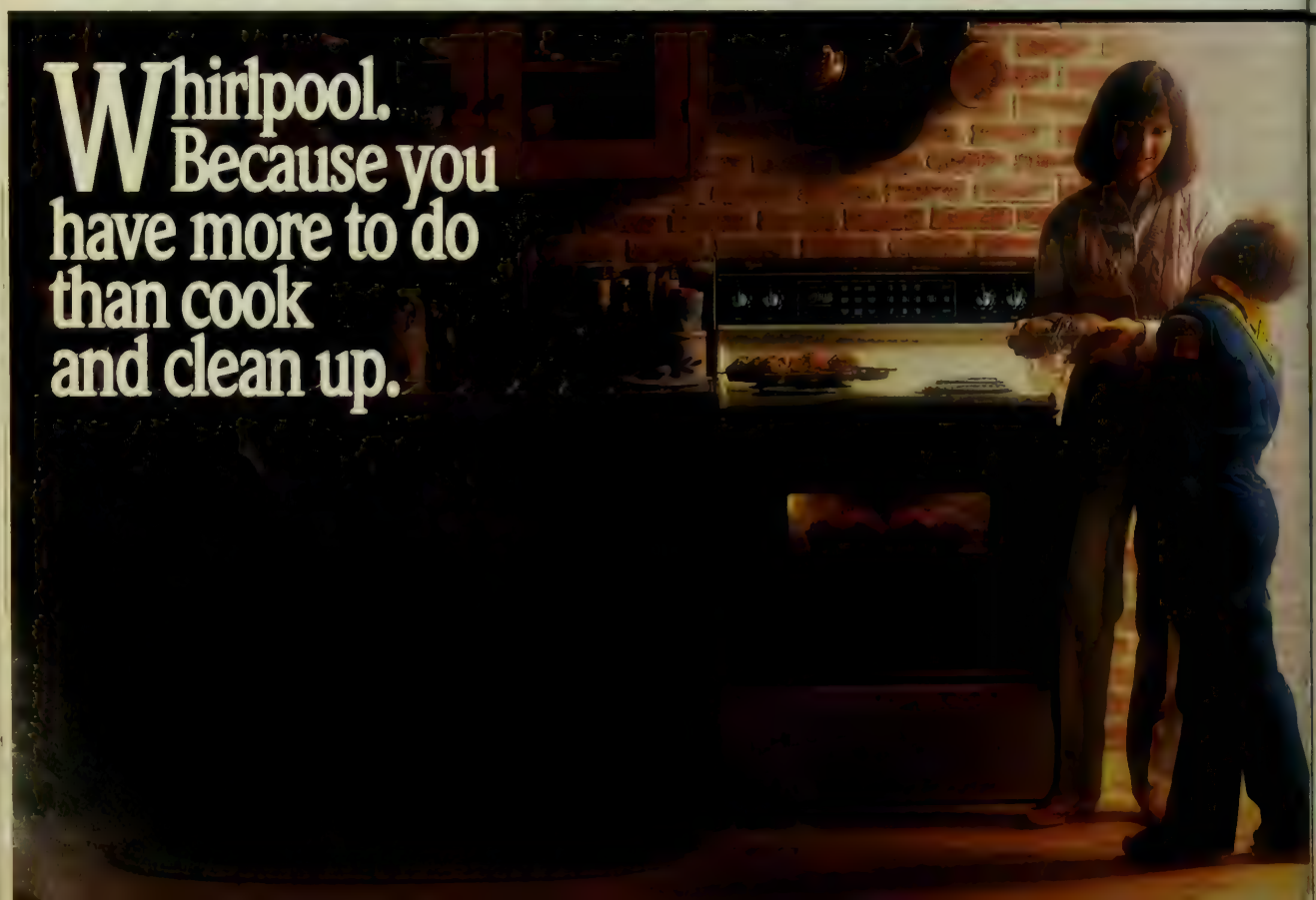
Page 117: Blinds—Levolor Lorentzen Inc., 1280 Wall St., W, Lyndhurst, NJ 07071.

Pages 118–119: Wallpaper—designed by Gear for Imperial, 110 Seventh Ave, New York, NY 10011. **Twig settee**—Willow Works, 209 Glen Cove Ave., Sea Cliff, NY 11579. **Woven rug**—Thomas K. Woodard, 835 Madison Ave., New York, NY 10021. **Painted baskets, woven runners, wooden sheep, copper bowls**—Country Traditionals, 66 Summer St., Manchester, MA 01944.

PERSONALITY KITCHENS

Page 120 (*top*): Insulated shades—Verosol USA Inc., 224 Park West Dr., Pittsburgh, PA 15275. **TV**—Panasonic Co., One Panasonic Way, Secaucus, NJ 07094. **Chair, sofa, ottoman**—California Wicker, 157 N. Robertson Blvd., Los Angeles, CA 90048. **Fabric**—Pierre Deux, 532 Sutter, San Francisco, CA 94102. **Plate** "Dots"—Kosta Boda USA Ltd., 225 Fifth Ave., New York, NY 10010.

Page 121: Fan—Casablanca Fan Co., 64 E. Colorado Blvd., Pasadena, CA 91109. **Counter tile**—La-France Imports, Inc., 2008 Sepulveda Blvd., Los Angeles, CA 90025. **Pot rack**—Taylor & Ng, P.O. Box 200, Brisbane, CA 94005. **Refrigerator**—Sub-Zero Freezer Co. Inc., P.O. Box 4130, Madison, WI 53711. **Ovens**—General Electric, Appliance Park, Louisville, KY 40225. **Cooktop**—KitchenAid, Inc.,



3800 Space Dr., Dayton, OH 45414. **Range hood**—Thermador/Waste King, 5119 District Blvd., Los Angeles, CA 90040. **Faucet**—Luwa Corp., P.O. Box 16348, Charlotte, NC 28297-6348.

Page 122: Cookie cutter—Cape Cod Copper Works, Orleans, MA 02653.

Page 123 (*top*): Pot rack light fixture—Brooks Noah Design, 7950 Convoy Ct., San Diego, CA 92111. **Range**—Chambers Corp., Old Taylor Rd., Oxford, MS 38655. **Barbecue** "Charglow"—Thermador/Waste King (address above). **Sinks**—Kohler Co., Kohler, WI 53044. **Dishwasher**—KitchenAid, Inc. (address above). **(*Bottom*): Oven, refrigerator**—General Electric, Appliance Park, Louisville, KY 40225. **Microwave**—Quasar, 9401 West Grand Ave., Franklin Park, IL 60131. **Cookie sheets**—Williams-Sonoma, P.O. Box 7456, San Francisco, CA 94120-7456.

Page 124: Plate "Siena"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. **Fork** "Memento"—Gorham, 333 Adelaide Ave., Providence, RI 02907. **Cup, saucer**—Cooks Mart, 835 N. Michigan, Chicago, IL 60611.

Page 125: Cabinets—Poggenpohl USA, 222 Cedar Ln., Teaneck, NJ 07666. **Cooktop, grill**—Thermador/Waste King (address above). **Oven**—Chambers Corp. (address above). **Microwave**—Litton Microwave Cooking Products, 1405 Xenium Ln., N, Minneapolis, MN 55441. **Molded sink, countertop** "Corian"—E.I. du Pont de Nemours & Co., Wilmington, DE 19889. **Refrigerator**—Sub-Zero Freezer Co. Inc. (address above). **(*Bottom*): Etched glass in doorway**—Bruce McLean, 1840 Fourth St., Berkeley, CA 94710. **Banquette, chair fabric**—Ginkgo International, Ltd., 5101 Chase St., Downers Grove, IL 60515. **Chairs**—Peter Danko & Associates Inc., 917 King St., Alexandria, VA 22314. **Painting**—Paul Wonner, John Berrgruen Gallery, 228 Grant Ave., San Francisco, CA 94108. **Skylight**—Custom made.

LIGHT AND LOFTY ATTIC REDO

Page 127: Flooring—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248. **Fireplace**—Preway, Wisconsin Rapids, WI 54494. **Sky windows**—Andersen Corp., Box 12, Bayport, MN 55003. **Pleated shades**—Verosol USA Inc., 224 Park West Dr., Pittsburgh, PA 15275. **Track lighting**—Halo Lighting, Div. McGraw-Edison, 400 Busse Rd., Elk Grove Village, IL 60007. **Wicker and chrome chairs**—Gordon International, 200 Lexington Ave., New York, NY 10016.

Page 129: Half-round window, wooden grilles—Webb Manufacturing, Inc., P.O. Box 707, Conneaut, OH 44030. **Double-hung window** "Narroline"—Andersen Corp. (address above). **Sheep**—Lamb International, 78 Holten St., Danvers, MA 01923.

HOLIDAY MAKE-AHEADS

Page 130 (*clockwise from bottom left*): Japanese carrot shredder (to make carrot rope garnish)—Williams-Sonoma, 5750 Hollis St., Emeryville, CA 94608. **Oval silver platter** "Ropes and Bows"—Oneida Silversmiths, Consumer Service Dept., Oneida, NY 13421. **Individual loaf pan set (to make pâtés)**—NASCO, 901 Janesville Ave., Ft. Atkinson, WI 53538. **Glass plate**—Pyrex, Corning Glass Works, Corning, NY 14830. **Marble slab**—Hammacher Schlemmer, 147 E. 57th St., New York, NY 10022. **Cheese knife**—Carvel Hall, Div. of Towle Silversmiths, 260 Merrimac St., Newburyport, MA 01950. **Plates** "Carlyle"—Royal Doulton, Doulton and Co., Inc., 700 Cottontail Ln., Somerset, NJ 08873.

Page 132 (*clockwise from bottom left*): Large round platter "Belfiore"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. **Round glass plate** "Apila"—Arabia of Finland, 5603 Howard St., Niles, IL 60648. **Small glass plate** "Apila"—Arabia of Finland (address above). **Small dessert plate** "Palacio"—Block China Corp., 11 E. 26th St., New York, NY 10010. **Éclair papers**—Rowoco, Bldg. 4, Warehouse Ln., Elmsford, NY 10523. **Small dessert plate** "Aubusson"—Noritake Co., Inc., 41 Madison Ave., New York, NY 10010.

Page 134 (*clockwise from top center*): Small plate "Brigette"—Noritake Co., Inc., (address above). **Fork**—Oneida Silversmiths (address above). **Mortar**—Gailstyn-Sutton, South Plainfield, NJ 07080. **Large round plate** "Brigette"—Noritake Co., Inc., (address above). **Silver platter**—Faroy, Inc., 1555 W. Belt, N, Houston, TX 77043. **Butter knife**—Oneida Silversmiths (address above). **How-to photos (*left to right*): Knife** "The Professionals"—Imperial, 509 Madison Ave., New York, NY 10022. **Round baking pan**—The Westbend Co., 400 Washington St., West Bend, WI 53095.

Page 164: Pastry cloth—Foley Co., 3300 Fifth St., NE, Minneapolis, MN 55418. **Baking Sheet**—Mirro Aluminum Co., (address above). **Cookie cutters:** "Holly Leaves"—Educational Products Co., Hope, NJ 07844; "Scalloped"—Tiger Home Products Inc., 3161-H State Rd., Bensalem, PA 19020. **Dough bowl**—Riekes-Crisa Corp., 1818 Leavenworth St., Omaha, NE 68102. **Spoon**—Anacapa Corp., 25933 Frampton, Harbor City, CA 90710.

PRIZE TESTED RECIPES

Page 171 (*left*): Plate "Bauhaus"—Trend-Pacific Inc., 507 Towne Ave., Los Angeles, CA 90013. **Place mat**—Asta Designs, P.O. Box 826, One Willard Rd., Norwalk, CT 06856. **(*Right*): Plate** "Regal"—Nikko Ceramics, Inc., 165 Chubb Ave., Lyndhurst, NJ 07071. **Place mat**—Jenny B. Goode, 1194 Lexington Ave., New York, NY 10028.

Page 172 (*right*): Plate—Waechtersbach USA, Inc., 8300 NE. Underground Dr., Kansas City, MO 64161.

Slaving over a hot stove went out of style years ago. But serving hot meals never will. That's why Whirlpool® ranges and ovens are designed for easy cooking and easy clean-up. So you can spend more time entertaining the troops, and still enjoy delicious, home-cooked meals.

Cleaning made easy by Whirlpool.
You don't look forward to cleaning up. So our Spillguard™ cooktops have raised edges to help contain spills. And they lift up so you can clean underneath easily. Our smooth oven interiors are easy to clean. And Whirlpool self-cleaning ovens in gas or electric models even take care of this job for you. It just doesn't get any easier than that.

The right features for easy cooking.
Surface elements on our electric ranges heat up and cool down fast. And you aren't limited to only four or five heat settings. You can adjust anywhere from lukewarm to boiling hot. All our controls are easy to use, especially our newest electronic touch controls.

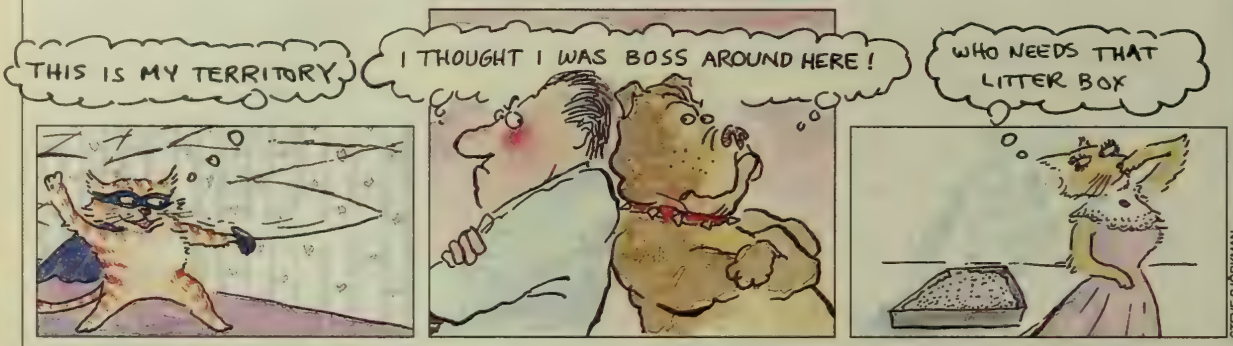
A promise of quality we stand behind.
Every Whirlpool appliance is backed by our promise of good, honest quality. It's a promise we've kept for 75 years, and we support it with programs like our toll-free, 24-hour Cool-Line® telephone service to help you with problems or questions. Just call 800-253-1301. It's one more way we can make your world a little easier.

Whirlpool
Home Appliances
Making your world a little easier.

BEHAVIOR PROBLEMS

HOW TO COPE AND KEEP YOUR COOL

By Barbara Humeston



YOUR CAT CLAWS AT YOUR SOFA. Your pup nips the hand that feeds it. A knock at the front door sends your dog into a frenzy.

You don't have to tolerate upstart behavior like this. There are ways to correct it without reaching for a folded newspaper. If the problem is out of your league, you can get help either from a veterinarian or from a growing number of experts called animal behaviorists or animal behavior consultants.

FOUR COMMON CAUSES

More likely than not, the *REAL* reason for your dog or cat's cantankerous behavior can be found in the list that follows.

continued

BEAUTIFUL GLASS BLUEBIRDS







The perfect affordable gift. A pair of beautiful blue crystal glass bluebirds (above) can be shipped directly from our workshop to your home for just $10.00 plus $2.00 shipping. About 3½ inches long. With hand tools only, each bluebird is shaped from hot glass one at a time. Often mentioned in poetry and song, the Bluebird is America's favorite. It is a symbol of love, hope, and happiness. Also we can ship you three hand-made baby bluebirds (left) for $11.00 plus $2.00 shipping. About 2 in. long. If not delighted, return for full refund. We ship next day. Order several sets of either size; $2.00 shipping pays for any size order. Send check or M.O. to Phoenix Studios, Dept. BH-3, 209 Harold, Fayetteville, Ark. 72703. Visa-Mastercard orders call (501) 442-2756.

Phoenix Studios

A classic example of how easy wood finishing can be.





The classic approach to fine wood finishing is a simple process.

First, stain the wood with Wood Finish by Minwax.® It penetrates deep into fibers becoming part of the wood, not just a surface film. Then, for lasting protection and beauty, apply Polyurethane Finish by Minwax in satin or gloss.

Turning bare wood into fine furniture, like this classic rolltop desk, is easy with America's classic wood finishes.

Send for our free 30-page booklet, 'Tips on Wood Finishing.' You'll see how easy it can be with wood finishing products by Minwax.

Minwax Company, Inc., Dept. BH–116
P.O. Box 426, Little Falls, NJ 07424

Please send free booklet.

Name

Address

City State Zip

MINWAX®

Minwax makes wood beautiful

®Minwax is a registered trademark. © 1985 Minwax Company

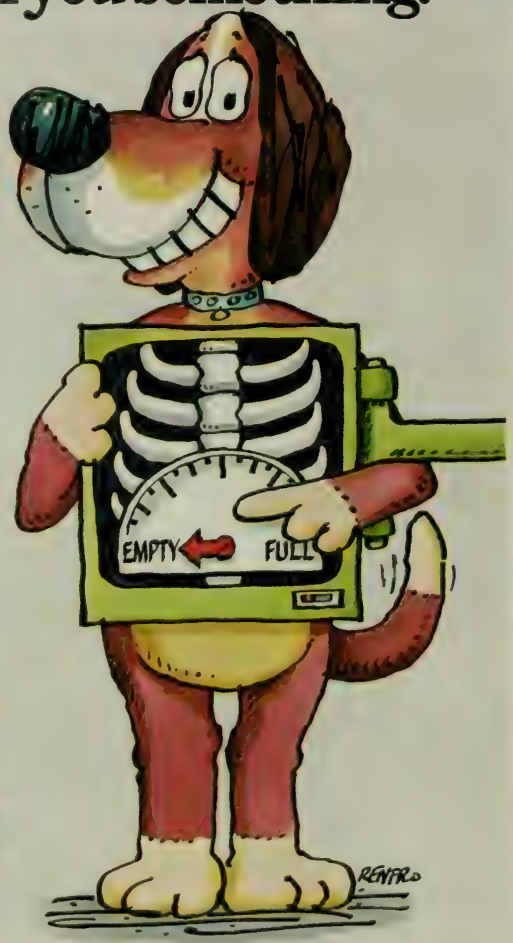
On one meal a day, maybe he's trying to tell you something.

You're looking at one of the first signs of a snack attack, and it can strike anytime in-between meals. He's not really starving. He's just looking for Tast-tee Chunks® snacks for dogs.

Tast-tee Chunks really treat him right. They're made with real cheddar cheese or real beef. And they're real good because they contain 15 essential vitamins, minerals and oils.

So the next time you notice his eyes begin to glaze over just thinking about his last supper that's the time for Tast-tee Chunks.





NEW TAST-TEE CHUNKS®

The snack for dogs who eat one meal a day. **From Gaines**

GAINES FOODS, INC. 1986

"THIS IS MY TERRITORY."



Your cat sprays pungent urine on chair legs, walls, and other objects as a message for other cats to stay out of its territory. Nonneutered males and females in heat tend to be the worst offenders.

The best remedy is neutering your cat before it's sexually mature and starts scent marking, but neutering can also be effective in many adult cats. A veterinarian can advise you.

Your veterinarian also may prescribe certain hormones or antianxiety drugs designed to help modify your pet's behavior.

Something amiss in your cat's environment may trigger spraying: a move to a different home, a large number of cats in the household, a new cat roaming the neighborhood, the addition of another cat or person to the family, even stress in the family.

If you're adopting a new cat, getting one that's the opposite sex of the one currently at home may reduce the chances of spraying.

PET BEHAVIOR PROBLEMS

continued

1. IT'S NEW AND SCARY

If your pet leads a sheltered life while growing up, it's likely to be a scaredy-cat later on. During their first nine to 12 weeks, dogs and cats should become acquainted with all the different types of people, noises, and animals that they'll encounter in life. This socialization process should begin when your pet is five to eight weeks old. Go for rides in the car, visit the park, invite friends and their pets into your home.

Though socialization helps prevent phobias, it won't eliminate all your pet's fears. Storms may still send your dog or cat lunging at windows or cowering beneath the bed. Attempting to cure serious phobias all by yourself isn't recommended. Behaviorists treat phobias by getting your pet accustomed to whatever scares it (such as playing a tape of a frightening noise softly at first—while your pet enjoys a snack—then gradually playing it louder until your pet can cope with it).

2. PEOPLE PROBLEMS

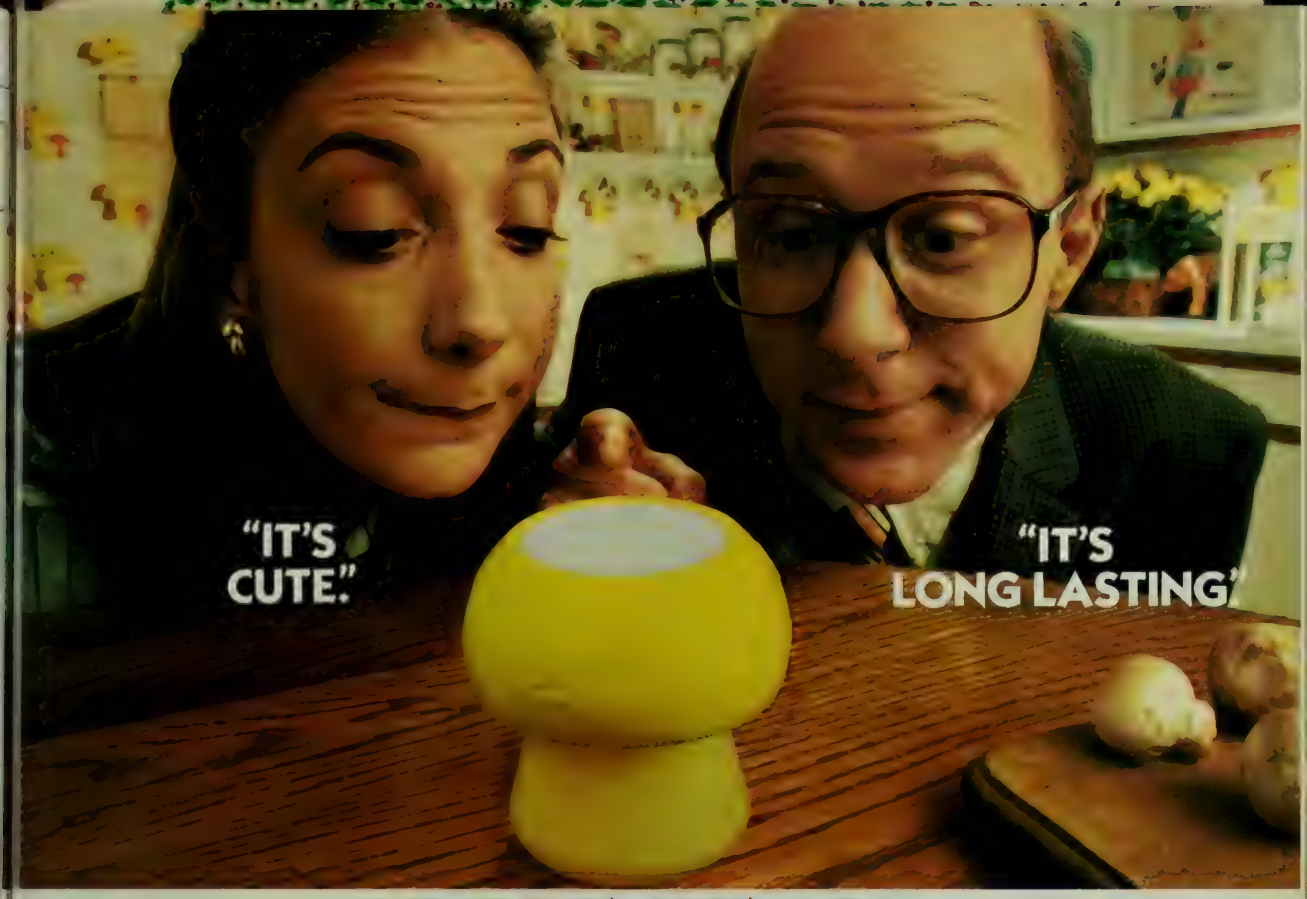
Your pet's behavior problems could begin with you. Lack of attention, too little exercise, and inconsistent discipline on your part, all can spell trouble.

A common situation: Your dog leaps at the door whenever someone knocks. You say, "OK Duke. It's OK." What you mean is calm down. What the dog thinks you're saying in your friendly tone is that it's OK to bark. The result: You've encouraged aggression.

Another possibility: Your dog tears up the newspaper while you're out. When you return, the animal chases around the house. Your pet may be bored, lonely, or fearful when you're gone. If you make a big deal about leaving, your pet will, too. Establish a regular schedule for your absences. Leave out your pet's food dishes and toys, and turn on the radio. When home, give your pet more exercise and attention.

After-the-fact punishment doesn't work. Your pet won't associate punishment with what it did hours before.

continued



PRESENTING AIRWICK® MAGIC MUSHROOM®. BECAUSE EVERY ROOM NEEDS A LITTLE MAGIC.

Magic Mushroom® is the cute looking air freshener that casts its spell for over 30 days.

In fact, thanks to Scent-O-Meter™, its exclusive fragrance release system, Magic Mushroom is as effective day thirty as it is day one.



And Magic Mushroom is so cute, you'll have Mushrooms appearing everywhere. In four pleasant fragrances: Powder Puff, Lemon Whisper, Honeysuckle and Super Odor Fighter.

So if you want a cute looking air freshener that leaves a room smelling fresh and clean day after day, week after week for over a month, say the Magic words.

MAGIC MUSHROOM. THE LONG LASTING AIR FRESHENER.

25¢ MANUFACTURER'S COUPON EXPIRES APRIL 30, 1987 25¢

SAVE 25¢ ANY FRAGRANCE AIRWICK MAGIC MUSHROOM®

TO DEALER: Airwick Industries, Inc. will redeem this coupon for the face amount plus 8¢ for handling provided that you and the customer have complied with the following terms. Invoices showing purchase in the last 90 days of sufficient stock to cover coupons presented must be shown upon request. Customer must pay any sales tax. Void when presented by outside agency, broker or others who are not retail distributors of our merchandise or where taxed, prohibited or restricted by law. Cash value 1/20 of 1¢. AIRWICK CONSUMER PRODUCTS DIV. AIRWICK INDUSTRIES, INC., P.O. BOX R7165, El Paso, TX 79975. LIMIT ONE COUPON PER PURCHASE. Offer expires April 30, 1987.



25¢ 26600 104272 25¢

Do mildew stains and soap scum give you nightmares?

"I THOUGHT I WAS BOSS AROUND HERE!"

A dog or cat that bites may be reinforcing the notion that it's the boss. A pat on the head, a tug at its collar, even a verbal command may be interpreted as a threat to your pet's superiority. This kind of behavior, called dominance aggression, is dangerous and rarely begins "out of the blue." Dogs that bite once often bite again, and each episode tends to be more serious.

Going through obedience training with your pet may help. It teaches you how to be boss and teaches your pet to accept that fact. If training doesn't modify your pet's behavior, seek a veterinarian's advice immediately.

Not all biting stems from dominance aggression. Some pets bite because of pain, illness, or fear (when cornered, surprised, or threatened).

You don't need an expert to deal with mild aggression if the offender is a cat or just a pup. If your pet starts to bite or growl, say, "NO" and blow in its face. If that fails, hold up your pet by the scruff of its neck, shake it, and sternly say "NO." If it quiets down, praise it. If it growls or tries to bite again, repeat the process until it makes the connection: Praise if I behave; fussing if I don't. Also, don't encourage your pet to be aggressive with games like tug-of-war.



PET BEHAVIOR PROBLEMS

continued

3. IN THE GENES

Too often, a family selects a pet solely on looks, without knowledge of its personality or physical requirements. Does the dog or cat get along with children? Is it nervous or easy-going, quiet or a born yapper? Some breeds are prone to specific problems. Check with folks who know the breed.

Cats that claw and puppies that chew are just doing what comes naturally. You can permit your cat to scratch or your pup to chew—but by your rules. Redirect it to a scratching post, cloth mouse, or other toy. When you catch your pet mutilating your things, say "NO," and show it the acceptable objects. Repetition, patience, and loads of praise when your pet does as you wish bring results.

Adult dogs that chew often need attention and exercise. Giving castoffs like old shoes and socks to pets only encourages chewing. Dogs don't know whether your belongings are old or new. Instead, give your dog safe toys it can chew.

4. ILL OR JUST ORNERY

Behavior problems may be illnesses in disguise. If your pet's behavior changes dramatically, see a veterinarian.

- Your cat or dog picks your best wool sweater for a snack. It may just like wool, or it may suffer from hyperthyroidism.
- Your dog chases its tail and acts aggressive. Try ignoring these antics. If they persist, confine the animal to a room. Fleas and allergies cause tail chasing. Sometimes such behavior signals epilepsy.

© 1986 THE CLOROX COMPANY



Terminate them! With Tilex Instant Mildew Stain Remover!

"WHO NEEDS THAT LITTER BOX?"



When your cat ignores its litter box, it's possible the animal is just being picky. Cats tend to have definite views about their litter boxes. Usually, it's futile to punish them into using a box that isn't "right." Instead, take a methodical approach to discovering the problem.

- Try changing the litter in the box daily. Cats will refuse a dirty box.
- Experiment with different litters or other materials (dirt, sand, shredded newspapers, wood shavings).
- Experiment with different box liners; or try using no liner at all.
- Remove the odor-protecting hood on the litter box if it has one.
- Use different detergents when washing out the box. Never use an ammonia-based cleaner (ammonia is a component of urine).
- Provide a separate litter box for each cat in your home. Sometimes cats refuse to share.
- Try different locations. The box shouldn't be near your cat's feeding area, noises, or confusion.

A move to a new home, a new member in the family (human or animal), even conflict between family members can cause a cat to forsake its litter box. When the household settles down, your cat usually will, too.

- After your pet finishes dinner, it's lethargic and ignores your bidding. Diabetes, liver, kidney, and heart disease can send pets into slumps after eating.
- Your large-breed dog is grumpy. It hobbles around and tries to bite anyone entering your yard. Your pet may be reacting to pain of some kind.
- Your cat prefers the rug to its litter box. Don't assume it's misbehaving. The reason could be a bladder infection.

ASK THE EXPERTS

Ask your veterinarian if an animal behaviorist can help your pet. For a list of qualified animal behaviorists currently practicing, send a self-addressed, stamped, business-size envelope to ***Dr. John C. Wright, Psychology Dept., 1400 Coleman Ave., Mercer University, Macon, GA 31207.***

Cat Queries FROM MEOW MIX



The Manx is the only cat that doesn't have a tail. True. False.

False. The Cymric, or long-haired Manx has been recognized as a breed unto itself by American breeders.

Cats first began showing up in the vicinity of The Great Wall of China in 4000 B.C. True. False.

If you guessed true you couldn't be right. The Great Wall of China wasn't even there in 4000 B.C. However, the presence of cats in China dates as far back as one thousand A.D.

What is the correct spelling of the cat once called the Golden Siamese?

A. Tunkinese B. Tonkanese
C. Tonkinese D. Tonkaknees

The correct answer is Tonkinese, and no, the cat was not named after the Earl of Tonkin, simply because there was no Earl of Tonkin.

What's the only cat food cats ask for by name?

Meow Mix® brand cat food. Because another piece of trivia about cats is their love for variety. And Meow Mix is the only cat food that has the variety of flavors cats love most, tuna, liver, and chicken.

So if anybody's wondering whether cats can talk, when it comes to Meow Mix, the answer's an unqualified yes.

Purina® Helping pets live longer, healthier lives™



©Ralston Purina Company, 1986

Marlboro Lights



The spirit of Marlboro
in a low tar cigarette.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

10 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Feb.'85

AN UPLIFTING IDEA.



Spacemaker™ Toast-R-Oven™ broiler. A versatile oven that saves counter space by mounting under your cabinets. Bakes, broils, browns and toasts. Holds a 9-inch pie tin.

BLACK&DECKER™
IDEAS AT WORK.™

©1986

Repeat with remaining dough to make 40 rolls total. Brush rolls with remaining melted butter. Bake in a 350° oven 25 to 30 minutes or till golden. Meanwhile, prepare Syrup. Spoon about *¾ teaspoon* of the Syrup over *each* hot roll while still in pan. Let cool in pan. Makes 40 nut rolls, 20 servings.

Syrup: In a small saucepan stir together ½ cup *sugar,* ⅓ cup *water,* 2 tablespoons *honey,* and ½ teaspoon *lemon juice.* Cook and stir over medium heat till sugar dissolves and mixture just starts to boil. Remove from heat.

Nutrition information per serving: 202 cal., 3 g pro., 14 g carbo, 16 g fat, 25 mg chol., 150 mg sodium.

TURKISH COFFEE

Turkish coffee is boiled in the pot, resulting in a very strong brew. Grind deep-roasted coffee beans or buy finely ground Vienna roast or Turkish blend coffee from a specialty shop—

3 tablespoons coffee beans *or* 3 tablespoons finely ground coffee
2 tablespoons sugar *or* to taste

Place coffee beans in a blender container. Cover and blend about 3 minutes or till a fine powder forms. In a small saucepan combine ground coffee, sugar, and 1¼ cups *water.* Bring just to boiling. Remove from heat and tap saucepan once or twice against a heat-proof surface. Return to heat; bring just to boiling. Remove from heat and let stand for 1 minute to allow coffee grounds to settle to bottom of pan. Carefully pour the liquid into demitasse cups; stop pouring when the grounds come out with the liquid. Makes 3 servings.

Nutrition information per serving: 37 cal., 0 g pro., 9 g carbo, 0 g fat, 0 mg chol., 3 mg sodium.

PERSONALITY KITCHEN RECIPES

continued

PHYLLO NUT ROLLS

It takes about 6 ounces of nuts to make 1½ cups ground—

1½ cups ground *or* finely chopped walnuts
1½ cups ground *or* finely chopped almonds
2 teaspoons sugar
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
20 sheets frozen phyllo dough (18x14-inch rectangles), thawed



An elegant end to dinner.

1 cup butter *or* margarine, melted
1 recipe Syrup

Combine the nuts, sugar, cinnamon, and nutmeg; set aside. Brush one half of 1 sheet of phyllo dough with a little of the melted butter or margarine; fold sheet in half crosswise. (You will have a double piece of phyllo, 14x9 inches.) Brush lightly with butter. (Keep remaining dough covered while working.) Sprinkle about *2 tablespoons* nut mixture over folded phyllo. Beginning at short end, roll up jelly-roll style. Cut in half crosswise making 2 rolls about 4½ inches long. Place the nut rolls, seam side down, in two 15x10x1-inch baking pans.

A BEAUTIFUL IDEA.



Attractive Toast-R-Oven™ toaster. It's ideal for heating those fast meals or late-night snacks. An optional mounting hood is available, so you can mount it under your cabinets to free counter space.

BLACK&DECKER™
IDEAS AT WORK.™

©1986

DON'T TASTE OUR OIL.

Taste your succulent shrimp. Taste your crunchy snow peas. Taste your sweet red peppers. Crisco® Oil is so light, so delicate, it lets even the subtle flavors come through. So what you taste is the taste of your food. Instead of the taste of our oil.



HOW TO ORDER

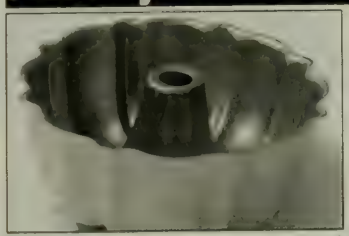
Better Homes and Gardens®

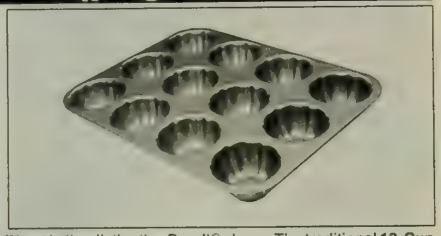
Better Homes and Gardens® Family Shopping Service has selected the products shown below to help you re-create in your own home the ideas shown on our editorial pages.

You save time because we've done the shopping for you.

And you can be completely confident the woodworking plans, cookware, and books presented on this page are of the highest quality and meet our strict standards of excellence.

Holiday Make-Aheads (pages 130 to 136)

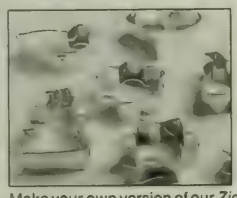




Our Liqueur-Laced Fruitcakes (page 133) are shown off best in the distinctive Bundt® shape. The traditional **12-Cup Bundt®** may also be used for baked entrees, salads, and meat loaves. Our **Fancy Dessert Pan** is perfect for 12 of your favorite muffins, tea cakes, or gelatin salads. Each unit is 2¾ inches in diameter and has a ¼-cup capacity. Both formed aluminum pans feature an almond colored exterior and nonstick interior for quick cleanup.

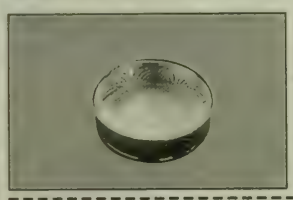


Your hors d'oeuvres, pies, cakes, and cookies will take on that extra special (and professional) look when you use our **Hors d'Oeuvres and Canape Cutters** to add interesting detail. The set includes twelve cutters ranging in size from ½" to ¾" in diameter in a handy metal storage tin. See the results with our *Striped Salmon 'N' Parsley Rounds* on page 130 and our *Glazed Finger Tarts* on page 132.

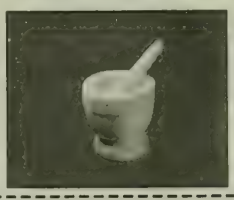




Make your own version of our *Zigzag Cookie Shapes* on page 136 with this set of 12 **Holiday Cookie Cutters.** Decorate all the treats illustrated in our *Festive Cookie* section with our handy **17-piece Decorating Set.** The set contains two icing bags, two couplers, a flower nail, 12 stainless tips, and complete instructions packed in a handy reuseable plastic storage box.



Springform Molds are useful for many wonderful holiday treats like the *Holiday Cranberry Torte* on page 132. Ours is heavy aluminum and 9 inches in diameter.



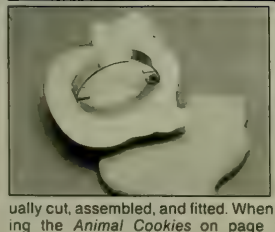
Make up the *Herb Butter for our Starburst Bread* on page 135 in this heavy-duty marble **Mortar and Pestle Set.**

Add These Favorites to Your Home Cooking Library



An American best-seller, the ***New Cook Book*** is ring bound with large print and photos. Contains 1,251 recipes and features nutrition analysis. ***My Recipe Collection*** is a loose-leaf binder with sturdy dividers and index system ready for you to fill with your family's favorite treats. Keeps recipes safe, organized, and easy to find. Ring bound, 142 pages, and includes our tested preparation tips. ***Homemade Cookies*** contains 219 recipes for brownies, bar cookies, refrigerator, and holiday cookies. Hardcover, 96 pages, and 22 color photos. ***Cookies for Kids*** features a totally new approach to creative cookie baking for children and their adult helpers. Contains 89 recipes, 74 color photographs, 96 pages, hardcover. ***Cookies for Christmas*** is a collection of the very best recipes for the millions of people who make cookies to eat and give as gifts at holiday time. Includes tips for storing, wrapping, and mailing. Hardcover, 96 pages. ***All-Time Favorite Bread Recipes*** features 170 favorite breads, rolls, sweet rolls, pancakes, and coffee cakes. 13 color photos, 96 pages, hardcover.

Personality Cookies From Personality Kitchens



A tradition of fine craftsmanship is evident in the quality of our solid copper **Cat Cookie Cutter.** Each cutter is approximately 7 x 7 inches and has been handcrafted, individually cut, assembled, and fitted. When not in use making the *Animal Cookies* on page 122, the cutter becomes a charming and warm kitchen ornament.

Send check or money order to:

Name _____

Address _____

City _____

State _____ Zip _____

Better Homes and Gardens SHOPPING SERVICE

Locust at 17th
Dept. 26A, Box 374
Des Moines, IA 50336

Page	Description	Qty.	Price	Total
Favorites For Your Home Cooking Library				
	No. 16016 *New Cook Book*		$16.95	
	No. 16134 *My Recipe Collection*		$16.95	
	No. 16133 *Homemade Cookies*		$6.95	
	No. 16225 *Cookies for Kids*		$6.95	
	No. 16297 *Cookies for Christmas*		$6.95	
	No. 16131 *All-Time Favorite Bread Recipes*		$6.95	
Holiday Make-Aheads				
133	**No. 31124** 12-Cup Bundt®		$9.99	
133	**No. 31104** Fancy Dessert Pan		$12.99	
132	**No. 31192** 9-Inch Springform Mold		$5.99	
130, 132	**No. 31054** Hors d'Oeuvres and Canapé Cutters		$4.99	
136	**No. 31227** Holiday Cookie Cutter Set		$7.99	
136	**No. 31195** 17-Piece Decorating Set		$14.99	
135	**No. 31207** Marble Mortar and Pestle		$10.99	
Personality Cookies from Personality Kitchens				
122	**No. 31226** Large Cat Cookie Cutter		$17.99	
			Total of Merchandise	
			Sales Tax *	
			Shipping/Handling **	
			GRAND TOTAL	

***TAX NOTE:** We are required to collect and pay **STATE** taxes in Arizona, Connecticut, Florida, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, New Mexico, Pennsylvania, Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, New York, Ohio, Tennessee, Texas, Virginia, Washington.

****Shipping and Handling:**

For orders up to $5.00	$1.00
$5.01 to $10.00	$1.95
$10.01 to $20.00	$3.00
$20.01 to $30.00	$3.75
$30.01 to $50.00	$4.35
Over $50.00	$4.75

Credit Card Orders Speed Delivery! Fill in the lines below or **CALL TOLL FREE 800-247-5099.** In Iowa, call collect, 515-284-2856. (Toll Free not available in Alaska or Hawaii.)

Credit

Card No. _____

Expiration Date (Month/Year) _____

100% MONEY-BACK GUARANTEE if not completely satisfied!

Electric Train Sets only $5



(Shapes of cars may vary.)

As part of a nationwide publicity campaign, a leading New York firm will give away its best-selling set of battery operated electric trains —the nationally advertised GFX™ TRANS-AMERICAN GOLDEN EAGLE FLYER™—for the astonishing price of only $5 each to every person who writes to the company address (below) before Midnight, Dec. 25, 1986.

This *original* publicity ad must accompany your request. No copies or photostats.

These are the same famous nationally advertised GFX "GOLDEN EAGLE" electric train sets featured in leading media throughout America. They are the fastest-selling set of electric trains currently being sold by this multi-million-dollar firm. *Yet your price is just $5 for the complete set if you act promptly.*

Trains, tracks, switches, railroad station —everything is included

Each set includes an independently battery powered turn-of-the-century locomotive—pulling a coal tender, boxcar and caboose. Also included are 8 sections of modular tracks and a dual position lever-switch that shunts the entire train from track-to-track and from curve to straightaway. You also get colorful cardboard cut-out figures of passengers, a uniformed trainman, a period style railroad station, phone booth, train-master's office, even signal posts, stop signs and yard posts!

You control every operation with a flick of your finger

You can couple the cars or uncouple them, switch locomotive power on or off—all with easy finger action. Able to run continuously from noon to midnight (a full 12 hours) on just one ordinary alkaline "AA" flashlight battery *(not included)* the entire set is so easy and safe to operate that it is *manufacturer-rated for children as young as age 3.* (That is, if they can get it away from Daddy!)

The total track area circumscribes an impressive 240 square inches in area. But you can make it bigger—much bigger. That's because the track is modular, so you can put two or more sets together, creating huge "super-systems" with *multiple* trains running at the same time.

You can even stage your own crashes and "catastrophes"!

Imagine the excitement of two trains hurtling towards each other "full steam ahead"—and coming together in a spectacular collision that flings them violently from their tracks...*with absolutely no damage to trains or passengers.* Simply replace the trains on the track and send them on their merry way again.

Is it any surprise that this is the fastest-selling set of electric trains ever sold by this multi-million dollar company. *Yet your publicity price is only $5 for the complete set.*

Not available from us at this price in any store.

These electric train sets will *not* be sold at this price by the company in any store. There is a limit of two (2) sets per address at this price. But if your request is mailed early enough (before Dec. 17) you may order up to 7—*enough to build a "super-system" that will turn friends green with envy.* And every set is covered by the company's unconditional one year money-back guarantee.

To order, mail this *original* publicity ad (no copies or photostats) together with your name and address and $5 for each set. Add only $2 shipping no matter how many sets you are ordering. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM Ltd.* Mail to: **RBM, Train Offer, Dept. 720-104, Box 1782, Hicksville, New York 11802.** **(R44300)**

©1986 RBM, Ltd., 1200 Shames Drive, Westbury, N.Y. 11590

DECORATING

Inviting Vignettes



A sliver of wall space often seems insignificant, until you see what decorative touches can do for it. Then it becomes an added asset to your home.

Try grouping antiques or old family favorites, like the pieces shown in this entry *(above)*. Two rustic chairs, worn and mellowed with age, are suitable company for an old half-round table and a hooked rug with an appropriate "welcome" message.



In another version, an old slant-top desk and a vintage corner chair *(above)* make the spot as functional as it is decorative. The sturdy desk serves for writing letters and paying bills; its hinged top neatly keeps paperwork out of sight when visitors drop by.

Photographs: Hopkins Associates
Design: Mary Anne Thomson

At 4½ she's reading 3rd grade books



a child prodigy? not at all! your child, too can be reading one, two or three years beyond present age level. . . even if a "poor" reader now

Prove it to yourself . . . with this 10 day free trial!

Reading is fun for Sarah—as it *should be* for every child. At age four-and-a-half, she's already choosing her own books at the San Diego, Cal. library.

She reads books many third graders find "hard going." Yet she won't enter first grade for another year.

Sarah is typical of thousands of children who learned to read with "Listen and Learn with Phonics"—a reading kit that actually makes reading fun.

"Listen and Learn with Phonics" was developed by a reading expert. It has been endorsed, after extensive testing, by teachers, schools, and educators.

This practical (and inexpensive) home-learning kit *fascinates* eager young minds from three to ten. The child *hears* the letters or sounds on a cassette, sees them in a book and then repeats them. This makes an absorbing *game* of better reading — with amazing results!

For example: Slow or average readers show sudden—often spectacular—improvement in reading and spelling. Older children often advance their reading skills several years beyond their age level. Young "pre-schoolers" actually *teach themselves to read* by this simple but startlingly effective method.

WHAT OTHERS SAY

I am tremendously pleased. My 5-year old is reading very well and I plan to begin with my 4-year old. I am so glad I invested in this set. *Judy I. Gay, Stow, Oh.*

Last year I taught grades 1-4. I had a 6-year old boy who came to 1st grade reading 6th-grade words. His father had taught him at home using your set. The father donated the set to our school. I was thrilled because some of the children need a lot of extra help with reading and phonics. *Janet Griffin, Triangle School, Apex, N.C.*

What a happy Grandma I am! Since I ordered a Phonics set and had it mailed to my granddaughter, Kim, and her 6-year old sister, they are both making A's in school. *Mrs. Clarence Sparks, Clearwater, Fl.*

Four years ago, I ordered your Phonics set for my 2 children; then, ages 4 and 5. They are now top readers and spellers in their class. *Mrs. Nancy Cook, Santa Paula, Ca.*

Your company has the best teaching method I have found. Thank you for offering such quality educational materials. *Mrs. Joseph Vandenbush, Green Bay, Wisc.*

SPECIAL PARENTS' GUIDE

A 32-page *Parents' Guide* is included. However, you don't need special teaching skills to use this program. Nor do you need any special knowledge of phonics.

In fact, your child needs no special supervision on your part. This set is so simple, so fascinating, children can learn "on their own" *without help.*

10-DAY FREE TRIAL WITH MONEY-BACK GUARANTEE!

Results are so dramatic, the publishers will make the complete kit available to your child with an equally dramatic FREE trial and guarantee.

Under the terms of this unusual offer you can test the kit for ten days. Unless you are pleased and satisfied in every way, unless you see *immediate* results with your child, just return the set for a *full refund* of any money paid. Fill out and mail the coupon below today. If you wish to charge the kit to your credit card just check the coupon. There's no obligation, and six teaching games are included free — yours to keep whether you return the program or not. Career Publishing, Dept. 188-116, Mundelein, Illinios 60060.

6 TEACHING GAMES INCLUDED FREE
Set includes six separate "word building" games. All six are sent with your Listen and Learn Phonics Set FREE of charge! Yours to keep even if you return the set.

For Fast Service, Call 1-312-949-0011
For Credit Card Orders

Here's everything you need to teach your child reading, with guaranteed results. In addition to colorful learning booklets, you have a choice of records or cassettes.



MAIL COUPON FOR 10-DAY FREE TRIAL!

Career Publishing, Mundelein, Illinois 60060, Dept. 188-116,
Send me for 10 days's free examination the complete *Listen and Learn with Phonics Reading Program.* Within 10 days after receipt, I will either return it or send $12.95 as first payment and $10.00 a month for 3 months, total $42.95 which includes shipping and handling.

Check here if you wish to pay in full now: ☐ $39.95 enclosed

☐ Check here if you prefer Deluxe Set at $10.00 more. Includes extra books plus special phonics game.

☐ Charge my credit card (You save $3.00 shipping. Same money-back guarantee.) Illinois residents add sales tax.

☐ Visa ☐ Master Card

Card Number _____ Expiration Date _____

Name _____

Address _____

City _____ State _____ Zip _____

Signature _____ Phone _____

© Career Publishing 1986



MICROWAVE COOKING

USING PLASTIC AND PAPER

DISPOSABLE PLASTIC AND PAPER PRODUCTS make microwave cooking even easier—they minimize cleanup. For safety's sake, follow our kitchen-tested tips.

PLASTIC WRAP

If a dish doesn't have a lid, and you need to cover the dish tightly during cooking, use plastic wrap.

- Vent the wrap by leaving a small area unsealed at the edge so steam escapes.
- Leave airspace between the food and wrap, and never wrap foods directly in clear plastic wrap—it can melt or wrinkle at high temperatures.
- If your microwave oven has a browning unit, don't use plastic wrap in the oven while the browning unit is on.

PAPER TOWELS

Paper towels work well in microwave ovens. Just keep a few general guidelines in mind.

- Use only all-white products. Look for paper towels that are FDA approved, made from natural fibers, and have no coloring. The microwave's hot, moist conditions may cause toxic dyes from colored products to bleed onto food.
- Although there is no consensus among microwave oven manufacturers and the paper industry about how long you can safely use paper towels in the oven, a good rule of thumb is a maximum of 10 minutes on high.

WHEN TO BAKE YOUR KIDS SOME COOKIES.



1. When you tell them you're serving liver and they don't run away from home.



2. When they go a whole day without hitting one another (at least not hard).



3. When they turn down their stereo without your having to holler.



4. When they don't laugh at the way you and your husband dance together.



5. When they go an entire week without using the word "awesome."



6. When you want them to know that, come what may, they'll always be your babies.

If you send a self-addressed, stamped envelope to "Recipes," C & H Sugar Co., One California Street, Dept. B, San Francisco, CA 94111, we'll send you some marvelous cookie, cake and pie recipes from our private collection.

There's no charge for them. All we ask is that you think of our C & H Pure Cane Sugar from Hawaii the next time you're baking.

C&H

MEANS YOU MADE IT YOURSELF.


If you love your family, give them a pat.
Butter enhances the flavor of everything it touches. And, it has no more calories than margarine. So when you cook for the people you love, do something special. Give them all a pat. And cook with butter.
REAL BUTTER
REAL
© 1986 CMAB

STYLE-SETTING AIR-LOCK ENTRY

Step In to Comfort and Convenience

Any good air-lock entry provides a weather-protected first step into the home. But hold on! This striking vestibule helps regulate the home's interior temperature, *and* it provides a casual area for conversation.



HOPKINS ASSOCIATES

The softly lighted entryway echoes the clean lines of this updated stucco home.



With ample windows and vaulted ceiling, the airy vestibule provides a perfect spot for doorstep conversations.

TRANSITION AREA

"Before I added the entryway, there wasn't a semi-in or semi-out space in which to meet and greet visitors—all we had was a small front stoop," laments the homeowner/architect who designed and built the entryway. Now, the 6×9-foot space serves as a combination foyer and outdoor living area for the small southwestern home.

Inside, the boxlike shelf above the home's original front door provides space for vining plants. The shelf also supports a 4-foot fluorescent fixture directed upward for general lighting. An additional fluorescent light illuminates artwork hanging on the inside wall. After dark, the two lights fill the lofty vestibule with an inviting glow.

Here's a smart design feature: The 8-inch-deep outer wall accommodates ample insulation, provides an impromptu seating bench outside the entryway, and serves as a shelf inside.

TAMING THE CLIMATE

Direct solar gain through dual-glazed windows provides the only heat source for the east-facing vestibule. Yet, with R-19 batt insulation in the walls and R-30 in the ceiling, the daytime temperature in the air lock remains about 20 degrees warmer than the outside air during the winter.



Backing prefab louvered closet doors with fine mesh yields a custom screen door for the entryway. On the inside, a solid-core door with lock set and deadbolt guarantees a secure air lock.

In summer, the entryway helps cool the home. The homeowner simply opens the floor-level sliding windows on both ends of the entryway and the clerestory windows 12 feet above the floor. The resulting convection current or "chimney effect" draws warm air out of both the entryway and the interior of the home when the inside front door is opened.

MATERIALS LINEUP

High-quality materials ensure that the entryway will be as long lasting as it is attractive: Honduras mahogany coated with tough urethane varnish caps the low front wall of the entryway. Tongue-and-groove cedar boards rise to a 16-foot peak in the vaulted ceiling. Below, brick pavers laid over a 4-inch-thick concrete floor slab are both beautiful and extremely durable. Outer windowpanes made of nonbreakable plastic protect the many windows from breakage and expensive replacement.

Architect: John Peter Varsa, AIA
Field editor: Patricia Carpenter

"I just had this terrible dream the Crèmerie was gone."

"It is."



Dreams are made of new Crèmerie triple creme appetizer cheese.

New Crèmerie triple creme cream cheese. Blended with selected herbs and spices. In four delicious varieties. You'll find Crèmerie next to the Philadelphia Brand cream cheese in your grocer's dairy case.



New Crèmerie triple creme appetizer cheese from Philadelphia Brand.
Now disappearing at the finest occasions.

Available in limited areas. © 1986 Kraft, Inc.

SUMMER STYLE FOR A SUN-ROOM



A sun-room lets you enjoy summer's pleasures all year-round.

Sun-rooms offer a slice of summer's pleasure on even the bitterest of winter days. In warm weather, they afford a refuge from summer's heat and mosquitoes. Use these hints to transform your solarium into a welcome retreat for any kind of weather.

Even in the dreariest of weather, this sun-room provides an inviting haven. Here are the easily adapted features that make it work so well:

Latticework panels cover one large expanse of glass, providing summery style and giving the room the inviting look of an outdoor gazebo. The latticework also is practical, filtering the sunlight. Because the panels are hinged, they can be opened for more light or can be closed. Billowy balloon shades in a sprightly peach fabric cover the remaining windows and can be let down for privacy.

White wicker armchairs, tables, and sofa, reminiscent of elegant Victorian porches, maintain the al fresco mood. The same bright fabric found in the shades is repeated in the cushions of the sofa and the chairs, setting the room's lively color theme.

An abundance of green plants adds an outdoorsy touch. Choose leafy varieties that don't take much care, such as the Boston ferns used here. All they need is lots of sun and regular watering. For a real gardenlike air, hang your plants. Buy hanging baskets at a garden or hardware store and suspend baskets from hooks screwed into the ceiling.

Casual comfort underfoot completes the setting. A terra-cotta tile floor adds patiolike appeal, and a geometrically patterned rug in shades of blue and peach lends color and warmth to the seating area.

Design: John Lundgren Interiors. Field editor: Ruth L. Reiter

First Aid for AILING APPLIANCES

You probably hesitate to call a repairman when an anemic appliance leaves the dishes dirty or the clothes damp. "There must be something I can do," you say. You're right, there is.

NURSING ALONG HOME APPLIANCES

The manufacturer's use-and-care guide should cover the quirks specific to your appliance, but here are some general problem situations and their solutions.

Dishwasher

Problem: Dishes don't come clean.

Solution: Clean the drain filter located under the bottom dish rack with a stiff brush and detergent. For maximum cleaning action, raise the water heater thermostat to 140 degrees Fahrenheit.

Clothes washer

Problem: Washer doesn't fill properly.

Solution: Particles can clog the filters, preventing water from entering at the rate it should. Locate and clean the small screens where the water goes into the machine.

Problem: Clothing gets torn or shredded.

Solution: Check for sharp or protruding objects or a broken spot in the agitator or drum. You may need to have the part replaced.

Clothes dryer

Problem: Clothes remain damp.

Solution: Be sure you're not overloading and that you are using the correct cycle. Clean out any lint buildup in the vent system. Run the dryer and confirm that the outside flapper at the end of the vent pipe opens.

Range

Problem: A burner element fails to work.

Solution for electric range: Disconnect power supply and clean heat element connections. Remove food deposits or corrosion with steel wool. If coils are very worn, replace them. On most electric ranges, you can unplug coils and pick up an identical one at a service center.

Solution for gas range: If a gas burner fails to ignite, and the pilot is lit, make sure the burner itself is clean and that the gas to the house is turned on. Be careful with oven cleaners—they can damage the thermocouple (the thin rod next to the pilot light). Cover the thermocouple with a piece of aluminum foil to protect it when cleaning.

Microwave ovens

A microwave oven is one appliance you should never attempt to repair yourself. Call the manufacturer's hot line or an experienced technician for help.

For more information:

Write the Association of Home Appliance Manufacturers for their series of free articles, "Common Consumer Experiences." Contact: AHAM, 20 N. Wacker Drive, Chicago, IL 60606.

"You know, I've never seen Arnold smile before."

"He got the last bite of Crèmerie."



Who could resist smiling about new Crèmerie triple creme appetizer cheese?

New Crèmerie triple creme cream cheese from Philadelphia Brand. Rich. Creamy. Tempting. Choose from French Onion. Herb and Garlic. Garden Vegetable. And Garden Herb. Serve Crèmerie soon and watch it disappear.



New Crèmerie triple creme appetizer cheese from Philadelphia Brand.
Now disappearing at the finest occasions.

Available in limited areas. © 1986 Kraft, Inc.

A traffic jam in Traverse City, Michigan. Home of the best pies in the world.



In Traverse City, Michigan, ducklings have the right of way. And the Chef Pierre Pie Company still makes pies the way your grandmother used to. With special attention to the fruit. And pastry dough made in small batches, for crusts that are tender, flaky and crisp—never soggy or doughy.

Take our apple pies, for example. We use Northern Spy apples. Sure, they're rare and hard to come by. But there's not a better-tasting apple on the face of the earth.

Our pies come ready to bake yourself or handily pre-baked to warm in a regular or microwave oven. Look in your grocer's freezer.



Chef Pierre. The best pie you can buy.

PERFECT POPOVERS

6 EASY STEPS

Serve fresh-baked popovers piping hot and with lots of butter! These golden rolls—along with fruit, cheese, and a hot beverage—make the perfect continental breakfast, and our detailed instructions and photos let you do it with ease.

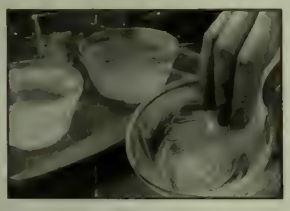


SCOTT LITTLE

PERFECT POPOVERS

The next time you serve a roast beef dinner, save the hot meat drippings to prepare delicious Yorkshire Pudding. Our recipe variation follows the same mixing technique for making the classic, airy popovers—

3 teaspoons shortening
2 eggs
1 cup milk
1 cup all-purpose flour
½ teaspoon salt
1 tablespoon cooking oil
Butter, margarine, *or* jam



1. Preheat the oven to 475°. Evenly grease bottoms and sides of six 6-ounce custard cups with *½ teaspoon* shortening per cup (*above*).

2. Place eggs and milk in a 4-cup liquid measure or mixing bowl; add flour and salt.

3. Using an electric mixer or rotary beater, beat egg-flour mixture for 1½ to 2 minutes or till smooth. Add oil to the well-beaten batter; beat only 30 seconds more.

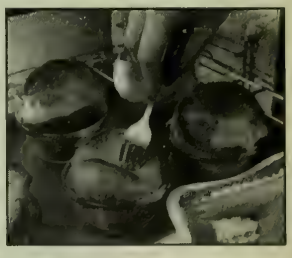
4. Arrange cups on a baking sheet; place on lower rack in the preheated oven. Fill the well-greased custard cups half full (*below*).

5. Bake in the 475° oven for 15 minutes. Reduce the oven to 350°. Bake for 25 to 30 minutes more or till popovers are golden brown and firm. Don't peek at popovers during baking. Opening the oven door lets in cool air, which condenses the steam inside the popovers and causes them to collapse. (If popovers brown too quickly, turn off the oven and finish baking in the oven till very firm.) For extra-crisp popovers, turn off the oven and leave the popovers in it for 30 minutes more with the door ajar.



6. A few minutes before removing them from the oven, prick each popover with a fork to let steam escape (*right*). This helps the centers dry slightly. Serve the popovers hot with butter, margarine, or jam. Makes 6.

Yorkshire Pudding: After roasting a beef rib roast, retain *¼ cup* of beef pan drippings in a 15½x10½x2-inch roasting pan. Place 4 *eggs* and 2 cups *milk* in a medium mixing bowl. Add 2 cups *all-purpose flour* and 1 teaspoon *salt;* beat the mixture about 2 minutes or till the batter is smooth. Pour batter into the roasting pan over the drippings. Bake in a 400° oven about 40 minutes or till golden. Cut the pudding into squares; serve immediately with the roast beef.



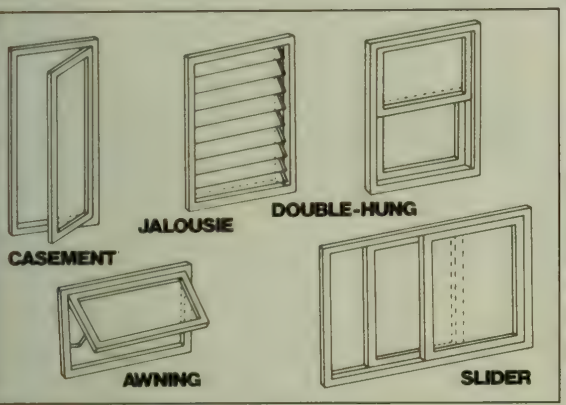
START A FRESH FOSTER FARMS® TRADITION.



This holiday, show your family the delicious difference a fresh turkey makes, especially when it's from Foster Farms, the West's most popular fresh poultry. Foster Farms whole turkey is always fresh, never frozen. So it's naturally moist, tender and delicious. And it's absolutely free of hormones and preservatives. Your family deserves the best. And with a Foster Farms fresh turkey, you know that's exactly what you're giving them.

BUILDING TIPS

Remodeler's Guide To Window Types



Plans for your new house or remodeling project are taking shape and the contractor asks you what kind of windows to order. Here's a roundup of the most common types to help you make your choices.

Double-hung windows

Double-hung windows, the type that slides up and down, fit most housing styles. They're also easy to operate, and open from either the top or bottom.

Casement windows

Few windows provide better ventilation. The multipane variety adds an old-timey touch to traditional housing styles, while the single-pane casement goes well with most modern homes. Most types open outward for easy cleaning, and all come equipped with integral storms and screens.

Sliding windows

These are excellent choices where clearance is a problem. Unlike casements, they don't open outward, so there's less danger that people or objects will bump into them in high traffic areas like decks and walkways.

Awning windows

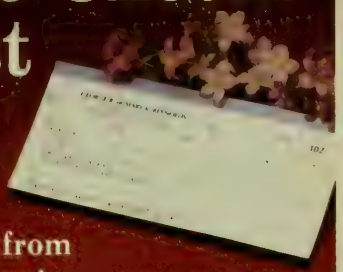
As the name suggests, these windows swing up and out. They're an excellent choice where roof overhangs are minimal because you can leave the windows open to catch cool breezes during a downpour. Also, they blend nicely with the low-slung look of many ranch homes.

Jalousie windows

The glass panels that make up the typical jalousie window open outward all at once. They control ventilation and privacy (when the panes are frosted) like adjustable shutters. They're a natural for porches and breezeways, and in warm climates they work well for kitchens and bathrooms.

Illustration: Sue Maher

Get 200 Checks for Just $2.95!



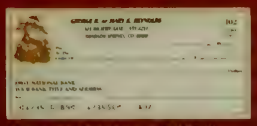
Order your personal checks from Current® and save!

Graphic Hearts 5388-1

SPECIAL INTRODUCTORY OFFER

- **Save 50% or more off bank prices!** Get 200 one-part checks, deposit slips and a **FREE checkbook cover** for just $2.95. You'll continue to save 35% or more on reorders!
- **Your satisfaction guaranteed or your money back!** Current checks meet all American Banking Association Standards—they feature all the necessary information to service your account at **any** bank. You must be completely satisfied or we'll replace your order or refund your money!
- **Your choice of 12 unique designs!** Choose from the five unique designs pictured here, or send for a FREE brochure featuring 7 more check designs!

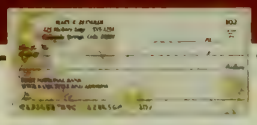
Have a question?
CALL TOLL-FREE 1-800-525-7170
(8 a.m. to 5 p.m. Mountain Time). Ask for Operator 82.



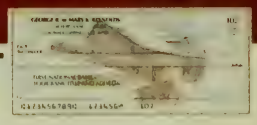
Current Critters® 5395-2
4 rotating designs



Photo Cats 5387-2
4 rotating designs



Summer Blossoms 5389-0
4 rotating designs



Countrysides 5404-1
4 rotating scenes

Get a FREE matching checkbook cover with your order!

To order:

1. Enclose a reorder form from your existing check supply. (Please indicate any printing changes.)
2. Enclose a sample deposit slip.
3. Fill in the order form below and **mail to: Current, Inc., Check Printing Dept. 1MP9, Colorado Springs, CO 80941.** (Please allow 2-3 weeks for delivery.)

Send check order to:
(please print) _____
Address _____ Apt. _____
City _____ State _____ Zip _____
Daytime phone number (_____) _____
Number my checks beginning with #_____ (if different than reorder)

☐ Yes! Please send me 200 checks featuring design #_____. My check or money order for $2.95 is enclosed.

☐ Please send me more information and a FREE brochure featuring more check designs! **1QJ9**

Current pays all shipping and handling fees!

Current®

RENT

what you need when you need

IT!

Renting equipment puts you in control. Do the job when you want, using the right equipment. Try new ideas or new equipment before you purchase it.



RENTING ...

- reduces labor costs
- is fully tax deductible
- has no registration fees
- requires no storage
- has no hidden costs
- incurs no property tax
- does not depreciate
- requires no maintenance



And that means savings and convenience. Call CRA toll free and tell us what you need and where you need it. We'll give you the names and numbers of the nearest CRA members. They'll be glad to help. And, you can be sure their service and equipment is the finest in the industry.

FOR ALL YOUR RENTING NEEDS:

Home Improvement
Gardening
Parties
Guests
Moving
Traveling
Building Construction
Home Health Care



CALIFORNIA RENTAL ASSOCIATION
CRA
EQUIPMENT FOR ALL NEEDS

For the member nearest you call

1-800-CRA-7400

BUILDING

SHOPPING FOR WINDOWS AND DOORS

The savvy buyer of today's windows and doors asks the manufacturer (or distributor) for the results of standard performance tests in the following areas:

- air infiltration
- structural integrity
- water penetration
- R- or U-value
- condensation
- resistance to forced entry

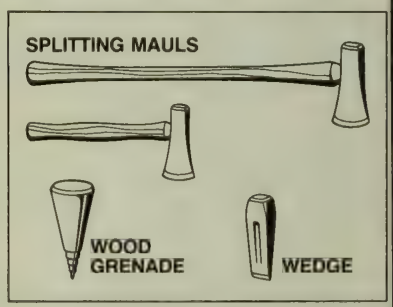
For help in understanding technical data, contact the National Wood Window and Door Association (205 W. Touhy Ave., Park Ridge, IL 60668; 312/823-6747) and the American Architectural Manufacturers Association (2700 River Rd., Des Plaines, IL 60018; 312/699-7310).

BUILDING

Basic Log-Splitting Tools

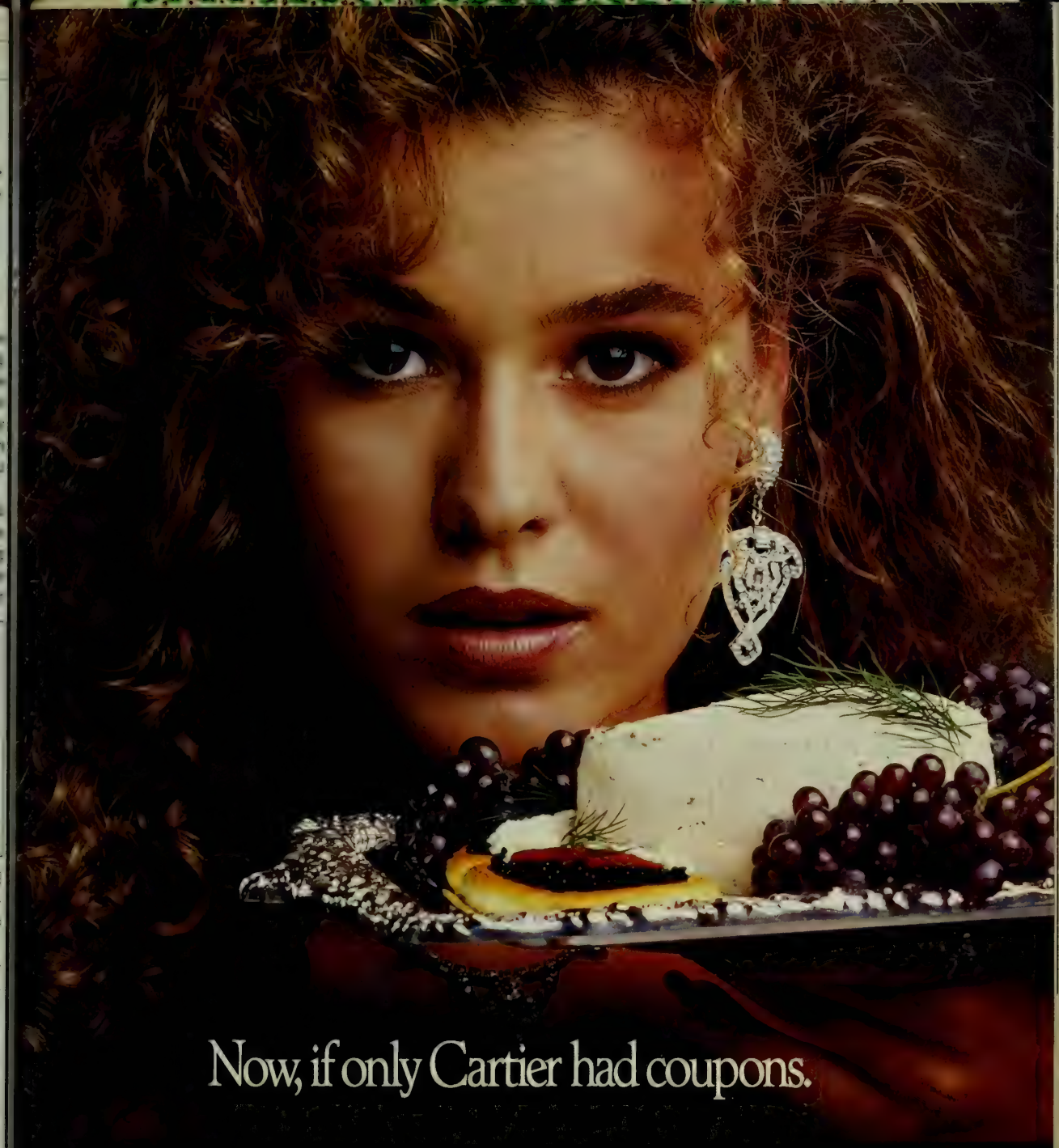
The right tools can transform the most routine job into a satisfying, invigorating pastime. This holds true especially for such basic, therapeutic chores as log-splitting. If you cut your own firewood, here are a few pointers to keep in mind when selecting your log-splitting tools.

One tool ordinarily associated with woodcutting chores is the ax, but the head on an ax is too light to split a log down the middle with just a few blows and too skinny to pry the pieces apart as it cuts. A much handier splitting tool is one called a *wedge.* As the name suggests, a wedge forces the pieces apart as you drive it into a log with a sledgehammer. Even more effective than a wedge is a *log grenade* or *wood grenade.* This tool is shaped like a funnel. It, too, is meant to be struck with a sledge.



A *maul* is a combination ax, sledgehammer, and wedge. Like an ax, it has a sharpened metal head attached to a long wooden or fiber glass handle, but the head is heftier, like that of a maul. Also, it's sharpened on only one end—the wedge end. The blunt end serves as a sledgehammer. Mauls are available in at least two sizes: a standard model with a 32-inch handle and a lightweight model with a 14-inch handle. The smaller size is handy for small log-splitting jobs that ordinarily are done with a hatchet. Like the larger model, it can be used alone or in combination with a wedge or grenade.

Illustration: Carson Ode



Now, if only Cartier had coupons.

creamy Rondelé cheese.
lcome on a
er as on a
, in
nelette
a
vich,
fresh
ables or a
e bowl



35¢ STORE COUPON

35¢ off Rondelé spiced cheese.

35¢

MR. GROCER: INOFOOD CORP. will redeem this coupon for 35¢ plus 8¢ handling if you receive it on the sale of Rondelé cut pie exact weight or random weight wedges in Garlic & Herbs, French Onion, Garden Vegetables or Chives flavors. INOFOOD CORP. reserves the right to request that you submit satisfactory evidence in support of the above. Coupon may not be assigned or transferred. Customer must pay sales tax, if any. Void where prohibited, taxed or restricted by law. Good in the U.S.A. only. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons. For redemption of properly received and handled coupons, mail to INOFOOD CORP., P.O. Box 1652, Clinton, Iowa 52734. Limit one per purchase. Good only on presentation to grocer on purchase of Rondelé cut pie wedges. Any other use constitutes fraud.

rondelé

70153 100634

Expires 7-15-87

of strawberries.

Rondelé cheese.
As natural for an intimate dinner party as a soirée for twenty.

Leave it to the French to dream up such a creation. And us to know how to enjoy it.

"Our lives are not complete unless we have made a contribution to humanity..."

PCC Children and Youth Services, Inc. is a non-profit agency, offering special education classes and counseling services to emotionally and behaviorally disturbed children and youth.

Join us at the Festival of Trees and help support this unique center.

FESTIVAL OF TREES

November 25–December 1, 1986

Hyatt Rickeys

4219 El Camino Real

Palo Alto, CA



Special Events include:
Preview Party, Brunch Fashion Show, Afternoon Tea, Christmas Tree Ball, Children's Party, Yuletide Shoppes and Holiday Entertainment.

Information: 415 854-4810,
Peninsula Children's Center
Charter Auxiliary

Media Networks puts your local advertising in the right hands.



your business can benefit by reaching the upscale nsumers in your local market, then your advertising essage should be running in prestigious national agazines that reach this fast-moving target audience. Media Networks will place your full page ad in a etwork of consumer, news and business magazines cluding *Time, Newsweek, Sports Illustrated, House eautiful*—and many more. You pay only the local rate r issues delivered directly into the homes of your local usiness prospects. Yet your ad receives all the impact id attention that only national magazines can offer.

Our free Target Media evaluation will help you select the best magazine mix for pinpoint accuracy in any of over 150 local U.S. markets. So you can reach just the right people, wherever they live.

We'll show you why no one can reach your audience like Media Networks. Place a fast, toll-free call to 1-800-328-0016 or in Minnesota 1-800-642-6303.

Media Networks, Inc.
Reach your customers where they live.

edia Networks, Inc.
266 East Main Street
amford, Connecticut 06902
elephone: (203) 967-3100



MNi/3M

SF/H 3

GET A MONTH OF SUN FOR FREE.

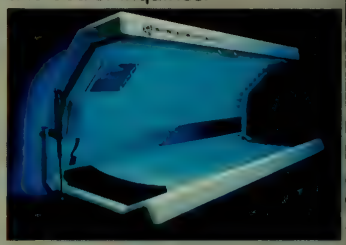


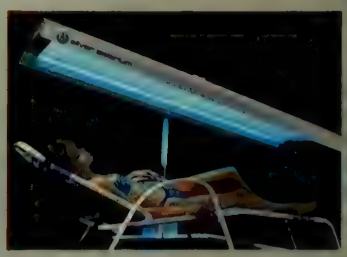
A great tan has its rewards. You feel terrific and look your best. And we all know what *that* can lead to. So if permanent residence in the islands is out of the question, we have an even better answer.

Right in your own home. Silver Solarium introduces a sleek new line of Scandinavian tanning equipment for the home, from our powerful desk top Super Face to full size, salon quality solariums.

And our new Rental Program gets you one for only $15 to about $75 a month, with the option to apply all payments to purchase – no interest, no obligation. Oh – and **one month free** if you rent now.* What more could you ask for, except great introductory sale prices, too!

Our free rent offer is good this month only, so call now for your month (and more!) of sun. **Call 415/873-1370** for information and dealer inquiries.





RENT FROM SILVER. GET ONE MONTH FREE.

Our most popular models rent for about $50 a month – and all payments apply to purchase!

Also WOLFF SYSTEM FIT-SUN Tubes

SILVER SOLARIUM®

379 Oyster Pt. Blvd., Suite 3, South San Francisco, CA 94080 415/873-1370

Our product development and production is under the supervision of Dr. Wulf, M.D.

*All rentals/leases on approved credit, certain conditions apply. Free month's rent available at end of normal rental period. Rent to own program units sold at regular retail. Limited time offer. Silver offers a complete line of commercial and residential models. Sonic shown is a commercial model which rents for $200 a month.

SF/H-4

A Heartwarming Portrayal of Loyalty from *A Child's Best Friend*



•A strictly limited edition porcelain plate

•Shown smaller than actual size of 8½"

•23K gold rim

Often, a child's most touching moments are spent with a faithful pup. specially when the canine is a "part-er in crime," a bond of loyalty exists. n Disgrace" portrays just such a eartwarming moment, on a charm-ıg limited-edition collector plate. A lit-e girl and her playful pup have wreaked avoc in Mother's garden, and now the oungster and her loyal dog must stand ı the corner for their misdeed.

Officially Authorized for the First Time

This charming art is one of Bessie 'ease Gutmann's most famous works, arning for her wide acclaim both in ne U.S. and abroad. Now, for the *first ime ever*, this famous art is being pre-ented on an officially authorized lim-ed edition porcelain collector plate.

"In Disgrace" premieres *A Child's Best Friend* Plate Collection—por-raying eight heartwarming scenes by Bessie Pease Gutmann. Each issue will e hand-numbered and accom-panied by a same-numbered Certifi-ate of Authenticity, attesting to its tatus as part of the edition limit of 14 iring days.

As an owner of this first issue, you

In Disgrace

featuring original art by Bessie Pease Gutmann

are guaranteed the right—*but never the obligation*—to acquire all seven subsequent issues of *A Child's Best Friend*. Furthermore, you may acquire this masterwork at *no risk*. Our *100% Buy-Back Guarantee* assures that you may return any plate for a full refund, within 30 days of receipt.

Heralded as the Most Important Plate in Years

The first, officially authorized limited-edition plate, featuring this famed "In Disgrace" art by Bessie Pease Gutmann, has already seen a great deal of demand and is being heralded by many as *the most important plate offering in many years*. So, return your order form today, while "In Disgrace" is still available.

© Rockford Editions, Inc., Rockford, IL 1935, 1962

RESPOND BY:

November 29, 1986

Limit: Two plates per collector

Please accept my application for "In Disgrace" by Bessie Pease Gutmann. I wish to purchase ____ (1 or 2) plate(s) at $24.50 (plus $2.14 shipping and handling) each, for a total of $_____ ($26.64* or $53.28*).

I wish to make my full payment by:

☐ Check or money order.
☐ Credit Card: ☐ MasterCard ☐ VISA ☐ American Express ☐ Diners Club

Acct. No. _____

Exp. Date _____ 002664/005328 02337

Please print:

Name _____

Address _____

City _____

State _____ Zip _____

Signature _____

*FL residents add $1.34 and IL residents add $1.87 per plate for tax. *All applications must be signed and are subject to acceptance. Please allow 6–8 weeks for delivery. Deliveries are made to the U.S. and its territories only.*

©HC 1985

The Hamilton Collection
9550 Regency Square Blvd., P.O. Box 44051, Jacksonville, FL 32231

FOCUS ON SKIING

INTO THE OUTDOORS

WHEN A VACATION JUST NATURALLY MEANS AN ADVENTURE

SKI THE U.S.A.!

Down-home adventures



STEAMBOAT/COLORADO SKI COUNTRY USA

Families ski Colorado.

CHOOSE THE REGION of the country where you'd like to ski, then write to the associations listed below for more information:

New England—*Ski New England, Box 800-BHG, Campton, NH 03223; Vermont Travel Division, 134 State St., Montpelier, VT 05602; Ski the White Mountains, Box 900-BHG, Campton, NH 03223*

The Central U.S.—*The Midwest Ski Areas Assoc., Box 20287-BHG, Bloomington, MN 55420; Colorado Ski Country USA, 1410 Grant St., Suite A201-BHG, Denver, CO 80203*

The West—*Ski Utah, 307 West 200 South, Suite 5005-BHG, Salt Lake City, UT 84101; Pacific Northwest Ski Areas Assoc., Box 2325-BHG, Seattle, WA 98111; Ski Lake Tahoe, Box 17346-BHG, South Lake Tahoe, CA 95706*



SNOWBIRD, UTAH/JAMES W. KAY

Take the jump this winter!

TRY EUROPE—FOR BARGAIN SKIING

Downhill in the Alps



SWISS NATIONAL TOURIST OFFICE

Zermatt, Switzerland.

NOW'S THE TIME for that ski trip of a lifetime—in the European Alps. The massive mountain chain runs through Italy, France, Switzerland, Austria, Germany, Yugoslavia, and tiny Liechtenstein. Together, these countries offer every kind of ski experience imaginable, from off-trail adventures in France's Chamonix resort area to schussing and hobnobbing with celebrities at Switzerland's St. Moritz.

Thanks to economically

continued

GEARING UP

Check into these latest high-tech ski accessories for high comfort on the slopes.



Protect your shins and heels.

GOT PAINS IN YOUR BOOTS? If your ski boots cause irritations, try Spenco Ski Spats. Made of a cushioning material, the spats slip over your socks. The price: $20 to $30. For the sporting goods store nearest you, call ***Spenco Medical Corporation at 800/433-3334.***

SNOW IN YOUR FACE? Try the Con Shield, a low-slung visor of translucent plastic. Tabs fix the visor to woven caps. Con Shield sells for $7.95 in ski shops. Or, send $8.50 to ***Con Vision Systems, 128 Madison Ave., Dept. BHG, West Yellowstone, MT 59758.***



See clearly down the slopes.

"When practice kicks off his appetite, SNICKERS® satisfies him. And me."

I want to give my
arterback a good snack.
nd when he comes home
om practice, he has one
al. Filling up. So he grabs
SNICKERS® Bar.

The peanuts and peanut
tter nougat make it a whole-
me, filling snack. And,
vered with caramel and
ilk chocolate, SNICKERS® has
aste he really loves. Then
s dated for freshness, so I
ow SNICKERS® has no
eservatives.

That helps me know that
NICKERS® not only tackles
y hero's hunger but also
tisfies my need to give him
mething good.



Packed with peanuts, NICKERS really satisfies."®

SNICKERS® Bar
© Mars Inc., 1986

continued

priced packages, a week-long ski vacation in the Alps costs roughly the same as a trip to the Rockies. The deals are hard to beat: as low as $600, including air fare, for a week on the slopes.

A travel agent can help you find the best package tour to suit your family's skiing ability and interest. Another good bet: check with a ski shop or a local ski club about economically priced group tours. Or, write to the addresses below for more information.

Austria—***Austrian Tourist Office, 500 Fifth Ave., Dept. BHG, New York, NY 10110***

France—***Jet Vacations, Inc., 888 Seventh Ave., Dept. BHG, New York, NY 10106***

Germany — ***German National Tourist Office, 747 Third Ave., Dept. BHG, New York, NY 10017***

Italy — ***Alitalia, 666 Fifth Ave., Dept. BHG, New York, NY 10103***

Switzerland and Liechtenstein — ***Swiss National Tourist Office, The Swiss Center, 608 Fifth Ave., Dept. BHG, New York, NY 10020***

Yugoslavia — ***Yugoslav National Tourist Office, 630 Fifth Ave., Rockefeller Center, Suite 280, Dept. BHG, New York, NY 10111***

BEGINNERS SKI FREE
January 9

Here's a great deal for all of us who've never skied before. January 9, you can receive a free lesson, rental equipment, and access to beginner slopes at some 200 ski areas across the country. This free learn-to-ski day is part of a monthlong promotion sponsored by the National Ski Areas Association and Ski Industries America. For the names of participating ski areas, call *800/238-2300*, or write to *Let's Go Skiing, America!, 111 Fifth Ave., 8th Floor, New York, NY 10003.* Reserve early; only a limited number of free beginners' passes will be made available.

SKI-READY RENTAL CARS

"SKIERIZED" AUTOMOBILES equipped with ski racks and all-season radial tires can be rented at many airports near ski-vacation destinations. The biggest selections are available in Denver, Salt Lake City, and Reno. Some rental-car outlets provide these extras for free; others charge nominal fees. These cars are always in demand, so reserve well in advance.

National (800/CAR-RENT) with a skierized fleet at over 100 locations, is your best bet for off-the-beaten-track resorts. The extra charge runs between $2 and $2.50 a day.

Budget (800/527-0700) is almost as widely represented. Extra charges range from nothing to around $2 a day. American Ski Association members get a 10 percent discount.

Avis (800/331-1212) which charges $3.50 per day or $15 per week for ski cars, is well represented in Colorado (Aspen, Colorado Springs, Durango, Grand Junction, and Denver); Utah (Salt Lake City, Ogden, and St. George); Idaho (Boise, Haley, and Twin Falls); and Reno (Lake Tahoe).

Hertz (800/654-3131) charges $3 a day extra in Albuquerque, Taos, Denver, Reno, and Salt Lake City. At other locations ski car costs range from $2 to $5 extra per day.

Alamo (800/327-9633) Ski cars are available in Denver, Salt Lake City, Reno, and Albuquerque and cost $3 extra per day.

American International (800/527-0202) offers ski cars in Albuquerque, Denver, Salt Lake City, Boise, Idaho Falls, and Reno. Skierized cars cost $2 a day extra ($10 per week) and up.

Dollar (800/421-6878) charges about $2 a day in Salt Lake City and Colorado Springs, and provides ski racks free in 13 other locations, including Denver, Reno, Albuquerque, and Bangor.

FREE FAMILY SKIING GUIDE

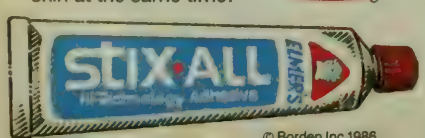
HOT OFF THE PRESSES, *Family Ski Vacations* prepares you for the slopes. Written by two skiing mothers and published by a popular Vermont ski resort, the book's chapters tell you how to choose equipment, train for a downhilling vacation. There's even advice on buying a second home near a ski resort should the ski bug really strike your family. Write to: **The Book on Family Ski Vacations, *Director of Public Relations, The Village at Smugglers Notch, Rte. 108, Dept. BHG, Smugglers Notch, VT 05464.***



STIX-ALL GLUES ALMOST EVERYTHING. EXCEPT YOUR FINGERS.

Elmer's® Stix-All glues it all. With a bond that stands up to heat, cold, rain, impact and vibration. That's something no super glue can do. So use Stix-All for saving just about anything that breaks or tears. And save your skin at the same time.

BORDEN®



© Borden Inc 1986

Dare to be More.



© 1985 R. J. REYNOLDS TOBACCO CO.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

17 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

HOLIDAY CELEBRATION VACATIONS

DO SOMETHING DIFFERENT THIS YEAR!

With the holidays just around the corner, there's no time to delay! Start planning now to enjoy a new family tradition this season: a few days, a week, or a weekend away from the yuletide hubbub at your house—just for the family.

Each of our favorite holiday celebration vacations that follows brings special joy and magic to the season. Give one a try this Christmas, and your whole family will be looking forward to another holiday getaway the same time next year.

By Barbara Humeston and Mark Ingebretsen



©1986 WALT DISNEY COMPANY

Spreading "tidings of joy" at Disney World and Disneyland

DISNEY HAPPENINGS

Always fun for everyone

California's Disneyland and Florida's Disney World are at their best at the holidays. Both specialize in spectacles: parades, decorations, shows. Disneyland festivities peak December 20 to January 4; December 14 to January 1 at Disney World. ***Disneyland Guest Communications, 1313 Harbor Blvd., Box 3232, Anaheim, CA 92803; Disney World Guest Relations, Box 40, Lake Buena Vista, FL 32830.***



COLONIAL WILLIAMSBURG FOUNDATION

COLONIAL WILLIAMSBURG

At this re-created colonial settlement, a fortnight of festivities begins two weeks before New Year's Day. Decorated buildings are open for tours. Costumed entertainers perform; conjurers delight kids. There's caroling by bonfire light. Besides inn and lodge rooms (packages available), some colonial homes are for rent. ***Colonial Williamsburg Foundation, Box C, Williamsburg, VA 23187.***

CHRISTMAS CARD CHRISTMASES

These picturesque pockets of countryside remind you of Christmases you dreamed of as a kid: Elkhorn, Wisconsin, long featured by artists from nearby Chicago on holiday cards, is called "the Christmas card town." ***Chamber of Commerce, Box 41, Elkhorn, WI 53121.*** In Pennsylvania, spend time touring snowy landscapes that Amish families travel in buggies. ***Pennsylvania Dutch Visitors Bureau, 501 Greenfield Rd., Lancaster, PA 17601.***

HENRY FORD MUSEUM & GREENFIELD VILLAGE

This American showplace salutes the season from December 6 through January 4. The museum's theme is A Child's World of Christmas. Sleighs glide through the quaint village. ***Henry Ford Museum & Greenfield Village, Box 1970, Dearborn, MI 48121.***

MERRY MYSTIC

At Mystic Seaport maritime museum's monthlong gala, costumed guides lead Christmas Tours. Kids join special tours, complete with chestnut roasting. There's more exploring in nearby seaside villages. **Travel, Dept. of Economic Development, 210 Washington, Hartford, CT 06106.**



NORWEGIAN CARIBBEAN LINES

HOLIDAYS AFLOAT

Festive adventures on ship

On Christmas cruises from New Orleans, travel the Mississippi aboard the *Delta Queen* and *Mississippi Queen*, putting in at hospitable towns. For tropical ports, American Hawaii, Carnival, Norwegian Caribbean, and Royal Caribbean are among cruise lines with holiday sailings planned. See a travel agent.

continued



THEIRS.

OURS.

NOBODY ELSE
IS THIS SPOTLESS
THIS CLOSE.



Cascade. For virtually spotless dishes.

continued



© OPRYLAND USA

OPRYLAND

A Country Christmas

Join the hand clappin' and toe tappin' at Opryland USA's heartwarming Country Christmas. December 5 through 20, Opryland Hotel is headquarters for festivities that range from an elaborate musical stage show and dinner to celebrity storytelling, choral concerts, and a crafts, art, and antiques fair. Two-night packages ($225 double, $60 per extra guest in a room). ***Opryland Hotel, 2800 Opryland Dr., Nashville, TN 37214.***



HERSHEYPARK'S CANDYLANE

Hershey's glittering carousel

HAPPY HERSHEY

In December, Hersheypark, Hershey Museum of American Life, The Hotel Hershey, and Hershey Lodge add whimsy to the season. Kids love the Teddy Bear Jubilee. Shop in a Tudor village; enjoy music, theater, and holiday dining. Outdoor fun includes sledding and skiing. ***Hershey Visitors Center, Dept. B, 400 W. Hersheypark Dr., Hershey, PA 17033.***

"CITY SIDEWALKS, BUSY SIDEWALKS"

Come see how three of the country's colorful and distinctively different cities add their own special flair to the season.

Savannah—In this Old South city, historical inns, homes, and squares you can visit are bedecked for the holidays. Enjoy a Dickens' feast at the DeSoto Hilton. ***Savannah Area Convention and Visitors Bureau, 301 W. Broad St., Savannah, GA 31499.***

Kansas City—Country Club Plaza shopping is just one holiday pleasure in this fun Midwest city. ***Convention & Visitors Bureau of Greater Kansas City, City Center Square, 1100 Main, Suite 2550, Kansas City, MO 64105.***

Santa Fe—Spanish holiday traditions come alive in this city of adobe homes and missions. A nightly musical procession depicts Joseph and Mary seeking shelter. ***Santa Fe Convention and Visitors Bureau at Sweeney Center, Box 909, Santa Fe, NM 87504.***



CONVENTION & VISITORS BUREAU OF GREATER KANSAS CITY

Sparkling Country Club Plaza

BUSY WINTER WONDERLANDS

For an active outdoor holiday, consider a ranch resort or ski area. At New York State's Rocking Horse Ranch, families join in nightly sing-alongs, if they don't turn in early after full days in the snow—sledding, skiing, and ice skating. ***The Rocking Horse Ranch, Highland, NY 12528.*** At Copper Mountain Resort, Colorado, you'll find programs for kids aged two and up. Ski all day, then take a nighttime sleigh ride into the woods, where dinner is waiting. ***Marketing Dept., Box 3001, Copper Mountain, CO 80443 (800/525-3878).***

CALENDAR OF CELEBRATIONS

Send a stamped, self-addressed business envelope for more information

- **Woodstock Wassail**—December 11 through 14. *Chamber of Commerce, Box 486, Woodstock, VT 05091.*
- **Festival of Lights**—November 22 through January 4. *A Festival of Lights, 345 Third St., Niagara Falls, NY 14303.*
- **Christmas in Annapolis**—December 6 through 12. *Tourism Council, 152 Main St., Annapolis, MD 21401.*
- **Oglebay Park's Festival of Lights**—November 21 through January 11. *Oglebay Park, Wheeling, WV 26003.*
- **12 Days of Christmas**—November 28 through December 20. *Chamber of Commerce, Box 527, Gatlinburg, TN 37738.*
- **Christmas at Twitty City**—November 28 through January 4. *Twitty City, 1 Music Village Blvd., Hendersonville, TN 37075.*
- **A Country Christmas at Callaway Gardens**—December 21 through January 1. *Callaway Gardens, Pine Mountain, GA 31822.*
- **Christmas in Natchez**—December 6 through 25. *Chamber of Commerce, Natchez, MS 39120.*
- **An Old-Fashioned Christmas**—December 5, 6, 12, and 13. *Chamber of Commerce, Box 551, Eureka Springs, AR 72632.*
- **Old-Fashioned Christmas Festival**—November 29 and 30, December 6, 7, 13, and 14. *Brown County Merchants Assoc., Box 335, Nashville, IN 47448.*
- **Christmas Kohler**—November and early December weekends, December 13 through January 1. *American Club, Highland Dr., Kohler, WI 53044.*
- **12 Days of Christmas**—four three-day weekends before Christmas, Christmas through New Year's Day. *Chamber of Commerce, 110 E. Main, Ashland, OR 97520.*

CHRISTMAS CATALOGS

Four states that celebrate in a big way publish free brochures featuring statewide roundups of holiday events. Contact: **California Tourism Office, 1121 L St., Suite 103-B, Sacramento, CA 95814; Travel, Connecticut Dept. of Economic Development, 210 Washington St., Hartford, CT 06106; Division of Travel & Tourism, 430 N. Salisbury St., Raleigh, NC 27611 (800/VISIT-NC); Division of Tourism, 202 N. Ninth St., Suite 500, Richmond, VA 23219 (800/847-4882).**

Coconut Thumbprint Cookies

Preparation time: 25-30 minutes



- ½ cup ~~margarine~~ *Butter Flavor Crisco*
- ½ cup sugar
- 1 egg, separated
- ¾ cup unsifted all-purpose flour
- 1 teaspoon vanilla
- ¼ teaspoon salt
- ¼ teaspoon baking powder
- ⅔ cup flaked coconut
- ¼ cup thick preserves, jam or jelly

Preheat oven to 375°F. Grease baking sheets. Cream Butter Flavor Crisco with sugar, egg yolk and vanilla. Combine flour with salt and baking powder. Add to creamed mixture. Blend well. Form into balls about 1 inch in diameter. Beat egg white until slightly frothy. Dip dough balls into egg white, then roll in coconut. Place on greased baking sheets.

Make shallow depression in center of each cookie using thumb or back of small spoon. Spoon ½ measuring teaspoon preserves into each. Bake at 375°F for 8 or 9 minutes or until coconut begins to brown. Cool on baking sheets 1 to 2 minutes. Remove to wire rack to finish cooling completely. Makes about 2 dozen cookies.



"Butter Flavor Crisco is made just for cooking, margarine isn't. So when the recipe says margarine, use Butter Flavor Crisco instead...

...for more buttery taste."

Loretta Lynn





Ride up and down stairs safely.

When climbing stairs is a problem, Cheney has the lift you need. The deluxe Cheney Wecolator for straight, curved and spiral staircases or the economical Cheney Liberty™ Lifts for straight stairways. With either Cheney lift, you'll have peace of mind knowing that you can still go safely from floor to floor in the home you've come to love

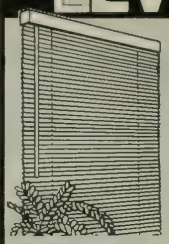
- **Wide comfortable seats and footrests**
- **Fold out of the way for normal stair use**
- **Individualized options, decorator colors**
- **Unmatched limited warranties**

For information contact your local Cheney representative or call Darlene Lewis toll free: 1-800-782-1222.

The CHENEY Company
Dept. BG, P.O. Box 188, New Berlin, WI 53151
414-782-1100

LOWEST PRICES GUARANTEED!

LEVOLOR



70%
OFF RETAIL

1" MINI-BLINDS

CUSTOM MADE:
- Real Wood Blinds
- Vertical Blinds
- 1" Mini-Blinds

CALL TOLL FREE *For Information & Prices:* **1-800-351-1150** In Michigan (313) 358-1494

AMERICAN BLIND FACTORY
3000 Town Center #750
Southfield, MI 48075

1952
JUNE
28
FRIDAY

WHAT HAPPENED ON THE DAY YOU WERE BORN?

- What Day of the week were you born?
- How much was a loaf of bread, milk, new car?
- What was the average income then?
- Most popular song, movie, actor, actress?
- Items in newspapers around that date.
- President, world series winner, etc?

A unique, inexpensive gift for friends and family. A printout of fascinating information for any birthdate from 1900 thru 1985. Fun for all ages! Factual. 8½ x 11 inches, mailed flat for framing.

SEND TO: WINDOW IN TIME
288 Esteban Way, Dept. B1, San Jose, CA 95119
$1.50 for each date plus .50 mailing. List all dates.



CAROUSEL COLLECTION

Selling Collection of wooden Carousel prancing, charging, and jumping horses. Also a lion, cat, rabbit, pig, rooster, giraffe, and wooden cigar store Indians available. Send $3.00 for pictures and prices.

OWLS' HAVEN Box 394, Vernon, NJ 07462

We pull out all the stops...



ROTO-ROOTER
SEWER-DRAIN SERVICE

There's only one.℠

Roto-Rooter "Razor-Kleens®" any drain, any time.

Better Homes and Gardens®

Shopping editor's choice

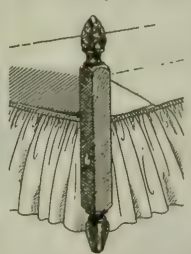
Discover the ease and pleasure of shopping by mail. Orde from the convenience of your own home with comple confidence. If not delighted, each company will happil refund your money.
By Ann Lively



Brighten your kitchen!
With these distinctive European Style burner covers Choose from 18 colorful patterns, designed to bring charm and fashion into your home. Available for both gas and electric ranges. Attractively protect your unused burners from spills and provide a smooth work surface Made of strong steel and fine porcelain enamel. Write for Free Color Brochure. Max Burton Enterprises, Dept 811, 502 Puyallup Ave., Tacoma, WA 98421.



Giant magnifier with light
This great big lens enlarges and illuminates. Polished glass lens is 3½" diameter and has a built-in light. Now you can read the finest print, even in the dark! Marvelous for map reading, stamp, or coin collectors, phone listings and other hobbies. Takes 2 "C" batteries (not included). $5.99 + $1.95 postage, two for $12 + $2.95 postage. Order from Essex House, Dept. G11-6E, Box 1507, Rahway, NJ 07065.



Country Curtains dust ruffle
Natural or white cot/poly permapress. Split corners to accommodate bedposts. Twin with 15" drop length, $34.50 each; Double with 15" drop, $38.50; Double with 20" drop, $42.50; Queen with 15" drop $44; King with 15" drop, $51. Other sizes available. Matching bedspread. Made in U.S.A. Add $4 post. & hand. per order. Free 56-page catalog. Country Curtains, Dept. 4596, Stockbridge, MA 01262.

Christmas Crocus Pot
The Imported reusable Delft Blue pot holds 9 top-sized crocus bulbs, raised in Holland just for this purpose. Pre-planted and nursed into sprouting stage, it isn't long before each bulb sprouts 3 or 4 lovely purple blooms which last 3-4 weeks. Just add water. DECEMBER SHIPPING ONLY. Item #4009. 1, $9.95; 2, $17.95; 4, $32.95. Ppd. Van Bourgondien Bros., Dept. 4009, Box A, Babylon, NY 11702.





SNEAKER NAMEPLATES

Stylish way to tag and identify your sports and jogging shoes. 1½" lifetime solid brass plate with holes to slip onto bottom rung of any shoelace. Handsome, decorative nameplate engraved any way you wish. Neat ID's for joggers and children. Helps identify your child.

WE SHIP IN 24 HOURS **$2.50 each Ppd.**

Gemini Engraving Co. Dept. 411-E, 5695 Xenon Way Arvada, Colorado 80002

AFFORDABLE LUXURY



A Four Seasons® Greenhouse Addition!

(Each Center Independently Owned & Operated)

Imagine opening up your home to the look and feel of the great outdoors with a Four Seasons® Greenhouse addition. Exclusive Four Seasons® features including Heat Mirror™ glass (R-4) and insulated Super Shades™ (R-7) make your Four Seasons® addition as insulated as your house walls (R-11) but more exciting!

FOR DEALER NEAREST YOU AND FREE COLOR CATALOG CALL TOLL FREE DIAL 1-800-FOUR SEASONS 1005 Veterans Memorial Hwy Holbrook, NY 11741

FOUR SEASONS GREENHOUSES Designers & Remodeling Centers

® 4186 Four Seasons Marketing



ONLY $1.95 EACH OFFER

FREE ONE PHOTO IN PLASTIC WITH WALLET PHOTO ORDER

COLOR Wallet Photos & Enlargements

24 Wallet Photos 2½"x3½"

40 Pocket Photos (1¾"x2½")

1-8"x10" Enl'gmt. & 20 Wallet Photos

2 5"x7" Enlargements & 16 Wallet Photos

1 8"x10" & 2 5"x7" Enlargements

2 8"x10" Enlargements

Fine quality, smudgeproof, lustre finish. Send Polaroid instant color print or photolup to 5"x7", negative or slide. **GUARANTEED!** Add 80c per order for postage and handling. Add 20c per order for first class service Originals returned unharmed

Big! Big! COLOR POSTER FROM COLOR NEGATIVE, SLIDE OR PHOTO APPROX 20"x25" ONLY $8.95 GREAT VALUE SUITABLE FOR FRAMING POSTAGE & HANDLING: $1.95

CAPRI PHOTO Box 1381, L.I.C.,N.Y. 11101, Dept. Z-71



Brighten Their Dreams

$9.50

Add $1.50 postage

LOVABLE BEAR NIGHT LIGHT

Delightful Bear is 5½" tall of genuine bisque porcelain, brown with blue vest and red tie. Includes light bulb and line switch.

MONEY BACK IF NOT DELIGHTED

SUNSID MARKETING CO.,
P.O. Box 862121, Marietta, GA 30062

P-80

27% Off All Wallpaper

VISA Shop Locally and MasterCard

Call in any pattern from any book

TOLL FREE **800 521-0650**

In Michigan Call 800 482-2488

PHONE ORDERS ACCEPTED

- **No** Deposit
- **No** Shipping Charge
- Visa/MasterCard
- **No** Sales Tax (Except MI. Res.)
- Same Day Computer Processing

Post Wallcovering Distributors, Inc.

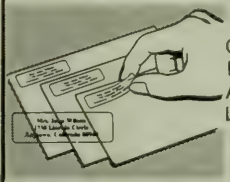
Hours: Mon.-Sat. 9:00 AM to 5:00 PM



1000 RETURN ADDRESS LABELS $1.49

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.

Order S717 Set of 1000 Economy Labels (boxed) . . $1.49



250 Crystal-Clear RETURN ADDRESS LABELS $2.98

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.

Order P2031 Set of 250 Crystal-Clear Labels (boxed) $2.98



250 Self-Stick WHITE GLOSS LABELS $2.98

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.

Order P6030 Set of 250 White Gloss Labels (boxed) $2.98

Walter Drake 305-A Drake Building Colorado Springs, CO 80940

NAME _____

ADDRESS _____

CITY & STATE _____ ZIP _____

_____ S717 1000 Labels @ $1.49 $_____

_____ P2031 Crystal-Clear Labels@$2.98 $_____
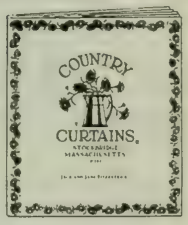
_____ P6030 White Gloss Labels@2.98 $_____

Add 30¢ per set for shipping & handling $_____

SATISFACTION GUARANTEED Total $_____

Country Curtains®

FREE COLOR CATALOG



Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service. Curtains in cotton muslin or carefree permanent press, some with ruffles, others with fringe or lace trim. Also tab curtains, insulated curtains, charming balloon and lace curtains, wooden curtain rods . . . wonderful items for your home. Free color catalog. Please call **413-243-1300** or write us. **Satisfaction guaranteed.**

☐ **PLEASE SEND FREE CATALOG**

Name _____

Address _____

City _____

State _____ Zip _____

COUNTRY CURTAINS®
At The Red Lion Inn
Dept. 4756, Stockbridge, Mass. 01262

FACTORY DIRECT GRANDFATHER CLOCKS

Do-It-Yourself Clock Kits



Prices Starting Under $300

(including movement and dial)

OR

Completely Assembled and Finished

- Solid 3/4" hardwoods: black walnut, cherry, oak
- Heirloom quality
- Solid brass West German chiming movements and dials
- Easy to assemble kits or completely assembled and finished
- Money back guarantee

SEND $1 FOR 32-PAGE FULL COLOR CATALOG

EMPEROR® CLOCK COMPANY

WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS

Dept. 2104, Emperor Industrial Park
Fairhope, Alabama 36532 • Phone 1-205-928-2316

I am interested in ☐ Do-It-Yourself Kits ☐ Finished Clocks

Name _____

Street _____

City _____

State _____ Zip _____

(please print)

PERSONALIZED GOLF TEES

2 1/8" Tees, asst'd. colors. 17 letters & spaces. Same name on each set. Allow 4 weeks for delivery. Check with order. **100 Tees - $5.00.**

Send Check To:

ATLAS PEN & PENCIL CORP.
P.O. Box 600, Dept. H116, Hollywood, FL 33022

32 COLOR PHOTO SPECIALS $2.45



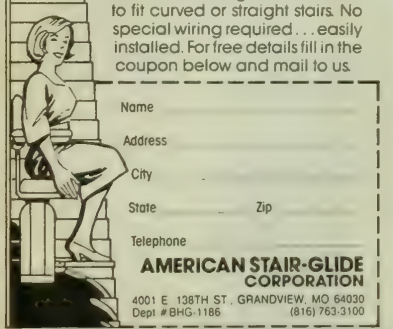
Full color quality copies of your favorite photo—at low, low prices! Send any color slide or photo (up to 8"x10")—no negatives, please! Your original returned unharmed. Order by item number below:

Walter Drake Photo Labs
205-A Drake Bldg., Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____

P6359 **32 Wallet Photos @$2.45**	$___
P6360 **16 Wallets, Two 5"x7"@$2.45**	$___
P6362 **16 Wallets, Four 3½"x5"@$2.45**	$___
P4082 **Two 5"x7", One 8"x10"@$2.45**	$___
P6406 **Two 8"x10"@$2.45**	$___
Add 55¢ per set for shipping & handling	$___
SATISFACTION OR YOUR MONEY BACK! Total	$___

SAVE YOUR HEART WITH A STAIR-GLIDE® STAIRWAY LIFT



Stairs need not be a problem any longer. With a STAIR-GLIDE stairway lift just press a switch and glide up and down the stairs in complete comfort. Saves changing your house around or moving. Custom made to fit curved or straight stairs. No special wiring required . . . easily installed. For free details fill in the coupon below and mail to us.

Name _____
Address _____
City _____
State _____ Zip _____
Telephone _____

AMERICAN STAIR-GLIDE CORPORATION
4001 E. 138TH ST., GRANDVIEW, MO 64030
Dept. #BHG-1186 (816) 763-3100



Quaint Victorian COFFEE TABLE

with Imported Marble top

New way to save on Yesteryear furniture. Most items shipped direct from factory to you. Huge choice of sofas, chairs, tables, quaint lamps, clocks. Also beds, mirrors, desks. **Send $1.00** for 80 page catalog; we refund $2 on first purchase

$89.95

MAGNOLIA HALL (Dept. BH-116)
726 Andover, Atlanta, GA 30327



PERSONALIZED SEWING LABELS

Your originals deserve these washable woven rayon taffeta labels. Sew into knits, dresses. Eggshell background, rich red printing with multi-colored trim. Specify "hand made" or "made especially" and your name per set.

We ship in 48 hours

•20/$4.95 •40/$7.95 •80/$11.95

GEMINI GIFTS Dept. 411-A, 5695 Xenon Way
Arvada, Colorado 80002

Lowest Prices! LEVOLOR BLINDS



The original national discounter guarantees to beat any legitimate price on these products, down to our cost. Get your best price, then call us. Don't be fooled by our imitators. There is only one number 1. Shop and compare, use suggested retail and discount percentage for comparison only. We discount everyday.

NOBODY BEATS OUR LEVOLOR PRICES

LEVOLOR MONACO 1" MINI BLIND 60% OFF
LEVOLOR CUSTOM VERTICAL BLINDS 55% OFF
we also carry...
LEVOLOR RIVIERA 1" MINI BLINDS
LEVOLOR WOOD BLINDS, MICRO BLINDS AND "Z" PLEATED SHADES
DEL MAR VERTICALS, DEL MAR SOFTLIGHT PLEATED SHADES * KIRSCH VEROSOL AND LOUVER DRAPE VERTICALS.

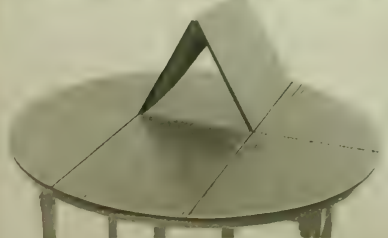
CALL TOLL FREE (800) 547-8982

FREE Free color swatches and info. Free UPS shipping (48 states)

WELLS INTERIORS, INC. (9 Calif. locations)
7171 Amador Plaza, Dublin, CA 94568

FACTORY DIRECT TABLE PADS

GUARD YOUR TABLE AND SAVE!



Order with confidence from America's oldest and largest custom table pad manufacturer. No advance deposit or messy C.O.D. You pay nothing until you receive your table pads and are completely satisfied.

Phone 1-800/328-7237 — Ext. 210
108 Briarcliff, Thomasville, North Carolina, 27360
612/646-6778 — Ext. 210

Sentry TABLE PAD CO. SINCE 1911

SENTRY, 1986

BUY THE MOST HEARD OF WALLCOVERING AT UNHEARD OF NATIONAL WHOLESALE PRICES!

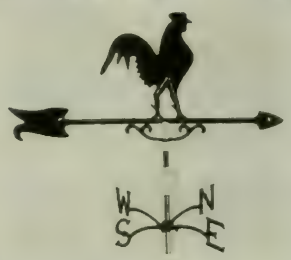
•INSTANT PRICE QUOTE •CALL WITH BOOK NAME AND PATTERN NUMBER •SAME DAY PROCESSING!

FREE DELIVERY-ALL FIRST QUALITY!

"WE MAKE WALLPAPER AFFORDABLE."
NATIONAL WHOLESALE WALLCOVERING, Rt. 10 Ledgewood, NJ

1-800-631-9341

WIND DIRECTION AT A GLANCE



WEATHER VANES add finishing touch to your home, garage, farm or ranch! Ornamental as well as useful. Wind direction at a glance. Balanced arrow on friction free bearing responds to slightest breeze! Made of rust free aluminum with baked vinyl coating. Mounting hardware included. Arrow 23" long. Support 27" high. Great gifts!

Crowing Rooster	**$16.95** + $3 p&h
Galloping Horse	**$16.95** + $3 p&h

SAVE MORE!—two for **$33.50** + $3.25 p&h
Send a check or M.O. 15 day money back guarantee.

HOLST, INC. Dept. BHV-1186, 1118 W. Lake Box 370, Tawas City, MI 48764

The Frugal Gardener

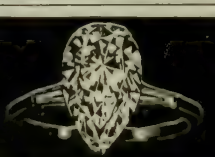
New Video Tape

80 minutes only $29.95

Plus $3 for UPS & hand Wis. Res. Add 5% Send check or M.O. payable to

Learn how to extend your gardening enjoyment year 'round *even in the snow belt*. Step-by-step instructions on how to create an inexpensive "greenhouse" in your own basement and successfully raise 1,000 bedding plants in a 3' x 8' space. Plus, tips on collecting annual and perennial seeds, frugal seeding and transplanting containers, wintering geraniums and multiplying your favorite plants through stem cuttings and division. **Order by 11/30 for Christmas delivery.**

CREATIVE MARKETING, Dept. BHG-1
2875 S. 171st St., New Berlin, WI 53151
Charge card orders call (414) 797-8553
SPECIFY VHS OR BETA



The "diamond" you can afford to lose!

A Kenya™ Gem isn't a diamond . . . but you're the only one who needs to know that. What you and admiring glances will see is the incredibly true, blue-white lustre and brilliance of this gem which, amazingly enough, is priced from just $75 a carat.

A truly striking variety of mens' and womens' styles and settings are available in 14K white or yellow gold . . . priced to lose **but you won't want to.**

Send for free full color catalog today:
Major credit cards accepted

KENYA Division, Dept BHG1186
Day & Frick, Inc
1760 N. Howard Street
Philadelphia, PA 19122

®Trademark of Day & Frick, Inc., Est. 1866

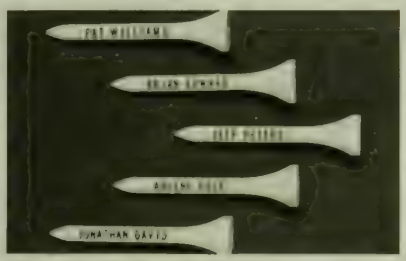


Photo Christmas cards
Excellent quality and service. Free matching add-a-notes with early order. Cards are 3½"×7" and are printed on Kodak paper. Includes envelopes. Available from your colored negative, print or slide. 25 for $7.95. Additional cards 32¢ ea. Add $1.85 for P&H. Include $2.50 if sending a print or slide. Send for FREE beautiful colored
hure or call (513) 421-6620. Associated Photo Co., Box 14270, Dept. B3, innati, OH 45214.



"Little Farmers" Figurine
Folks just can't stop smiling when they glance at these famous "kids." Now their precious expression, "You been farming long?" has been captured in a top-quality porcelain figurine. Handcrafted and handpainted in true-to-life colors, figurine is about 5½" high on an oval base. Treasured gift or beautiful collectible you'll cherish year after year! $29.95 + $3 shpg. Holst, Inc., Dept. BHF-1186, 1118 W. Lake, Box 370, Tawas City, MI 48764.

sonalized golf tees
of 50 personalized golf
with his or her name.
perfect Christmas gift for
'y golfer. An excellent
welcome stocking stuff-
oo! Please print name
irly for each set ordered.
d $6.95 plus 95¢ post-
for each set. Order will
shipped within 72 hours
your convenience. You
shop by mail the easy,
e-free way. Jomar Industries, Dept. 100, 352 Route 59, Monsey, New York 10952.





Balloon Curtains
Easy to hang. Permanently gathered. Curtain can never look flat. 84" wide to fit windows up to 40" wide. 36" long each $42.; 45" long each $45.; 63" long each $52.; 72" long each $55.; valance 13"×79" each $25. Poly/cotton muslin, 6" ruffles, wash; no iron. Natural or white, $3.50 postage. Free color catalog. Colonial Maid Curtains, CAE-AW, Mamaroneck, NY 10543.

rsonalized Children Plaque
lid wood; brass figures cus-
n engraved with first names.
ngth varies with number of
ldren. Print names, specify
y or girl for each. One child
.98; two children $4.98;
$6.98; 4/$7.98; 5/$8.98;
$10.98; 7/$11.98; 8/$12.98;
$13.98. Add $1.50 p&h.
IIPPED IN 48 HOURS. Order
m Gemini Engraving Co.,
pt. 411-F, 5695 Xenon Way,
vada, CO 80002.





Handy Taco Holder
Prepare, heat and serve tasty tacos all in the same dish! Holds shells upright for easy filling—glazed white ceramic safely goes right into microwave or oven, then to your table! Yummy fillings can't fall out, you can make sumptuous south-of-the-border sandwiches in a jiffy, with less hassle! Dishwasher-safe; 10" long. Great for pita bread sandwiches, too! Order K5270 Taco Holder, $4.99
d. Walter Drake, BH61 Drake Building, Colorado Springs, CO 80940.

STAINLESS FLATWARE

ONEIDA® OPEN STOCK Sale

FREE Imported Cheese Server
with All Mail-In Orders
Prices Guaranteed Through January 17, 1987

5 PC PL SETTING $28.95
☐ FREDERICK I ☐ ACT I Mirror ☐ ACT II Satin ☐ SHERATON ☐ GOLDEN JUILLIARD

5 PC PL SETTING $18.95
☐ JUILLIARD ☐ DOVER ☐ MICHELANGELO ☐ CLASSIC SHELL ☐ OMNI ☐ EASTON ☐ AMERICAN COLONIAL ☐ Reg ☐ Pistol ☐ SHELLEY ☐ WILL O WISP ☐ TOUJOURS

LTD HEIRLOOM

5 PC PL SETTING $13.95
☐ RIDGECREST ☐ SATINIQUE ☐ MARQUETTE ☐ TENNYSON ☐ FROSTFIRE ☐ LOUISIANA ☐ VENETIA ☐ PAUL REVERE ☐ Reg ☐ Pistol

5 PC PL SETTING $10.95
☐ CHATEAU ☐ MONTE CARLO ☐ ALEXIS ☐ TUDOR ☐ POLANAISE ☐ MOZART ☐ INDEPENDENCE ☐ Reg ☐ Pistol

COMMUNITY DELUXE

	LTD Ret	LTD SALE	HEIRLOOM Ret	HEIRLOOM SALE	COMMUNITY Ret	COMMUNITY SALE	DELUXE Ret	DELUXE SALE
5 PC Place Setting	60.00	**28.95**	40.00	**18.95**	30.00	**13.95**	25.00	**10.95**
4 PC Hostess Set	98.00	**41.95**	59.00	**27.95**	45.25	**20.95**	34.00	**14.95**
4 PC Serving Set	85.00	**36.95**	48.00	**22.95**	36.00	**16.95**	24.50	**10.95**
Teaspoon	15.00	**7.00**	8.00	**3.50**	5.50	**2.50**	4.40	**1.75**
Place Knife	15.00	**7.00**	13.00	**5.75**	10.50	**4.75**	10.00	**4.50**
Place Fork	15.00	**7.00**	11.00	**5.00**	6.75	**3.00**	5.50	**2.50**
Salad Fork	15.00	**7.00**	9.00	**3.75**	6.25	**2.75**	5.00	**2.25**
Soup Spoon	15.00	**7.00**	9.00	**3.75**	6.00	**2.75**	5.50	**2.50**
Butter Spreader[A]	16.00	**7.50**	12.00	**5.50**	9.50	**4.50**	5.25	**2.50**
Cocktail Fork	16.00	**7.50**	8.50	**4.00**	6.00	**2.75**	5.25	**2.50**
Steak Knife	16.00	**7.50**	13.50	**6.00**	11.50	**5.25**	10.25	**4.50**
Demitasse Spoon	9.75	**4.75**	6.25	**3.00**	—	—	—	—
Iced Tea Spoon	16.00	**7.50**	9.00	**4.00**	6.00	**2.75**	4.75	**2.25**
Fruit Spoon B	—	—	7.00	**3.25**	5.25	**2.50**	4.75	**2.25**
Butter Knife	18.00	**8.50**	12.50	**6.00**	10.50	**5.00**	5.25	**2.50**
Sugar Spoon	18.00	**8.50**	10.50	**5.00**	7.00	**3.50**	5.25	**2.50**
Tablespoon	24.50	**11.50**	12.50	**6.00**	9.25	**4.50**	7.00	**3.00**
Pierced Tablespoon	24.50	**11.50**	12.50	**6.00**	9.25	**4.50**	7.00	**3.00**
Cold Meat Fork	24.50	**11.50**	15.25	**7.25**	12.00	**5.75**	9.00	**4.00**
Gravy Ladle	24.50	**11.50**	16.00	**7.75**	12.00	**5.75**	9.00	**4.00**
Casserole Spoon	24.50	**11.50**	15.25	**7.25**	—	—	—	—
Dessert Server	—	—	—	—	12.00	**5.75**	9.00	**4.00**
48 PC Set	663.00	**299.95**	427.00	**199.95**	321.25	**139.95**	258.50	**109.95**
68 PC Set	903.00	**399.95**	587.00	**259.95**	441.25	**184.95**	358.50	**149.95**

ITEM NOT AVAILABLE IN: A-Independence, Monte Carlo, Mozart, Polonaise, Alexis, Tudor B-American Colonial, Classic Shell, Omni, Easton, Juilliard, Shelley, Toujours, Ridgecrest.

Name _____
Address _____
City _____ State _____
Zip _____ Telephone (_____)_____

CHECK DESIRED PATTERNS ABOVE **MAIL ENTIRE AD**

Item	Price	Qty.	Total

4 PC Hostess set includes: Gravy Ladle, Cold Meat Fork, Pierced Tablespoon, Casserole Spoon.
4 PC Serving set includes: Butter Knife, Sugar Spoon, 2 Tablespoons.
48 PC Set includes: 8-5 PC Pl Settings plus Hostess & Serving Set.
68 PC Set includes: 12-5 PC Pl Settings plus Hostess & Serving Set.

Sub Total of Item(s) _____
Colo. Res. add 3% Tax _____
Ship/Ins. Charges (+$5 min. +$7 on purchase over $100) _____
Total _____

Please check one: ☐ Check ☐ MC ☐ VISA
Acct. # _____
Exp. Date _____ Signature _____

Mail Orders to: Kaiser Crow, Inc.
747 Sheridan Blvd., 2D
Dept. BHG 11 Denver, CO 80214
Or Call: 1-800-468-2769 1-303-237-5584

Kaiser Crow Since 1947

FREE CATALOG

Send away now for your free copy of our HERE'S TO YOUR HEALTH catalog. We've named this catalog HERE'S TO YOUR HEALTH to emphasize our commitment to helping you and your family enjoy a healthy active safe lifestyle.

As a discerning shopper, you'll appreciate the efforts of our healthcare professionals who have searched the globe for unique items to help you stay fit; make your home and office more comfortable; make your bathroom safer; and generally help you stay well.

If you're living with the discomfort or inconvenience of back pain, arthritis, or a weak bladder, we have a variety of unique products for your needs.

We've selected only the finest products and we guarantee your complete satisfaction.

Clip this coupon and mail to:
HERE'S TO YOUR HEALTH
5553 N. Long Ave. Dept. U111C
Chicago, IL 60630

Name _____

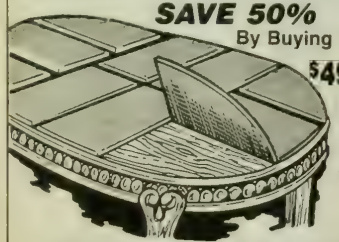
Address _____

City _____

State _____ Zip _____

CUSTOM TABLE PADS

SAVE 50%
By Buying Direct



$49.95
Reg. $99.95
5 Year Factory guarantee any normal size

This offer may expire without advance notice
Look under table and tell us any numbers that may appear
FACTORY DIRECT TABLE PAD CO.
Toll Free 1 (800) 428-4567 *Indiana: 1 (800) 433-3618*

LEVOLOR



LEVOLOR 1" Monaco Blinds And Other Window Treatments

Plus Custom Window Treatments From:
LOUVER DRAPE
DEL MAR • KIRSCH

FREE DELIVERY
ON MOST WINDOW ITEMS IN USA EXCEPT HAWAII & ALASKA

WALLPAPER NATIONAL BRANDS SUPER SAVINGS

CUSTOM WINDOWS & WALLS
32525 Stephenson Highway
Madison Heights, MI 48071

1-800-772-1947
In Michigan Call (313) 585-3026



ADDRESS LABELS IN FREE DISPENSER
Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$ 4.95	$ 5.95	$ 6.95
3 Orders (Mixed copy OK)	$11.95	$14.95	$17.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)

Send to: LABELS UNLIMITED, Dept. 604
P.O. Box 346, Sonoma, CA 95476
Dealer Inquiries Welcome

GREAT COLOR WALLETS and ENLARGEMENTS

EXPRESS PHOTO SERVICE ONLY $2.50



FULL COLOR • BORDERLESS
Five choices only $2.50 each

- ★ 40 Wallets
- ★ 32 Wallets & One 5"x 7"
- ★ 8 Wallets & Four 5"x 7"s
- ★ 2 Custom 8" x 10"s
- ★ 20 Jumbo Wallets

Vibrant Permaprint™ copies on KODAK paper. Send any instant print or photo up to 8x10 (returned). Add 75¢ each set for handling and postage. For Rush Express Photo Service add $2.00 per order. Enclose check or M.O. with return address, send to:
RELIANCE COLOR LABS, INC.
STUDIO E814-11, P.O. BOX 159, STAMFORD, CT 06904

WORLD'S LARGEST INVENTORY!

DISCONTINUED *China* & CRYSTAL



ALL major brands of bone china, earthenware & crystal. Make your treasured settings complete. Write or call for a list of pieces available from our huge stock of discontinued patterns.

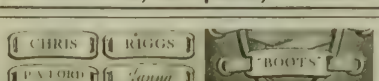
USE VISA, M'CARD,
• BUY or SELL (919) 275-7224
REPLACEMENTS, LTD.
1510-G11 HOLBROOK ST., GREENSBORO, N.C. 27403-2785

Discount Wallcovering THE PHONE WAY

30%-50%
Buy Direct-All Brands - First Quality
Free Delivery
No Sales Tax (outside PA)
VISA MasterCard
SHOP IN YOUR NEIGHBORHOOD
Write Down Pattern Number/Book; Then Call
SILVER WALLPAPER, INC.
3001-11 Kensington Ave., Phila., PA 19134
Toll Free 1-800-426-6600

FRANKINCENSE & MYRRH

Celebrate this Christmas by giving the gift of the Magi. A unique gift recalling the first Christmas. Complete your Nativity scene with Frankincense and Myrrh. Brief History included. $9.95 plus 75¢ postage & handling. Vermont residents add 4% sales tax. Send check or money order to Dajen, Inc. P.O. Box 1219, Montpelier, VT 05602.



What's new? SHOESTRING NAMEPLATES that fit snugly on the bottom rung of any shoe lace as shown at right. Lifetime solid brass only 1" x ¼", engraved any way you wish. Handsome, decorative (and they are neat ID's for joggers & children). Full price $2.50 each. Money back if not delighted. We ship in 2 days. Mail orders direct to ELGIN ENGRAVING CO.,



Personalized Pens or Pencils
The perfect holiday gift that will be used all year long. Set of 12 with same name printed in Gold on each set. Pencils—No. 2 lead, non-toxic. Pens—medium point, blue ink, stainless steel tip. $2.50 per set. Please allow 4 weeks for delivery. Send check and list of names for imprinting to Atlas Gifts, Dept. HE 86, Box 600, Hollywood, FL 33022.



Iron-on labels
Printed in bold blue letters on pre-cut cloth, 2" x 3/8". They adhere to any fabric, won't fade, rub, or wash off. No need to sew. Irons on quickly, easily for permanent I.D. Ideal for camp, school, gym, uniforms, play groups, church, nursing homes, etc. 50 one-line labels $3.95; 100 for $4.95 ppd. Universal Label Center, Dept. BH-116, P.O. Box 5, Boston, MA 02101.

BURKE SEAT-LIFT CHAIRS

VALUE! Try-before-you buy! Longest Warranty.



Write or call for FREE information on:
Handsome Styles
Beautiful Fabrics
Custom Fitting
FREE Home Trial
Longest Warranty

Medicare COVERAGE Available

Toll-Free: 1-800-255-4147
BURKE INC. Dept. BHG-1186
P.O. Box 1064
Mission, KS 66222



ORCHIDS
The Ultimate in House Plants!

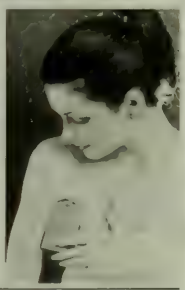
Grow and enjoy orchids, the most beautiful flowers in the world, in your own home. We'll show you how. Through our Plant-a-Month Club you will receive a different plant each month, with instructions for care. Buy one plant or many. For free brochure:

Orchid Plant-a-Month Club
Box 296, Dept. BHH, Golden Bridge, N.Y. 10526
TOLL FREE 1-800-621-5199
(In Illinois 1-800-972-5855)



Slipcovers of America
You can give your home a beauty treatment with custom-look slipcovers. Send $1.00 for your full-color catalog to see our wide selection of slipcovers plus matching draperies and accessories in contemporary florals, solids and country looks. Slipcovers of America, E. Broad & Wood Streets, Dept. ED-224, Bethlehem, PA 18016.

op Sweat for 6 weeks



onic® the answer to unarm, hand or foot sweat ort treatment with elecnic Drionic® keeps areas for 6-week periods. Recmmended by dermatolots. Write for free informa. Clinical studies ailable to physicians. Gen- Medical Co., Dept. BHE- 1935 Armacost Ave., Los geles, CA 90025.

BASEMENT TOILET
FLUSHES UP To Sewer or Septic Tank
No Digging Up Floors
Install It Yourself - Anywhere
Write McPherson, Inc., Dept. 28
Box 15133 Tampa, Florida 33684

LIFETIME POCKET SCREWDRIVER



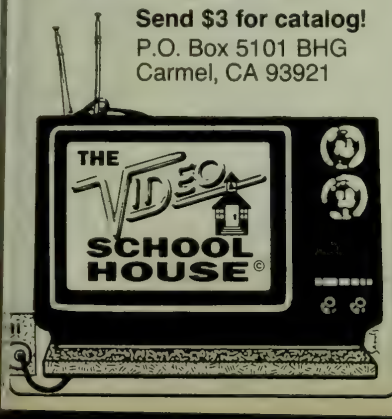
Handiest gadget ever! Only 2 in. long, fits on his or her keychain ready to open lids & lighters, fix motors etc. 1001 uses! We smartly engrave owners's initials Guaranteed forever. Made of solid gleaming Stainless Steel Full price $5.00 each Money back if not delighted We ship in 2 days. Mail to: **Elgin Engraving Co., 822 Stevens Ct., Dept. 1, Dundee, Illinois 60118.**

HOW TO LEARN MORE ABOUT ANYTHING..!

The Video Schoolhouse©
Rents and Sells-By-Mail
over 5,000 fascinating
"how-to" videotapes on . . .

Gardening, Cooking, Arts and Crafts, Hobbies, Hunting, Fishing, Self-Improvement, Sports, Academia, Mechanics, Home-Improvement, Business, etc.

Send $3 for catalog!
P.O. Box 5101 BHG
Carmel, CA 93921

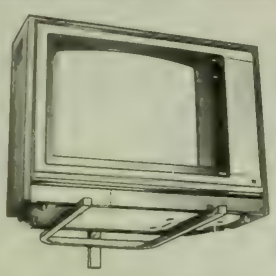




THE CATALOG FOR PEOPLE WHO LOVE THEIR PETS

Unique, hard-to-find items that make life with your pet easier. Feeders, collars, pet fashions, grooming supplies and more. PLUS gifts and clothing featuring your favorite breed.
☐ **Send your FREE color catalog**
Name _____
Address _____

pedigrees The Pet Catalog
Box 110, BH-95, Spencerport, N.Y. 14559



TV WALL SHELF
Only $13.98
Plus $2.95 Shpg.

No space for TV? Mount this space-saver on the wall, like hotels do. Attach it right where you want it for comfortable viewing from bed, sofa or in kitchen. Strong, sturdy black metal arms hold portable TV up to 15" deep. It swivels for easy viewing too! Check, MC or VISA.
SPECIAL: Two for $26 plus $4.95 shpg.
ESSEX HOUSE Dept. G11-6, Rahway, NJ 07065

IF YOU HAVE HAD BREAST SURGERY...



S-98—NEXT TO NATURE soft breast form. 100% Silicone, fits either side, balanced, accommodates most surgeries. Form adjusts comfortably to body temperature. Hand washable. **Natural. Order by bra sizes 32-38 A, 32-44 B, 32-44 C, 34-46 D.**
Special price: $199.00
RATED #1 IN USA!

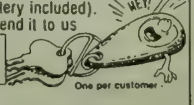
S-1818—'JEWELETTE' AFTER-BREAST-SURGERY BRA: accommodates most surgeries without alterations. Inner pocket supports breast form comfortably. Pretty lace overlay. Stretch back and adjustable straps. Washable. Made in U.S.A. **White or Beige. Bra sizes 32-38 A, 32-44 B, 32-44 C, 34-46 D $29.00**

Add $2 Post/Handling for Each Item Ordered.
PLEASE WRITE OR CALL TOLL FREE in complete confidence for your order, for your own copy of our 32pp full-color catalogue, or for the store nearest you: **1-800-821-2767**
JODEE/SASSON BRA, DEPT. BH
P.O. Box 3837, Hollywood, FL 33023
SATISFACTION GUARANTEED

FREE
1 KEY TRACKER
2 NEW CATALOG
3 $2 COUPON



Song Co. Dept.119
P.O. Box 20643 • Portland, OR 97220
To introduce you to Song Co. we'd like to send you our new catalog of unique items and gift ideas, a certificate worth $2 off any item in the catalog and a free "**Key Tracker**" keychain that beeps in response to your whistle (battery included). Just fill out the coupon and send it to us along with $2 to help cover the postage and handling costs.



One per customer.

Name _____
Address _____
City _____ State _____ Zip _____



COLONIAL MAID CURTAINS
Since 1947

SEND FOR FREE COLOR CATALOG
Colonial Maid offers 56 pages of quality, no-iron curtains, bedspreads and deep-drop dust ruffles. Authentic colonial reproductions you cannot find elsewhere. There is no other catalog like it. Send for your free catalog today.

Name _____
Address _____
City _____ State _____ Zip _____
Colonial Maid Curtains, Dept. CAS-AW
Mamaroneck, N.Y. 10543

FIRST QUALITY FAMOUS BRAND WALLCOVERING!
Wholesale-Direct Prices!

Any brand name. Any book. Any pattern. Any style. All the traditional standards plus all the latest designer patterns. *Most are $9.95 or less a single roll! You save because of our **Wholesale-Direct Prices.** You save state and local taxes (excl. NJ). We ship direct to your home in just a few days and we even pay the freight. Plus your satisfaction with our product and our service is **fully guaranteed!** Simply shop around in your hometown then call us **toll-free.**

$9.95 PER ROLL OR LESS*

PRICED-RITE Wallcoverings
P.O. Box 1031
Rahway, NJ 07065

CUT OUT & SAVE THIS AD! THEN CALL
TOLL FREE 1-800-634-6330
CALL OPERATOR 31
WEEKDAYS 9 to 9 (EST)
SATURDAYS 9 to 6 (EST)

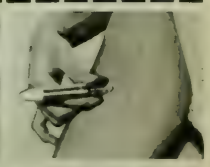
GIVE US THIS INFO

FREE 20-page, fully illustrated "How To Hang Wallcovering" Guide included with any order.

BRAND NAME _____
BOOK NAME _____
PATTERN NUMBER _____
PAGE NUMBER _____

VISA MasterCard





REMOVE HAIR FOREVER

Perma Tweez® is the **ONLY** home electrolysis instrument recommended by 4 medical textbooks (titles on request). 'Tweezer-like' action **permanently** removes hair from face, arms, legs and body. Save hundreds of dollars over salon electrolysis.

14 DAY MONEY BACK GUAR.
$16.95 (check/M.O.)
Cal. residents add 6% sales tax.

A LIMITED WARRANTY TO CONSUMERS
Good Housekeeping PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

☐ Enclosed $16.95 full payment.
☐ MasterCard/Visa # / Exp. date.

© 1935 GEN MED CO

GENERAL MEDICAL CO., Dept. BH-232
1935 Armacost Ave., Los Angeles, CA 90025

THE MAN NEXT DOOR

Dot Dresch is convinced that the person who coined the saying "Out of sight, out of mind" had no children of dating age out on a Saturday night.

Ken Floyd says he is always determined to travel light, but generally finds, unfortunately, that "you have to take a lot with you when you try to get away from it all."

"Nothing," says our neighbor Betty Bigley, "brings on car sickness quicker than getting into your car and seeing a parking ticket on the windshield."

Bill Minchin at the office is working too hard: "I feel like I've been here 30 out of the last 24 hours," he told me recently.

Aunt Alice's idea of a born loser is someone without problems who develops ulcers.

"November," says Liz Randall, mother of five, "is when mittens begin to lose their mates."

"It's a funny thing," notes Grandpa Hillis, "how the meekest, mildest, most modest people know, deep in their hearts, that they can poke up the fire in your fireplace better than you can."



"Is this the face of a cookie thief?"



"Next?"

After years of experiences, Isabel Norman reports ruefully that just about the time she gets really good at a craft, it goes out of style.

Elaine Cowan suggests that the first Thanksgiving was a lot simpler in more ways than one because, as she put it, "The Pilgrims and Indians didn't have to decide what to wear."

Grumpy Ned Carter asks, "Why is it that the bigger the menu the smaller the portions?"

I must say that Chris and I are a lot more decisive than usual these days. It took us most of the summer to decide to make our own Christmas cards this year, and now that we are on deadline, it took us only five minutes to postpone the task until next year.

Editor Earl Reeves is willing to bet that the designer who first put Velcro closures on children's shoes was a kindergarten teacher.

Chris Barr said that after going over a recent month's bills she came to the conclusion that her family is convinced that inside every dollar bill there are at least two dollars trying to get out.

"How about a simple, quiet Thanksgiving this year?" Chris asked the other day. "Just you, me, and the kids."

"Sounds nice and relaxing," I replied, settling into my recliner.

That afternoon, Rosemary called. Could she bring two friends, exchange students from Argentina, home from the university for Thanksgiving?

Of course! How much trouble could it be to put out a couple more plates?

Next, Uncle Dodd Buckner wrote to say he'd love to see us Thanksgiving if we could find space for him at the table.

No problem! We'll buy another bag of cranberries.

Judy and Burt, Jr., asked us to include Grandpa and Grandma Hillis.

What could we say? We'll just throw a few more potatoes into the pot and another turkey into the oven, that's all.

Actually, Chris and I are overjoyed at our new plans. After all, it wouldn't really be Thanksgiving without 10 happy people squeezed around a table built for eight.

We're especially glad that Rosemary's friends are coming. After all, foreign visitors were an important part of the first Thanksgiving.

Burton Hillis

ER HOMES & GARDENS
December 1986
Idea Magazine for American Families

BURLI
3 9042 01507621 6
NOV 19 1986
LIBRARY

Better Homes and Gardens®

• $1.50

IIS ISSUE
ukkah
hing
dren
hare

OMING HOME
CHRISTMAS

easury Of Decorating Ideas,
aments, Stockings,
aths,
Gifts

ORITE
LIDAY
DS
DATED

usly

Y
4C



JUNIPERO SERRA
BURLINGAME PUBLIC LIBRY
480 PRIMROSE RD
BURLINGAME CA 94010
0055

If you smoke...

Here's the latest comparative information for smokers who want lower tar & nicotine.

Because times and tastes change, and because of claims and counter-claims, we, the makers of CARLTON, present these few facts to you:

In 1964, CARLTON first recognized the desire of some smokers to know the tar and nicotine content of the cigarettes they were smoking. CARLTON became the first brand to put these figures right on the pack. During the next 20 years CARLTON introduced a whole range of products, including the lowest in tar of all brands, the lowest menthol, and the lowest 120's.

In the last 21 reports issued by the U.S. Government, no cigarette has tested lower than CARLTON. In the latest such report, CARLTON Box King was reported as less than 0.5 mg. tar, 0.05 mg. nicotine.

As you read through this statement, from CARLTON, you will see how CARLTON compares to other low tar products. For example:



Carlton 100's Box
1 mg. tar
0.1 mg. nic.



Vantage 100's
9 mg. tar
0.7 mg. nic.

And if you're a Merit smoker, it might interest you to know that Merit 100's have 10 mg. tar, 0.7 mg. nic vs CARLTON Box 100's at 1 mg. tar, 0.1 mg. nic. And the comparisons continue.



Carlton 100's Box
1 mg. tar
0.1 mg. nic.



Merit 100's
10 mg. tar
0.7 mg. nic.

BRANDS	TAR	NIC.
CARLTON 100's Box	1 mg.	0.1 mg.
Carlton King	1 mg.	0.1 mg.
Now 100's	3 mg.	0.3 mg.
Kent III 100's	4 mg.	0.4 mg.
Benson & Hedges Ultra Lights	5 mg.	0.4 mg.
True King Size	5 mg.	0.4 mg.
Merit King Size	8 mg.	0.5 mg.
Camel Lights	8 mg.	0.7 mg.
Kent Golden Lights	9 mg.	0.8 mg.
Vantage Kings	10 mg.	0.7 mg.
Marlboro Lights	10 mg.	0.7 mg.
Marlboro Lights 100's	10 mg.	0.7 mg.
Benson & Hedges 100's	16 mg.	1.0 mg.
Winston Kings	16 mg.	1.1 mg.

Our point is simply this. If you are interested in the tar content of your cigarette, you should compare the tar content of your cigarette vs CARLTON. If you are interested in the lowest...

LATEST U.S. GOV'T REPORT CONFIRMS:

no brand lower than Carlton Box King—less than 0.5 mg. tar 0.05 mg. nic.

CARLTON IS LOWEST

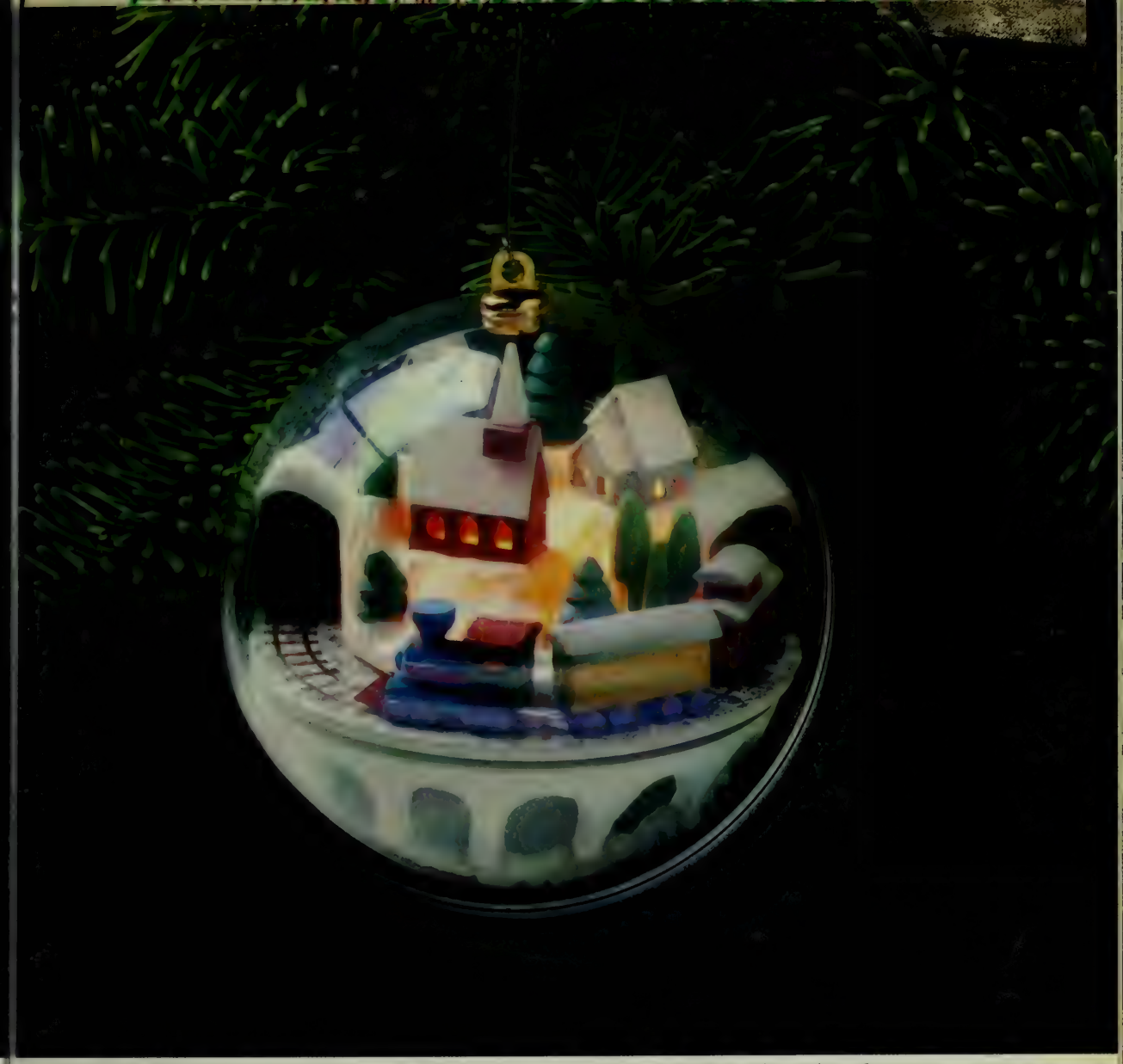
Box King—lowest of all brands—less than 0.01 mg. tar, 0.002 mg. nic.



...There's a Carlton for you. Carlton Box King (less than 0.01 mg. tar, 0.002 mg. nic); Carlton 100's Box, 100's menthol Box and menthol King (less than 1 mg. tar, 0.1 mg. nic); Carlton King Soft Pack (1 mg. tar, 0.2 mg. nic); Carlton 100's Soft Pack and 100's menthol Soft Pack (5 mg. tar, 0.5 mg. nic); Carlton Slims and Slims menthol (6 mg. tar, 0.6 mg. nic); Carlton 120's and 120's menthol (7 mg. tar, 0.7 mg. nic).

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

Box and 100's Box Menthol: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack, Menthol and 100's Box: 1 mg. "tar", 0.1 mg. nicotine; 100's Soft Pack and 100's Menthol: 5 mg. "tar", 0.4 mg. nicotine; 120's: 7 mg. "tar", 0.6 mg. nicotine av. per cigarette, FTC Report Jan. '85. Slims: 6 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.



You have never seen an ornament like this before. It actually comes to life and moves.

Lights appear in the little village. The tiny train starts up and chugs along the track.

Come to Hallmark and share the wonder. See our entire new collection of Light-and-Motion Ornaments, with their Santas and stars and sleighs that really do glide through the snow.

From now on, Christmas just won't be the same without them.

Hallmark

When you care enough to send the very best

© 1986 Hallmark Cards, Inc. U.S. Patent #4544218

After 20 years of working on the ultimate stain-resistant carpet,





DuPont is proud to announce the results are out.



Introducing Stainmaster℠ Carpet.

You've never seen stain resistance like this before. Haven't you ever wished for a carpet that could take an accidental spill, the dog's muddy feet and still look beautiful? That's why DuPont invented new Stainmaster.℠ It's the closest thing to worry-free carpet you can buy.

It's truly unique. Thanks to a revolutionary breakthrough in technology, Stainmaster carpet is unsurpassed when it comes to stain resistance.

Disastrous spills like ketchup, red wine and fruit punch come out with just soap and water. Even neglected spills that have set overnight clean up easily. So don't worry if you drip, drop or splash, Stainmaster carpet will keep looking beautiful year after year.



No one else can match this kind of stain resistance, but then no other carpet is like Stainmaster. Visit your local dealer and look for the Stainmaster display.

DUPONT CERTIFIED
STAINMASTER℠
CARPET

DUPONT
Carpet Fibers

DECEMBER

Better Homes and Gardens®

Editorial Director DORIS M. EBY
Editor DAVID JORDAN
Managing Editor KATE GREER Art Director ROBERT C. FURSTENAU

Food and Nutrition Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors LYNN HOPPE BARBARA ATKINS TERRI PAUSER WOLF
Special Interest Publications JANET FIGG

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor BARBARA A. LEWIS
Associate Editor GREGORY D. COOK
Special Interest Publications WILLIAM L. NOLAN KAY SANDERS DAVID W. TOHT

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Associate Editor RHODA E. JAFFIN
Special Interest Publications HEATHER J. SCHRADLE ANNE ELIZABETH POWELL

Garden, Projects, and New Products Editor DOUGLAS A. JIMERSON
New Products and 100s of Ideas Editor STEVEN COULTER
Associate Editor JANE AUSTIN McKEON

Money Management, Automotive, and Features Editor MARGARET DALY
Health and Education Editor PAUL KRANTZ
General Features Editor KATHRYN STECHERT
Travel and Pets Editor MARK A. INGEBRETSEN
Associate Editor GEORGE S. BUSH

Crafts, Needlework, and Table Settings
Senior Crafts Editor JIM WILLIAMS
Associate Editor JILANN SEVERSON
Special Interest Publications LAURA HOLTORF COLLINS

Editorial Marketing Services Director MARGARET McMAHON
Editorial Management Trainee DAVID S. JOHNSON

Copy Chief ELIZABETH HAHN BROOKS *Makeup Editor* LINDA R. THOMAS
Associate Makeup Editors KATHRYN DAVIDSON JUDY HUNSICKER

Managing Art Director GERALD PREATOR
Associate Art Directors BRADFORD W. S. HONG ALISANN DIXON JERRY J. RANK
Senior Graphic Designer KIMBERLY B. ZARLEY
Graphic Designers KELLY BARTON NANCY N. KLUENDER KEVIN S. LUDGATE

Executive Director Editorial Services DUANE L. GREGG
Director, Editorial Planning DAVID R. HAUPERT
Director, Editorial Research C. RAY DEATON *Research Assistant* SCOTT R. TOLAN
Administrative Editor ROSE ANDERSON *Art Business Office Manager* DIANE BOYLE
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN

MAGAZINE GROUP PRESIDENT **JAMES A. AUTRY**
Magazine Group Vice President DORIS M. EBY, Editorial Director

Vice President–Publisher, Better Homes and Gardens J. WESLEY SILK
Publishing Services Director TERRY UNSWORTH *Advertising Sales Director* LENNOX E. H. STUART
Associate Publisher/Development DEL RUSHER

Magazine Group Vice President Adolph Auerbacher, Publishing Director, Special Publications and Development

Special Interest Publications and Country Home® *Editor* WILLIAM J. YATES
Managing Editor LAMONT OLSON *Art Director* DON NICKELL

Better Homes and Gardens® WOOD *Editor* LARRY CLAYTON

Meredith Publishing Services *Editor* DOUGLAS A. HOLTHAUS
Managing Editor PATRICIA POLLOCK *Design Director* DEETRA LEECH

Books *Editor* GERALD KNOX *Managing Editor* DAVID A. KIRCHNER *Art Director* ERNEST SHELTON
Food Editor SHARYL HEIKEN *Furnishings Editor* SHARON NOVOTNE *Crafts Editor* JOAN CRAVENS

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Executive Vice President JACK D. REHM, Corporate Services
Group Presidents: JAMES A. AUTRY, Magazines
FRED STINES, Books
W. C. McREYNOLDS, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents: DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
NEIL KUEHNL, Product Development HERB SCHULTE, Corporate Planning
WILLIAM H. STRAW, Finance GERALD D. THORNTON, Administrative Services
Secretary BETTY CAMPBELL MADDEN Treasurer MICHAEL A. SELL
Corporate Controller LARRY D. HARTSOOK

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $14.00 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription Prices:** One year $14.00 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. December, 1986. Vol. 64, No. 12.

© Copyright Meredith Corporation 1986. All rights reserved. Printed in U.S.A.

Have a problem with your subscription?

We want to solve it to your complete satisfaction, and we want to do it fast. Please write to: Robert Austin, Better Homes and Gardens®, P.O. Box 4536, Des Moines, Iowa 50336.

You can help us by attaching your magazine label here, or copy your name and address as it appears on your label. Send this along with your correspondence.

Name
Address Apt. #
City State Zip

Moving?

Simply attach the mailing label from this magazine and write in your new address below. (Please allow 4-8 weeks.)

Your New Address Goes Here

Name

Address Apt. #

City

State Zip

Subscription Rate:

12 issues $14.00. Add $12 a year for Canadian or foreign postage.

☐ Renewal ☐ New Order

For Fast Service...

...it is better to write us concerning your problem and include the magazine label. Also, address changes are handled more efficiently by mail. However, should you need to reach us quickly the following toll-free number is available:

800-247-2504

Better Homes and Gardens®

P.O. Box 4536 • Des Moines, Iowa 50336

Latest HLDI Report on Highway Safety:

GM CARS RATED BEST 9TH YEAR IN A ROW.

1983-1985 passenger cars with the "best injury loss experience"

		Make	Body	Relative Frequency
✔	1.	Pontiac Parisienne*	SW	50
✔	2. Tie	Buick Electra	SW	55
	2. Tie	Mercedes 300 SD/380 SE	SS	55
✔	4.	Cadillac Brougham	2D	59
✔	4. Tie	Oldsmobile Delta 88	4D	59
	4.	Volvo 240	SW	59
✔	7.	Buick LeSabre	4D	60
✔	8.	Oldsmobile Custom Cruiser	SW	62
✔	9.	Chevrolet Caprice	SW	63

Source: Highway Loss Data Institute. **Body Styles:** SW=Station Wagon; SS=Sport Specialty; 2D=Coupe; 4D=Sedan. Excludes Passenger Vans. All results are stated in relative frequency of injury claims. A relative injury claim frequency of 100 is average. Relative frequencies of less than 70 are defined by HLDI as "Substantially Better than Average." Some vehicles had overall claim frequencies of 63 or less, but did not meet other IIHS criteria for having the "best injury loss experience." *1984-85 models only.

The Highway Loss Data Institute (HLDI) is a non-profit public service organization associated with the Insurance Institute for Highway Safety. As it has done annually for the past ten years, HLDI has summarized and published its findings on the frequency of automotive insurance claims.

This year, HLDI finds that of the top nine models with "the best" overall injury claim experience, seven are General Motors cars.

We are pleased that GM cars are rated best again, as they have been each and every model year since 1977.

We believe this continued excellence reflects not only our cars—their quality, size, weight, and design—but also how and where they are driven.

In the past thirty years, GM's commitment to safety has added features throughout our cars. On the outside, we've added lights and improved mirrors for better visibility. We've strengthened the roof and the doors against impacts. Designed the hood and the front end to crush in a controlled manner. Improved the crashworthiness of the fuel system. Added a back-up hydraulic system for the brakes, and introduced front disc brakes.

In the passenger compartment, GM has installed energy absorbing instrument panels, steering columns, and seat backs. We've lessened the risk of injury from the door locks, glove box latch, rear view mirror, and the windshield. We've increased the strength of the seats with improved anchorages. We've made safety belts standard equipment. And we're introducing passive front safety belts and lap/shoulder rear safety belts on some GM models, beginning in 1987.

The HLDI results show that our cars and our customers go well together. We trust that the closeness of this relationship will continue in the years ahead. We are doing our part at GM to see that it does, encouraging every employe to contribute to the effort.

That's the GM commitment to quality. And to our customers.

GM

Chevrolet
Pontiac
Oldsmobile
Buick
Cadillac
GMC Truck

DECEMBER

Better Homes and Gardens®

Editorial Director DORIS M. EBY
Editor DAVID JORDAN
Managing Editor KATE GREER Art Director ROBERT C. FURSTENAU

Food and Nutrition Editor NANCY BYAL
Senior Food Editor JOY TAYLOR
Associate Editors LYNN HOPPE BARBARA ATKINS TERRI PAUSER WOLF
Special Interest Publications JANET FIGG

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor BARBARA A. LEWIS
Associate Editor GREGORY D. COOK
Special Interest Publications WILLIAM L. NOLAN KAY SANDERS DAVID W. TOHT

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Associate Editor RHODA E. JAFFIN
Special Interest Publications HEATHER J. SCHRADLE ANNE ELIZABETH POWELL

Garden, Projects, and New Products Editor DOUGLAS A. JIMERSON
New Products and 100s of Ideas Editor STEVEN COULTER
Associate Editor JANE AUSTIN McKEON

Money Management, Automotive, and Features Editor MARGARET DALY
Health and Education Editor PAUL KRANTZ
General Features Editor KATHRYN STECHERT
Travel and Pets Editor MARK A. INGEBRETSEN
Associate Editor GEORGE S. BUSH

Crafts, Needlework, and Table Settings
Senior Crafts Editor JIM WILLIAMS
Associate Editor JILANN SEVERSON
Special Interest Publications LAURA HOLTORF COLLINS

Editorial Marketing Services Director MARGARET McMAHON
Editorial Management Trainee DAVID S. JOHNSON

Copy Chief ELIZABETH HAHN BROOKS *Makeup Editor* LINDA R. THOMAS
Associate Makeup Editors KATHRYN DAVIDSON JUDY HUNSICKER

Managing Art Director GERALD PREATOR
Associate Art Directors BRADFORD W. S. HONG ALISANN DIXON JERRY J. RANK
Senior Graphic Designer KIMBERLY B. ZARLEY
Graphic Designers KELLY BARTON NANCY N. KLUENDER KEVIN S. LUDGATE

Executive Director Editorial Services DUANE L. GREGG
Director, Editorial Planning DAVID R. HAUPERT
Director, Editorial Research C. RAY DEATON *Research Assistant* SCOTT R. TOLAN
Administrative Editor ROSE ANDERSON *Art Business Office Manager* DIANE BOYLE
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN

MAGAZINE GROUP PRESIDENT **JAMES A. AUTRY**
Magazine Group Vice President DORIS M. EBY, Editorial Director

Vice President–Publisher, Better Homes and Gardens J. WESLEY SILK
Publishing Services Director TERRY UNSWORTH *Advertising Sales Director* LENNOX E. H. STUART
Associate Publisher/Development DEL RUSHER

Magazine Group Vice President Adolph Auerbacher, Publishing Director, Special Publications and Development

Special Interest Publications and Country Home® *Editor* WILLIAM J. YATES
Managing Editor LAMONT OLSON *Art Director* DON NICKELL

Better Homes and Gardens® WOOD *Editor* LARRY CLAYTON

Meredith Publishing Services *Editor* DOUGLAS A. HOLTHAUS
Managing Editor PATRICIA POLLOCK *Design Director* DEETRA LEECH

Books *Editor* GERALD KNOX *Managing Editor* DAVID A. KIRCHNER *Art Director* ERNEST SHELTON
Food Editor SHARYL HEIKEN *Furnishings Editor* SHARON NOVOTNE *Crafts Editor* JOAN CRAVENS

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Executive Vice President JACK D. REHM, Corporate Services
Group Presidents: JAMES A. AUTRY, Magazines
FRED STINES, Books
W. C. McREYNOLDS, Broadcasting ALLEN L. SABBAG, Real Estate
Vice Presidents: DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
NEIL KUEHNL, Product Development HERB SCHULTE, Corporate Planning
WILLIAM H. STRAW, Finance GERALD D. THORNTON, Administrative Services
Secretary BETTY CAMPBELL MADDEN Treasurer MICHAEL A. SELL
Corporate Controller LARRY D. HARTSOOK

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $14.00 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. This issue is published in multiple editions. **Subscription Prices:** One year $14.00 in the United States and its possessions. Canada, add $12 per year. Other countries, add $12 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. December, 1986. Vol. 64, No. 12.

© Copyright Meredith Corporation 1986. All rights reserved. Printed in U.S.A.

Have a problem with your subscription?

We want to solve it to your complete satisfaction, and we want to do it fast. Please write to: Robert Austin, Better Homes and Gardens®, P.O. Box 4536, Des Moines, Iowa 50336.

You can help us by attaching your magazine label here, or copy your name and address as it appears on your label. Send this along with your correspondence.

Name
Address Apt. #
City State Zip

Moving?

Simply attach the mailing label from this magazine and write in your new address below. (Please allow 4-8 weeks.)

Your New Address Goes Here

Name

Address Apt. #

City

State Zip

Subscription Rate:

12 issues $14.00. Add $12 a year for Canadian or foreign postage.

☐ Renewal ☐ New Order

For Fast Service...

...it is better to write us concerning your problem and include the magazine label. Also, address changes are handled more efficiently by mail. However, should you need to reach us quickly the following toll-free number is available:

800-247-2504

Better Homes and Gardens®

P.O. Box 4536 • Des Moines, Iowa 50336

Latest HLDI Report on Highway Safety:

GM CARS RATED BEST 9TH YEAR IN A ROW.

1983-1985 passenger cars with the "best injury loss experience"

		Make	Body	Relative Frequency
✔	1.	Pontiac Parisienne*	SW	50
✔	2. Tie	Buick Electra	SW	55
	2. Tie	Mercedes 300 SD/380 SE	SS	55
✔	4.	Cadillac Brougham	2D	59
✔	4. Tie	Oldsmobile Delta 88	4D	59
	4.	Volvo 240	SW	59
✔	7.	Buick LeSabre	4D	60
✔	8.	Oldsmobile Custom Cruiser	SW	62
✔	9.	Chevrolet Caprice	SW	63

Source: Highway Loss Data Institute. **Body Styles:** SW=Station Wagon; SS=Sport Specialty; 2D=Coupe; 4D=Sedan. Excludes Passenger Vans. All results are stated in relative frequency of injury claims. A relative injury claim frequency of 100 is average. Relative frequencies of less than 70 are defined by HLDI as "Substantially Better than Average." Some vehicles had overall claim frequencies of 63 or less, but did not meet other IIHS criteria for having the "best injury loss experience." *1984-85 models only.

The Highway Loss Data Institute (HLDI) is a non-profit public service organization associated with the Insurance Institute for Highway Safety. As it has done annually for the past ten years, HLDI has summarized and published its findings on the frequency of automotive insurance claims.

This year, HLDI finds that of the top nine models with "the best" overall injury claim experience, seven are General Motors cars.

We are pleased that GM cars are rated best again, as they have been each and every model year since 1977.

We believe this continued excellence reflects not only our cars—their quality, size, weight, and design—but also how and where they are driven.

In the past thirty years, GM's commitment to safety has added features throughout our cars. On the outside, we've added lights and improved mirrors for better visibility. We've strengthened the roof and the doors against impacts. Designed the hood and the front end to crush in a controlled manner. Improved the crashworthiness of the fuel system. Added a back-up hydraulic system for the brakes, and introduced front disc brakes.

In the passenger compartment, GM has installed energy absorbing instrument panels, steering columns, and seat backs. We've lessened the risk of injury from the door locks, glove box latch, rear view mirror, and the windshield. We've increased the strength of the seats with improved anchorages. We've made safety belts standard equipment. And we're introducing passive front safety belts and lap/shoulder rear safety belts on some GM models, beginning in 1987.

The HLDI results show that our cars and our customers go well together. We trust that the closeness of this relationship will continue in the years ahead. We are doing our part at GM to see that it does, encouraging every employe to contribute to the effort.

That's the GM commitment to quality. And to our customers.



Chevrolet
Pontiac
Oldsmobile
Buick
Cadillac
GMC Truck



COVER PHOTOGRAPH: PERRY STRUSE

PAGE 49

COMING HOME TO CHRISTMAS

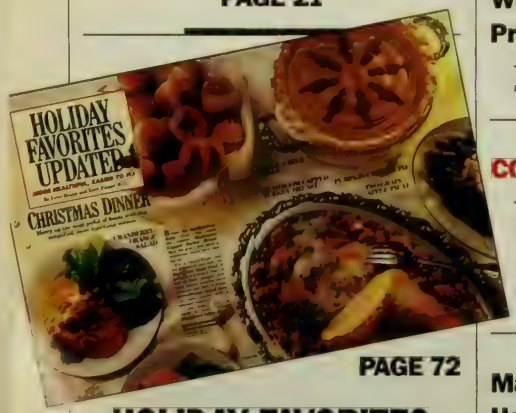
Gift and decorating ideas



HOLIDAY ALMANAC

Holiday helpers

PAGE 21



PAGE 72

HOLIDAY FAVORITES UPDATED

More healthful, easier to fix

CONTENTS

DECEMBER 1986; Vol. 64, No. 12

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®

FEATURES

Editor's Letter 10
Family Network™ *Letters from our readers* 14
HOLIDAY ALMANAC *The help you need, in the nick of time!* 21
What's Happening *Our tribute to some good people* 37
Putting Your Heart and Home in the Holiday Mood 41
For a Safe and Merry Holiday 42
The Great Package Send-Off 43
Gifts by Mail 44
Just Out for Home and Family *New products* 135
The Man Next Door® *Writes about family, friends, and neighbors* 160

PARENTING

TEACHING YOUR CHILD TO SHARE 17

FOOD

HANUKKAH *A family celebration of love and tradition* 28
FAVORITE HOLIDAY RECIPES
Now more healthful and easier to fix 72
Christmas Dinner 72
Holiday Appetizers 74
Holiday Main Dishes 76
Holiday Desserts 78
How to Use Nutrition Information 81
Win Money for Your Recipes 100
Prize Tested Recipes® 103
Holiday vegetable side dishes
Special-occasion pies

CRAFTS

COMING HOME TO CHRISTMAS
A treasury of gift and decorating ideas 49
Hometown Celebration 50
A Farmhouse Christmas 60
Woodland Holidays 68

SHOPPING

Magazine Customer Service Information 4
How to Order *Special offers, project plans, and kits* 153
Buying Guide 118
Names and addresses of retailers and manufacturers of products shown on our editorial pages
Shopping Editor's Choice 156

THE NEW LOOK OF VANTAGE.



Same great taste in an exciting new pack.

© 1985 R. J. REYNOLDS TOBACCO CO.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

9 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC method.

Cheese, Glor

Colby

Colby is an American original, named for the small midwestern town where it was created over a century ago.

Perfectly mellow and subtly sweet, it has a moist, open texture that invites you to tear off a big chunk and start nibbling. That soft texture also makes Colby the perfect sandwich cheese.

Colby has just the right amount of delicate sweetness to complement everything from pears to tacos. One taste will tell you—Colby deserves its place among the glorious cheeses of the world.

Taste the greatness of American-made real cheese.

REAL

America's Dairy Farmers
National Dairy Board



Baked over biscuits

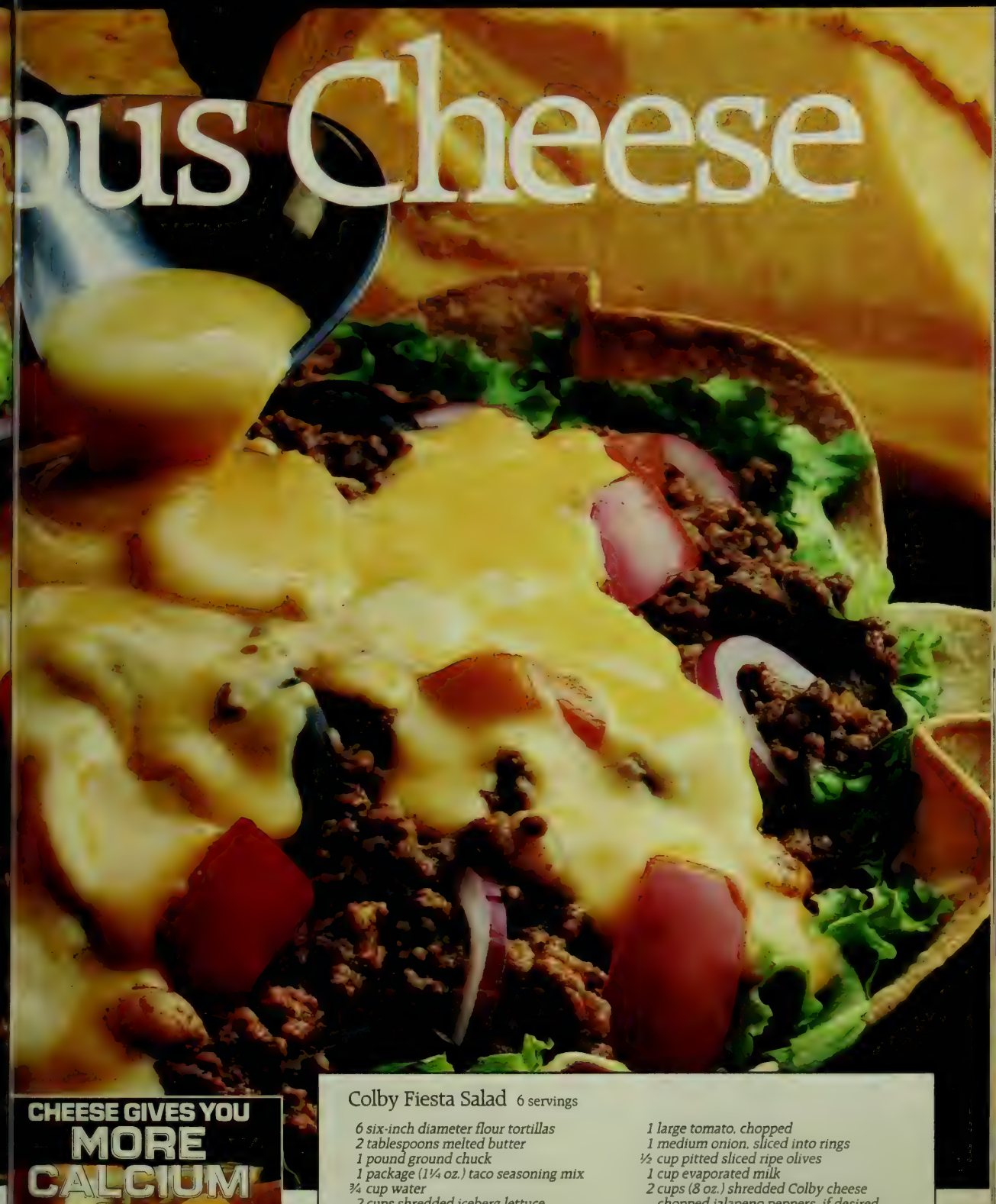


Shredded on frozen pizza



Melted for dipping

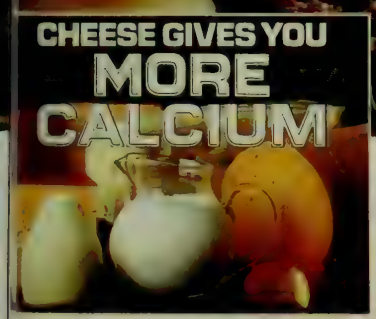
pus Cheese



Colby Fiesta Salad 6 servings

6 six-inch diameter flour tortillas
2 tablespoons melted butter
1 pound ground chuck
1 package (1¼ oz.) taco seasoning mix
¾ cup water
2 cups shredded iceberg lettuce
1 can (15½ oz.) garbanzo beans, rinsed and drained
1 large tomato, chopped
1 medium onion, sliced into rings
½ cup pitted sliced ripe olives
1 cup evaporated milk
2 cups (8 oz.) shredded Colby cheese
chopped jalapeno peppers, if desired

Brush tortillas lightly with butter. Place tortillas, overlapping slightly in a round pie plate. Bake in 350 degree oven for 10 minutes. Brown ground chuck in skillet until crumbly; drain off excess drippings. Add seasoning mix and water; simmer, uncovered, 10 minutes. Meanwhile, sprinkle lettuce over tortillas. Combine ground beef mixture, beans, tomatoes, onions and olives. Spoon over lettuce. Heat evaporated milk in medium-sized saucepan until bubbles form around edges. Reduce heat to low. Stir in cheese until melted. Add peppers, if desired. Pour over ground meat mixture. Carefully lift out tortillas and topping.



ese is one of nature's most concentrated food sources
lcium because it's made from fresh wholesome milk.

DURKEE
BLACK PEPPER
MAKES SALADS
WORLD CLASS



Only 5% of the world's spices meet Durkee's quality standards.

Durkee World Class Spices™
For cooks who care.

EDITOR'S LETTER

A Christmas Eve Celebration

Dear Readers,

Our theme for this issue, "Coming Home To Christmas," is a little ironic to me personally because this may be the first time in more than 30 years that my wife, Gerrianne, and I won't have any of our children at home on Christmas morning. Sarah, our youngest, was married in August. Although Sarah and her husband, Chris, live only a few miles away in Ames, Iowa, and will visit during the holidays, they probably won't stay over on Christmas Eve. Our other three kids are scattered, with their own families, and can't make it home, either.

The thought of getting up on Christmas morning, just the two of us, is a little disquieting. Even in the last few years, with just Sarah at home, we've still had the spirit of anticipation, excitement, and family togetherness that Christmas morning always brings. We've been a little more sedate, as three adults, than we were in the days when the four kids were small. In those times, we were all up at the crack of dawn. Our living room soon was knee-deep in package wrappings and resounding with squeals of delight at all the wonderful gewgaws and gimcracks.

"Now, the sidewalks of our entire neighborhood sparkle with points of light on the night before Christmas."

Well, at least this year we'll be able to sleep a little later. And that's a plus because one thing that won't change is our Christmas Eve party. Starting in the middle 1960s, we and some other families on our block lined our sidewalks and walkways on Christmas Eve with luminarias—white paper sacks with a handful of sand to hold them in place, and a lighted votive candle inside. We'd seen luminarias in New Mexico, and decided to borrow the idea. Soon more families joined in. Now, the sidewalks of our entire neighborhood sparkle with points of light on the night before Christmas. Gerrianne and I have been holding our party in celebration of the luminarias for more than 10 years.



WALTER R. TOMLINSON

Luminarias light the way . . .

Almost everyone we know comes, often bringing some folks we don't know. Each year I'm struck by the same thought—what nice people they are! These are folks from all walks of life, with greatly divergent interests, but they all have a good time, filling our home with chatter and good cheer. Of course, on Christmas Eve people are bound to be both cheerful and on their best behavior, but it goes beyond that, I think. I'm convinced that, given half a chance, most people are pretty nice most of the time, despite impressions to the contrary that we get from what we read in the newspapers and see on TV.

This yearly meeting of our "extended family" is an affirmation for all of us that the world can be a wonderful place if we resolve to live all year by the spirit of this season—peace on earth, good will toward all.

David Jordan

David Jordan, Editor

THE FLORIDA SUNSHINE TREE EXPLAINED.



THE FLORIDA SUN: The sun shines on our tree up to 355 days a year. Wonder why we call it the Florida Sunshine Tree?

FLORIDA GROWN, Florida picked, Florida packed. All synonymous with quality. Florida's standards are the highest – even higher than the federal government's.

FLORIDA RAINFALL: The Sunshine State also gets lots of tropical rain. In fact, Florida is one of the most rained-upon states.

FLORIDA FRUIT AND JUICE: Thin-skinned oranges and grapefruit, brimming with sweet, sunny goodness.

THE FLORIDA SUNSHINE TREE℠: A symbol you'll find only on 100% pure Florida oranges, grapefruit and juice. This symbol on the package says you're getting the best from our tree.

FLORIDA'S SOIL: Very porous, and just right for citrus. There are lots of places citrus can grow. But citrus grows best in Florida.

©State of Florida, Department of Citrus, 1986

Touch one button and the Panasonic Genius™ defrosts. Cooks. Turns. And keeps food warm. All automatically. Try that with another microwave oven.

The Panasonic Genius is so intelligent, it automatically figures out what other microwave ovens make you figure out. Like defrost time. Cooking time. Power levels. And it even turns the food to help ensure uniform cooking.

With the Panasonic Genius, everything is done for you at the touch of one button. That's what makes the Panasonic Genius so ingenious. So even if you've never cooked with a microwave oven before, Panasonic lets you turn out gourmet dishes. Main courses. Appetizers. Desserts. Soups. Snacks. An other delights. In practically no time at all.

A range of Geniuses. Even over the range.

There's a whole line of Panasonic Genius microwav ovens. From full-size. To mid-size. To a microwave convection combination. To a model that's installe over your range.

So if you're looking for a microwave over there's really only one intelligent choice. Th Panasonic Genius.



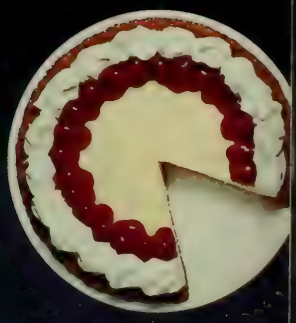
Auto Sensor calculates cooking time for dishes like chicken cacciatore.



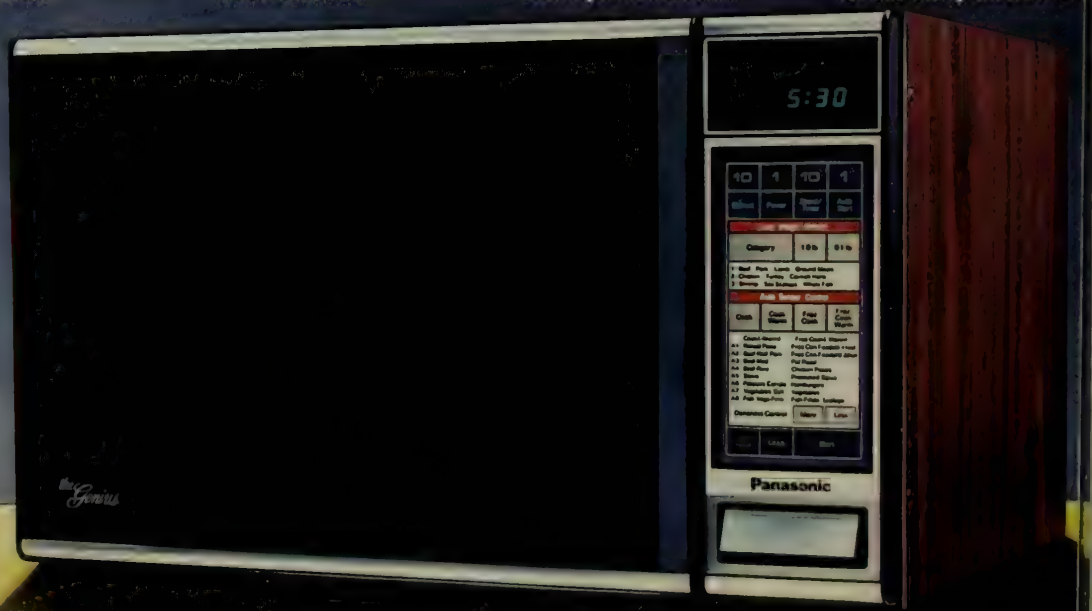
Touch one button. Frozen food, like beef stew, becomes a hot meal.



Pre-set the Genius to cook foods like stuffed potatoes even if you're not home.



Cook-A-Round turntable helps ensure even cooking for this cherry cheesecake.



Panasonic®
just slightly ahead of our time.

(Advertisement)

"My two skinny cousins had abandoned me..."

By Sharon Meyer, R.N., M.S.N.

You and I have never met. But perhaps we share a common problem.

When I was seven, I lived in Longview, Texas. My two cousins and I were playing in a nearby cemetery. Like kids do, we didn't realize how late it was. It was getting dark faster than we expected. In a panic, my two skinny cousins climbed over the wall that surrounded the cemetery. No problem. But I couldn't make it. I was too heavy. Too fat. I stood there crying for over an hour, until a neighbor crawled in and helped me over the fence. I've never forgotten that experience. Nor have I forgiven the two skinny cousins who abandoned me.

For years I was teased about my weight. The kids at school called me "Malt Shop". And the teasing persisted even through high school and college. I vowed that some day I'd cease being the ugly duckling. But I was 60 pounds overweight and it seemed almost hopeless.

Several years later, after I had completed my nurses training, I was working in a hospital in northern Georgia. Through a friend, I was introduced to Dr. J. Thomas Cooper, a physician who specialized in helping severely obese people lose weight without being hungry or feeling deprived.

Obviously I was interested. So he allowed me to enroll in the program.

This certainly wasn't a "fad" diet. Not at all. It was totally different. There were no pills. No food substitutes. No herbal nutrients. No powders to mix. And everything I ate came right from our local grocery—all good wholesome food.

But the best part was that I wasn't hungry. Not in the morning. Not in the afternoon. Not at night. I was *always* eating. I ate six times a day. Three regular meals every day. Three additional snack meals every day. I laughingly complained to Dr. Cooper, "There's too much food on this diet. I can't eat it all."

As the weeks went by, I began weighing myself every day. I was so pleased I could hardly believe the scale.

Within 180 days I lost 60 pounds! I went from 193 lbs. to 133 lbs. I'm 5'7" with a medium frame, so that's just about right for me. I didn't want to become anorexic.

Since I was a nurse, I began helping Dr. Cooper monitor other outpatients who were on the diet. One 45-year-old woman began the program in the fall. Within two months she had shed 40 pounds! Like me, she experienced no hunger or feelings of nervousness. None at all.

Another outpatient—a 34-year-old man—began the program in April. By September he'd lost 76.6 pounds.

One 56-year-old Atlanta woman lost 39.5 pounds in just eight weeks. Again, no hunger, no loss of energy, no nervousness.

THE SECRET

The secret of Dr. Cooper's program is the *special combination* of foods you eat. You don't count calories. Only portions. These portions and combinations of food create a negative caloric process that continues all day long . . . a complete 24-hour fat burning cycle. Fat is burned away around the clock. Not just in unhealthy spurts and fits like many diets. That's why it lets you shed pounds so easily. And without hunger.

KEEPS YOU SLIM FOR YEARS

How many times have you shed 10 or 20 pounds only to find yourself regaining every pound within six months? That's the real problem.

The reason most people regain weight is that we're all creatures of habit. We all have "eating lifestyles". Our normal eating habits include three meals a day plus two or three snacks. We all love snacks. Especially at night.

But most diets try to force us to change all that. And that's why they fail.

With Dr. Cooper's program, however, you *continue your normal eating lifestyle.* You eat five to six times a day. You can snack when you wish. So when you lose the weight, you can keep it off. For good. Period.

Consider these additional facts . . .

- ☐ The Program is easy to follow. It fits easily into your busy schedule—even when you're eating in restaurants or with friends.
- ☐ The Program is healthy. It's high in essential fiber and roughage, low in fat, very low in simple sugars and has ample protein for anyone.
- ☐ There is no ketosis. No foul breath odor.
- ☐ Best of all, you'll be encouraged to eat a wide variety of foods. Meats like beef, ham, pork, chicken, fish and more. Great soups, great sandwiches, a wide variety of cheeses, fruits and vegetables. Even potatoes. But you must follow the specific menus and portion plan to make the program work.

As you can probably tell, I'm so excited about the program, I want to share it with you. So what would you do if you were in my shoes?

I've convinced Dr. Cooper to put everything—all of the menus, daily portions—the complete program (including the maintenance diet) into an easy-to-follow instruction package. Green Tree Press in Erie, Pennsylvania, is marketing it for us.

Our guarantee is simple.

1. Write your name and address on a plain piece of paper and enclose a check for $9.95, BUT POST-DATE IT 30 DAYS IN ADVANCE. That way it's not cashable by us or anyone for a full month. You can, in fact, stop payment on it any time during the next 30 days. It's not really money. So you'll be able to try the program—and lose weight—without paying a penny. There is absolutely no risk to you.
2. We'll send you the complete program immediately. Try it. If you don't begin losing weight—quickly and without hunger—simply return the materials within the 30-day period. WE'LL PROMPTLY RETURN YOUR ORIGINAL UNCASHED CHECK. NO DELAYS. NO EXCUSES.

Or, try the program for SIX MONTHS. If you're not delighted with the results, simply return it. We'll send you a complete refund.

This is the fairest way I know to let you TRY the program at no risk to you.

To order, send your name, address and post-dated check to me, Sharon Meyer, Green Tree Press, Inc., Dept. *334*, 3603 West 12th Street, Erie, PA 16505.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Bank and Business references are available upon request.

READ THESE ACTUAL CASES...

- *Paula K. is 45 years old. She began the Cooper weight loss program in the fall. Within two months she shed 40 pounds—no hunger, not even a pang.*
- *Susan S. is 29 years old. She dropped 30 pounds to only 128.2 and maintained her new weight — even over the Christmas holidays.*
- *Ronnie B. is 25. He lost almost 60 pounds . . . from 227.2 lbs. to 168.4 lbs. Like the others he reported absolutely no hunger and absolutely no energy loss.*
- *William M. is a machinist in his late 40's. Both hypertensive and diabetic, he lost 22 pounds in only six weeks with absolutely no hunger.*
- *Patricia R. is a housewife in her mid-40's. She lost 33 pounds in five weeks. She ate so much during the diet that her sister, who saw her eating, began the diet three days later.*
- *Carl R. is 52. He lost 44.8 pounds in five months . . . again, no hunger or lack of energy.*

AN IMPORTANT REMINDER...

As your weight begins to drop rapidly, do not allow yourself to become too thin.

It's also very important to consult your physician before commencing any weight loss program. Show him this diet. And be sure to see him periodically if you intend to take off large amounts of weight.

©1985 Green Tree Press, Inc.

FAMILY NETWORK

Readers' solutions to family and community problems

Chris Caldwell of Cortland, Ohio, asked in June's "Family Network" for help in solving the "nightmare" of Christmas gift exchange in her large family. More than a thousand of you responded. Here's a sampling:

Grab bag

At our Christmas Eve get-togethers, we have a grab bag of individually wrapped gifts for all ages. When a 2-year-old finds himself with a size 12 pair of socks, he trades with an uncle who selected a toy car. It's fun!

Martha Gerber Stanford
Jamestown, N.Y.

Make it, bake it

Our idea: "Make or bake it for under $10." A lot of love goes into the preparation, making the gift even more special.

Peggy Haen
Dunbar, Wis.

Giving freebies

Everyone in our family must have a no-cost gift for each person. Examples: free samples, items offered in magazines, unwanted knickknacks. One son gave me his Christmas bonus ham.

Betty Baker
Noblesville, Ind.

Gift certificate

Send a Christmas card with a homemade gift certificate for a dinner in your home, baby-sitting, and so on.

Mrs. Marina Castle
Glendale, Calif.

A party

Have everyone chip in money, perhaps $10 or $20. Then have the biggest Christmas party ever.

Donnis E. Spell
Sulphur, La.

Photos

We live far apart and exchange family pictures for Christmas albums. Now we can follow the growth of all the nieces, nephews, and grandchildren.

Cynthia Davis Fuerst
Granger, Wash.

WRITE TO US

We welcome letters about how you or your friends and neighbors have solved family or community problems, or letters asking for help with a problem. We will pay $50 for each letter we publish. Write: Family Network, BH&G Features Dept., 1716 Locust St., Des Moines, IA 50336. Letters become property of *Better Homes and Gardens*® and may be edited.



Ultra fresh.
Ultra smooth.
Ultra flavor.

Discover where today's smokers are heading.

Merit Ultra Lights



SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

Kings: 5 mg "tar," 0.5 mg nicotine—100's: 6 mg "tar," 0.6 mg nicotine av. per cigarette, by FTC method.



THEIRS.

OURS.

NOBODY ELSE
IS THIS SPOTLESS
THIS CLOSE



Cascade. For virtually spotless dishes.

TEACHING YOUR CHILD TO SHARE

A WONDERFUL GIFT FROM PARENTS TO CHILDREN

By John Rosemond

Sharing is one of those vilized skills that parents 're in a hurry for children to cquire. Children, unfortuately, are in no equal hur-. The key is to guide them ently.



STEVE NIEDORF

The holidays bring out the spirit of sharing in all of us. What better time could there be to introduce your children to this loving habit?

'LANTING THE SEEDS

Parents can nurture shar- ıg during infancy and tod- lerhood by defining things ı terms of ownership— This book is Mommy's," These glasses are Daddy's," This toy is yours," and so n. Later, the child who un- erstands the concept of pos- ession will be less likely to natch a toy away from an- ther child.

The game of "Put and 'ake," simply handing an tem back and forth between you and 'our baby, teaches the concept of tak- ng turns. As your child grows, you can einforce this concept by taking turns)utting the pieces into a puzzle or turn- ng the pages of a book. You can also)ffer to exchange things with your :hild, as in "I'll share my juice with 'ou. Will you share a cookie with me?"

Toddlers warm up to the idea of shar- ng slowly. Two-year-olds will play be- ;ide, but not with, other children. Clashes over toys, if they get out of ıand, demand an adult's involvement, at least temporarily. Reassure both :hildren and show them, through ex- ample, how they can play side-by-side in harmony.

AGE THREE: WHEN SHARING FIRST BLOOMS

By age three, children are more so- cially aware and significantly less self- centered. Unlike two-year-olds, threes start playing *with* one another, forming their first friendships in the process. (This is the ideal age to start nursery school. Studies have shown that children who attend preschool develop social skills—sharing included—earlier than children who spend their preschool years at home.)

Three-year-olds are able to participate in group activities and take turns with play materials, but spontaneous sharing is still rare. For some threes, especially young ones, even learning to take turns is a real hurdle. Helping a child solve this problem requires no more than a kitchen timer and some firm but loving direction.

Take two children who are playing together but having difficulty with give-and-take over some particularly interesting toy. Enter one adult with the kitchen timer who says, "We're going to use this timer to help you learn to take turns with that toy. I'm setting it for five minutes. Billy, you can play with the toy until the bell rings, then I'll set the timer again, and Robbie can play with it until the bell rings." This simple technique provides enough structure to allow the children to take turns securely. In most cases, once the toy has alternated hands a few times, the timer will no longer be needed (until the next conflict arises).

EARLY WORK BEARS FRUIT

By age four, if the foundation has been laid properly, a child should be able to share and play cooperatively in most settings. Even the most well-prepared child, however, will have occasional problems with letting go of certain possessions, necessitating some adult guidance. Although it may at times be appropriate to simply insist that a child share, the basic rule to follow when helping children through problems of this sort is to propose solutions that result in neither child feeling like the loser.

Keep in mind that a child's right to ownership of playthings must be affirmed before the youngster is going to feel comfortable sharing with other children. In advance of a friend coming over, it may be helpful to let the child put away several favorite toys he or she doesn't want to share. After that's done, however, remind the child that you expect him or her to share everything else with the friend. By providing the child with a small "insurance policy" of this sort, you actually increase the likelihood there will be no problems with sharing.

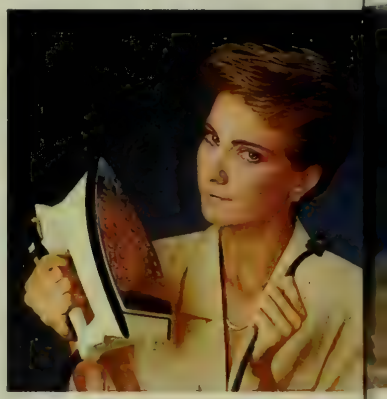
Gift problems



Too outrageous



Too dressy



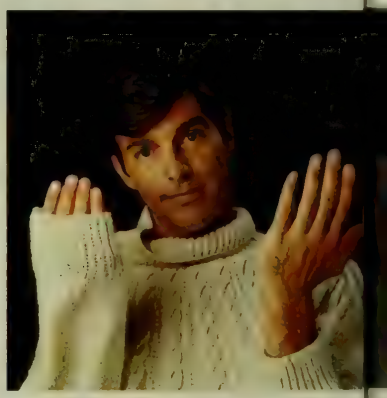
Too domestic



Too tight



Too flashy



Too homemade



Too noisy



Too big



Too silly

© 1986 ARIS ISOTONER INC

Gift solutions.



Just right!

For her. One size, perfect fit Isotoner Gloves. She'll love their fashion and quality.

Special Offer

Softcover Edition of America's Best-Selling Cook Book

Only $4.95

(with 1 proof of purchase of any Isotoner gloves.)



Reg. $9.95

____New Cook Book(s) 00825

Mail your order to:
Aris Isotoner Book Offer, Dept. PAS, P.O. Box 10274, Des Moines, Iowa 50336.

Mail your order on a 3"x 5" card along with your check or money order (payable to Aris Isotoner Book Offer) plus the word *Isotoner* from the glove package. Allow 4-6 weeks for delivery. Void where prohibited, taxed or otherwise restricted. Offer expires 6-30-87.



Just right!

For him. Isotoner Gloves shape to his hands for a comfortable, custom fit.



Just right!

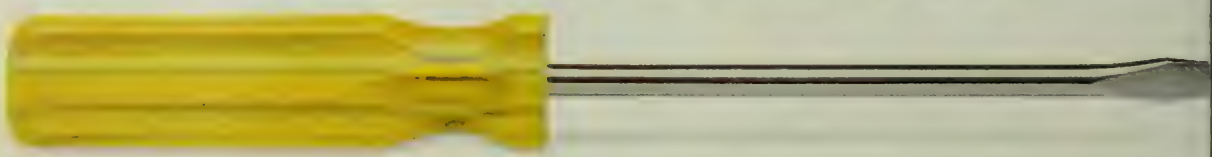
For kids. They'll love the comfortable stretch of Isotoner Gloves. Mom will love their great looks and easy care.

ISOTONER
Brand Gloves

HERE'S A NEW TWIST



ON AN OLD IDEA.





Includes storage/recharging unit and slotted/phillips bit. Other accessory bits available.

What's as simple to use as an ordinary screwdriver but twice as fast? The Skil Twist™ cordless power screwdriver.

Its powerful high torque motor lets you drive and remove screws more easily than ever before.

And its handy storage/recharging unit keeps it always ready to use.

Get the Skil Twist at hardware stores and home centers everywhere.

At under $25, it makes a perfect gift for anyone who uses a screwdriver. And that's just about everybody.

SKIL
The Power Tool Company.

Skil Corporation, Subsidiary of Emerson Electric Co., 4801 West Peterson Avenue, Chicago, IL 60646. Skil Twist is a registered trademark of the Skil Corporation. © 1986 Skil Corp

Holiday Almanac

To help you smooth the way to a joyous celebration, we've gathered fresh ideas, how-to's, and shortcuts for everything from decking your halls to wrapping your presents. Enjoy!

Produced by Kathryn Stechert
Stylist: Francine Matalon-Degni
Writer: Catherine Cavender

POINSETTIAS

New twists on the traditional emblem of Christmas

In recent years, poinsettia growers have developed some appealing and innovative variations on the traditional scarlet plant that symbolizes the season so well.

Poinsettias now come not only in the familiar red, but in pink, white, marbled, and even speckled versions. You can take your choice of shapes and sizes as well. There are tiny, 6-inch plants, along with poinsettia trees now available in three sizes: the bonsai (18–22 inches tall), the mini (28–34 inches), and the standard (48–54 inches).

For more variety, try the low-growing poinsettia, which is suitable for hanging baskets as well as centerpieces.

CARE TIPS

Protect plants from cold during the trip home; chilled plants may drop leaves.

Provide at least six hours of bright, indirect light each day. Be careful: Strong direct light will fade colors.

Water thoroughly, then let soil dry out before watering again.

For best color, daytime temperatures should be less than 72 degrees; night, 60 degrees.



A stately poinsettia tree in traditional red.

The marbled pink-and-cream poinsettia.

PAUL ECKE POINSETTIA RANCH

The speckled version, called Jingle Bells.



STEVE BJORKMAN

CHRISTMAS QUIZ

Test your knowledge of holiday customs and symbols:

1. Where did the poinsettia come from? How did it get its name?
2. Who created the first crèche (nativity scene)?
3. When do the 12 days of Christmas fall?
4. How many Christmas trees are sold each year?
5. Who created Rudolph the Red-Nosed Reindeer?

.....ANSWERS.....

1. It's from Mexico and was named after Dr. Joel Roberts Poinsett, who was a U.S. ambassador to that country in the early part of the 19th century.
2. St. Francis of Assisi made the first one in the 13th century.
3. Between December 25 and Epiphany (January 6).
4. About 32 million natural trees.
5. Robert L. May wrote the story of Rudolph for Montgomery Ward as a Christmas giveaway in 1939.

continued

continued

TRADITIONS

Start a new one this year

Does your family have holiday customs you just couldn't do without? Here are a few passed down in families of *Better Homes and Gardens* editors:

- Label all tree ornaments with date and origin, making tree trimming time a trip down memory lane.
- Organize neighbors to line the streets on Christmas Eve with luminarias; everyone helps pay for the bags, sand, and candles, and pitches in extra for a local charity.
- Lay out exotic nibbles—hot spiced sardines, oysters, smoked clams—for Santa instead of cookies and milk.
- Include a birthday cake in the Christmas Eve meal, in honor of the birth of Christ.
- Bake cookies for Grandmother, remembering all the years *she* did the baking for everyone else.
- Set an extra place at the Christmas table, symbolizing willingness to take in strangers seeking shelter.

Buying information page 118



Simply elegant: white candles and lace.

MANTELS

Holiday adornment for the fireplace

You'll never go wrong with evergreen boughs and red candles, but for something new this year try these ideas:

- Decorate your mantel in white (*above*). Drape with lace runners, then load the mantelpiece with white candles in glass dishes and candlesticks. Add old-time paper cards, cutouts, and ornaments.
- Dig out your collections and turn your mantel into a showplace. Display the items you love: spatterware, small toys, bottles, pewter, cups and saucers—whatever it is that you've been accumulating. For the best effect, stick to one collection.
- Place a miniature evergreen tree or bush in a terra-cotta planter on each side of the mantelpiece, decorate the trees with tiny potpourri wreaths and add a shallow terra-cotta bowl of potpourri in the center.

GIFT WRAPS

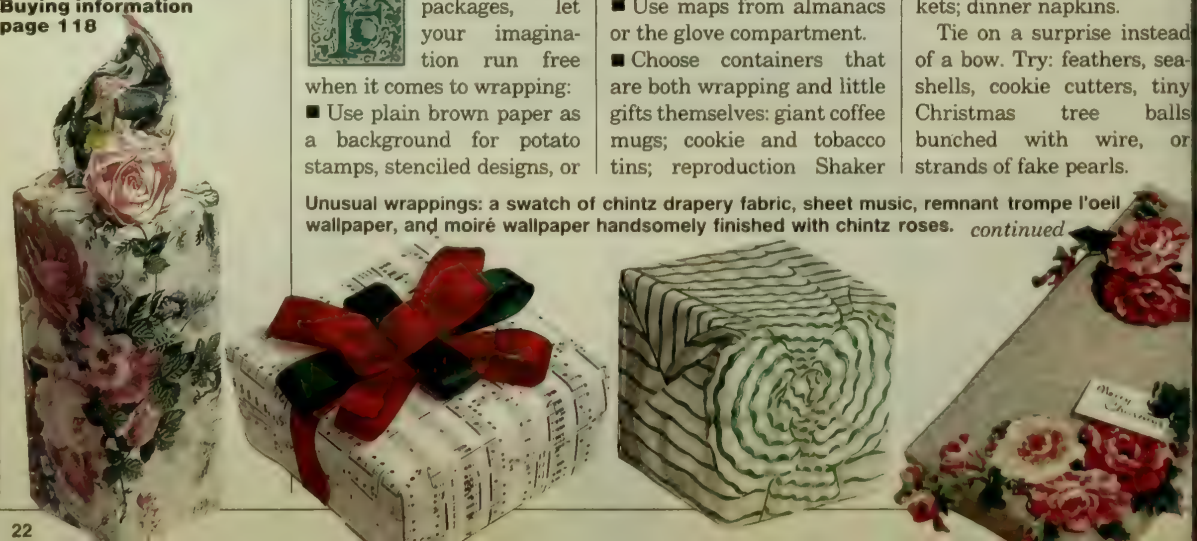
Let the outside of the package delight, too

For standout gift packages, let your imagination run free when it comes to wrapping:

- Use plain brown paper as a background for potato stamps, stenciled designs, or store-bought adhesive labels.
- Use maps from almanacs or the glove compartment.
- Choose containers that are both wrapping and little gifts themselves: giant coffee mugs; cookie and tobacco tins; reproduction Shaker cheese and butter boxes; baskets; dinner napkins.

Tie on a surprise instead of a bow. Try: feathers, seashells, cookie cutters, tiny Christmas tree balls bunched with wire, or strands of fake pearls.

Unusual wrappings: a swatch of chintz drapery fabric, sheet music, remnant trompe l'oeil wallpaper, and moiré wallpaper handsomely finished with chintz roses. *continued*



STEVEN MARK NEEDHAM



Baker's

Bake a delicious present that'll add joy to the holidays. With fresh, moist Baker's® Coconut, you'll see faces light up with joy.

HE GIFT CAKE

package (2-layer size) white or yellow cake mix or pudding-included cake mix
package (4-serving size) JELL-O® Vanilla Flavor
Instant Pudding and Pie Filling
1⅓ cups water
4 eggs
¼ cup oil
1⅓ cups (about) BAKER'S® ANGEL FLAKE® Coconut
1 cup strawberry jam
FROSTING: 3½ cups thawed COOL WHIP® Whipped Topping
2 cups (about) BAKER'S® ANGEL FLAKE® Coconut
Large Green Gumdrops

1. Combine cake mix, pudding mix, water, eggs and oil in large mixer bowl. Blend; then beat at medium speed of electric mixer for 4 minutes. Stir in 1⅓ cups coconut. 2. Pour into greased and floured 13x9-inch pan. Bake at 350° for 50 minutes or until cake begins to pull away from sides of pan. Do not underbake. 3. Cool in pan 15 minutes. Remove from pan and finish cooling on rack. Cut in half to make two 6x8-inch layers. 4. Spread jam and ½ cup of the whipped topping between layers. 5. Frost with remaining whipped topping. Mark "ribbon" areas with wooden picks. 6. Sprinkle 2 cups coconut over rest of cake. 7. Flatten gumdrops with rolling pin on pastry board sprinkled with sugar. Roll gumdrops together very thin (1/16-inch), coating with sugar. Cut with sharp knife and place in "ribbon" areas. Cut seven 3x1-inch strips and form into bow.

GENERAL FOODS

Baker's® Coconut makes it extra special.

© 1986 General Foods Corp. Baker's, Angel Flake, Cool Whip and Jell-O are registered trademarks of General Foods Corp.

continued



Couldn't be easier or more elegant.



A children's grab bag, as delightful to eat from as to look upon.

STEVEN MARK NEEDHAM

CENTERPIECES

Simple-but-special table dress-ups

Add a festive centerpiece to a kitchen, dining room, or hallway table and watch your home blossom into instant holiday showiness.

- Fill your fanciest cut-crystal bowl with fruits (*above*). Line with lemon leaves purchased from a florist.
- Use cored red apples as holders for thick white plumber's candles. Group them on a tray or footed cake stand.
- Fill a large shallow basket tray (*left*) with treats for children. Decorate ordinary brown bags and load them with dried fruits, nuts, and hard candies. Include tiny wrapped packages containing dimestore delights.
- Borrow an idea from Easter—dye eggs red and green and place them on a bed of excelsior.

Buying information, page 118

CHRISTMAS TREES

Bringing home the holiday spirit and fragrance

Freshness Test

Before you take a tree home

Grasp a branch between your thumb and forefinger about 6 inches from the tip. Pull your fingers toward the tip. Needles should adhere to the branch.

Lift the tree a couple of inches off the ground and bring it down sharply on its stump. Needles near the trunk may fall off, but those on the outer part of the branches shouldn't.

Consider these popular varieties when shopping for a fresh tree: ***Scotch pine,*** the top-seller, is long-needled, competitively priced (about $22 for a 6-foot tree), and has a true green color. ***Douglas fir,*** the number-two selling tree, is short-needled, with a blue-gray hue, and is about $30 for a 6-foot tree. The ***white pine,*** whose soft branches and needles lend themselves to garland decorations, and the ***Balsam fir,*** which retains its needles well, are other popular trees. The new ***Virginia pine*** was developed especially for the warmer southern climate.

Tip: Check your tree's water *daily* (trees drink up to four quarts a day).

Mail-Order Tree

Just a phone call away

Long-lasting Fraser firs can be ordered from Brookfield Tree Plantation in Virginia ($49.95, including postage). Cut within 24 hours of shipping, they are delivered by UPS and need four days to reach East Coast areas, 12 to reach the West Coast. Not orders after December 10. Call 800/443-TREE.

continued



Douglas fir



Scotch pine



White pine



Fraser fir



80 Proof Brandy, E&J Distillers, Modesto, California. © 1986

continued

Christmas Cards

Start licking the stamps

Who doesn't love to find the mailbox overflowing with holiday greetings? And who doesn't groan—just a little—at the thought of tackling the family's own holiday card list? Make your cards especially meaningful this year—and add pleasure to the doing:

Send cards that are more than just pretty. UNICEF sells cards to benefit the United Nation's Children's Fund (800/228-1666, ext. 226 for a dealer near you; in Nebraska, 402/571-3000). **Sierra Club** cards, whose sales underwrite the club's environmental programs, are available in 1,000 card shops across the country. The **American Diabetes Association** and the **Audubon Society** also sell fund-raising Christmas cards. Check local chapters.

Give your cards a special postmark. Pack your stamped, addressed, and sealed cards in a box or large envelope and send them to one of the addresses (*right*).



PERRY STRUSE

Gifts for Kids

If shopping for youngsters sometimes stumps you, consider these ideas:

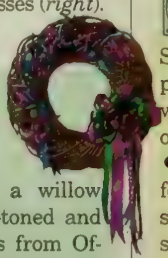
AGES 5 TO 10

- **Tool set** with *real* hand tools (saw, hammer, clamps).
- **Fantasy wardrobe.** Shop secondhand stores for all the items that used to be in Grandma's attic.
- **Amusing key chain,** complete with a house key.
- **Magic kit** (assemble your own or buy one ready made).
- **Birdfeeder,** along with seed and a book identifying common varieties.

TEENAGERS

- **Gift certificate** to an aerobics or body-shaping club.
- **Monogrammed,** oversize bath towel.
- **Plastic fashion watch.**
- **Grooming supplies**—sunscreen, shampoo, hair conditioner, and lotion—from a designer line.

Wreaths



- Tie ribbons through the twists of a willow wreath. Jewel-toned and paisley ribbons from Offray (*above*) are just right.
- Embellish an evergreen wreath with pastel silk flowers and ribbons.
- Hang pepper or chili wreaths, or those made of dried corn husks.
- Cover a plastic foam wreath with ribbon bows and tiny stuffed animals.

TABLE SETTINGS

Transform everyday into holiday

Try one of these table-dressing ideas for your next holiday party:

- For drama and elegance—perfect for New Year's Eve—go with gold (*right*). Start with white dishes and linens, then add gold paper touches—doilies, leaves, and tiny bags—as well as gold ribbon and candles. Gold mesh tree ornaments at each place keep up the theme.
- Make a small bouquet (*below*) of greens and ivy for each place setting. Use glass liners (also called service plates or chargers) to hold the bouquets; skip the tablecloth to keep the setting woodsy.
- By each guest's plate set a Mason jar filled with cookies (for dessert or a gift) and stenciled with the person's name.
- Snap a Polaroid of guests as each arrives at your door, put the pictures into tiny frames and use them as place cards on the table.



STEVEN MAYS WEEDMAN



Setting a festive table doesn't take all new tableware—just a theme and carefully chosen accessories.

Buying information, page 118

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.



R. J. Reynolds Tobacco Co

A celebration of style and taste by YVES SAINT LAURENT

RITZ



13 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.

A FAMILY CELEBRATION OF LOVE AND TRADITION

By Joy Taylor

Daniela Gerson, aged 9, and her sister Merissa, aged 4, will be mighty busy this month. December 27 is the first day of Hanukkah, a time for these young ladies along with their parents, Allan Gerson and Joan Nathan, to commemorate a historic struggle for their religious freedom.

Central to the holiday is the menorah—an eight-branched candelabra used in Jewish worship. The menorah symbolizes the eight days that a meager amount of oil miraculously burned during the struggle 2,000 years ago.



COOKIE BAKING—AN ANNUAL HANUKKAH AFFAIR
Joan Nathan, author of Jewish cookbooks, shows her daughters how to make cookie cutouts.

"Daniela and Merissa each light a candle on their own menorahs during the eight days of Hanukkah," explains Allan. Next year, David, aged 1, will light his own menorah, too.

Other customs keep the Gerson gang busy during December. "We take the children downtown to see the Christmas lights, and they help friends trim Christmas trees. In turn, our daughters tell the Hanukkah story to non-Jewish friends and show them how to light the menorah. In the end, we are closer as a family and with our friends," explains Joan.

THE GERSON'S CELEBRATE HANUKKAH



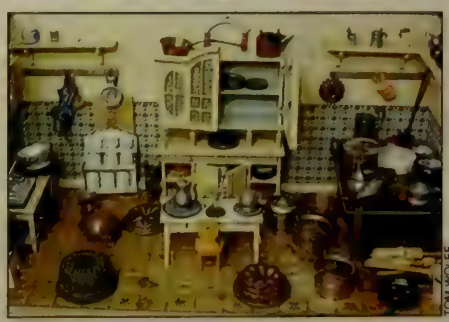
LIGHTING THE MENORAH
Daniela and Merissa agree that lighting the candles on their own menorahs is "the best part of the holiday."



DOLLHOUSE BRINGS JOY
In the late 1800s, Joan's grandmother was allowed to play with this dollhouse only during Hanukkah. Now, the treasure is enjoyed year-round in the Gersons' Washington, D.C., home.



A QUIET PRAYER BEFORE THE MEAL
Before sitting down to a Hanukkah feast, the family shares a prayer.



TOM WOLFF

continued on page 33


A Lane Recliner.
A Lane Cedar Chest.
Two gifts that will bring joy long after
the warmth of Christmas has passed.

The Lane Recliner.



The "Spinet" Wall-Saver® or Rocker Recliner

HERCULON®
The Champion of Value

Long after the Christmas tree has come down, an Action Recliner by Lane continues to be a special gift. A gift that delivers total comfort and luxury. A well-engineered gift built to last for countless Christmases to come. A gift crafted with the finest materials and unerring care. A gift so durable, it is backed by a limited lifetime warranty. For a free brochure, write Action Industries, Dept. R120, Box 1627, Tupelo, MS 38802.



The "Parliament" Wall-Saver® or Rocker Recliner



The "Chariot" Wall-Saver® or Rocker Recliner



The "Abbey" Rocker

Action by Lane

Turn the page for a list of dealers.

The Lane Cedar Chest.



The "Hampton" Oak.
(Shown on front cover.)

It is the one **Christmas gift that holds and** protects all the joy and memories you have shared and will share for years to come. The keepsakes that commemorate weddings, births, anniversaries, graduations and treasures you hold dear are protected for generations. Lane Cedar Chests are built in the loving and caring tradition of master craftsmen. Available in over 100 styles, starting as low as $200, a Lane chest is a special place for all the things you love. For a colorful brochure, send 50¢ to The Lane Company, Inc., Dept. R120, Altavista, VA 24517-0151.



The "Fairfax" Pin Knotty Oak.



The "Bridgewater" Antique Cherry.



The "Foxrun" Waxed Oak.

Lane

Turn the page for a list of dealers.



The "Sanibel" Rocker Recliner

The Christmas comfort of an Action Recliner by Lane is available at:



The "Somerset" Mahogany

The Christmas joy of a Lane Cedar Chest is available at:

CALIFORNIA
Anaheim—**Don Stephens Interiors**
Anaheim—**McMahans Furniture**
Anaheim—**R. B. Furniture**
Antioch—**Self Service Furniture**
Artesia—**R. B. Furniture**
Auburn—**Sofa Sensations**
Bakersfield—**McMahans Furniture**
Bakersfield—**R. B. Furniture**
Bakersfield—**Weatherby's Furn. Guild**
Baldwin Park—**McMahans Furniture**
Barstow—**Rodman Home Furnishings**
Bellflower—**McMahans Furniture**
Bishop—**Moms Furniture**
Blythe—**Imperial Stores**
Buena Park—**McMahans Furniture**
Calexico—**Imperial Stores**
Canoga Park—**McMahans Furniture**
Canyon Country—**McMahans Furniture**
Ceres—**Delhart's Furniture**
Chico—**Chico Furniture**
Chico—**McMahans Furniture**
Chula Vista—**Arnolds South**
City of Industry—**R. B. Furniture**
Clovis—**Clovis Home Furnishings**
Corona—**Rays Furniture**
Costa Mesa—**R. B. Furniture**
Covina—**R. B. Furniture**
Crescent City—**Baker & Stanton**
Culver City—**McMahans Furniture**
Culver City—**R. B. Furniture**
Cypress—**Don Stephens Interiors**
Delano—**McMahans Furniture**
Downey—**R. B. Furniture**
El Centro—**Imperial Stores**
El Cerrito—**Kiefer's Furniture**
El Monte—**McMahans Furniture**
El Toro—**R. B. Furniture**
Eureka—**McMahans Furniture**
Eureka—**Whitehouse Furniture**
Fort Bragg—**Fort Bragg Furniture Mart**
Fortuna—**Lows**
Fountain Valley—**Livingrm. Ctr. of America**
Fresno—**Marias Furniture**
Fresno—**R. B. Furniture**
Fullerton—**R. B. Furniture**
Garden Grove—**McMahans Furniture**
Glendale—**McMahans Furniture**
Glendale—**R. B. Furniture**
Granada Hills—**R. B. Furniture**
Grass Valley—**Sofa Sensations**
Hanford—**Just Furniture**
Hemet—**Rodman Home Furnishings**
Hollister—**Black-Cooper Furniture**
Huntington Beach—**R. B. Furniture**
Huntington Park—**McMahans Furniture**
Indio—**Imperial Furniture**
Inglewood—**McMahans Furniture**
La Habra—**McMahans Furniture**
La Habra—**R. B. Furniture**
Lancaster—**Lindsays Furniture**
Lancaster—**McMahans Furniture**
Lawndale—**McMahans Furniture**
Long Beach—**McMahans Furniture**
Long Beach—**R. B. Furniture**
Los Angeles—**Angulus Furniture**
Los Angeles—**R. B. Furniture**
Los Banos—**Los Banos Furniture**
Madera—**47th Place Furniture**
Modesto—**Furniture Depot**
Monrovia—**McMahans Furniture**
Montebello—**McMahans Furniture**
Monterey Park—**R. B. Furniture**
Napa—**Allen & Benedict**
North Hollywood—**McMahans Furniture**
Northridge—**R. B. Furniture**
Norwalk—**McMahans Furniture**
Orange—**Livingroom Ctr. of America**
Oroville—**McMahans Furniture**
Pacifica—**Alexander's Home Fnshgs.**
Paradise—**C & M Skyway Furniture**
Pasadena—**McMahans Furniture**
Pasadena—**R. B. Furniture**
Petaluma—**Pedersen's Furniture Co.**
Pomona—**R. B. Furniture**
Rancho Mirage—**R. B. Furniture**
Red Bluff—**McMahans Furniture**
Redding—**McMahans Furniture**
Redding—**Self Service Furniture**
Reedley—**Harmony Home**
Ridgecrest—**Lindsays Furniture**
Riverside—**R. B. Furniture**
Rohnert Park—**Self Service Fumiture**
Roseville—**Miller Furniture**
Salinas—**Anderson Furniture**
San Anselmo—**Braverman's**
San Bernardino—**R. B. Furniture**
San Carlos—**Laurel Furniture**
San Diego—**Arnolds Whse. Shwrm.**
San Fernando—**McMahans Fumiture**
San Luis Obispo—**Wellenkamps**
San Marcus—**Arnolds Family Room**
Santa Ana—**McMahans Furniture**
Santa Ana—**R. B. Furniture**
Santa Barbara—**The Furniture House**
Santa Cruz—**Habers**
Santa Maria—**Wellenkamp's**
Santa Rosa—**Pedersen's Furniture Co.**
Sonora—**Sonora Furniture**
Stockton—**R. B. Furniture**
Susanville—**Robbins House of Furn.**
Sutter Creek—**Barron's of Sutter Creek**
Taft—**McMahans Furniture**
Thousand Oaks—**McMahans Furniture**
Thousand Oaks—**R. B. Furniture**
Torrance—**McMahans Furniture**
Torrance—**R. B. Furniture**
Tulare—**Crossroads Furniture**
Turlock—**VRH Furniture**
Ukiah—**Arneson's Home Furnishings**
Vacaville—**Shock's Furniture**
Vallejo—**Self Service Furniture**
Van Nuys—**McMahans Furniture**
Ventura—**R. B. Furniture**
Victorville—**Rodman Home Furnishings**
Visalia—**Lynds Home Furnishings**
Wasco—**McMahans Furniture**
West Los Angeles—**R. B. Furniture**
Westminster—**R. B. Furniture**
Wilmington—**McMahans Furniture**
Woodland—**McMahans Furniture**
Woodland Hills—**R. B. Furniture**
Yreka—**Silverhart's Furniture**
Yuba City—**Evan's Furniture**
Yuba City—**McMahans Furniture**

CALIFORNIA
Anaheim—**McMahan's**
Anaheim—**Wickes**
Arcadia—**J. C. Penney**
Atwater—**Passadoris Furniture**
Bakersfield—**McMahan's**
Baldwin Park—**McMahan's**
Bellflower—**McMahan's**
Bishop—**Fendon's Furniture**
Buena Park—**J. C. Penney**
Buena Park—**McMahan's**
Campbell—**John Breuner Co.**
Canoga Park—**McMahan's**
Canyon Country—**McMahan's**
Carlsbad—**J. C. Penney**
Carlsbad—**McMahan's**
Carmichael—**Becks Furniture**
Carson—**J. C. Penney**
Cerritos—**The Guild**
Chico—**Austins Home Furnishings**
Chico—**J. C. Penney**
Chico—**McMahan's**
Citrus Heights—**Hall's Furniture**
Citrus Heights—**J. C. Penney**
City of Comerce—**McMahan's**
City of Industry—**J. C. Penney**
Clovis—**McMahan's**
Coalinga—**McMahan's**
Compton—**The Guild**
Concord—**Emporium-Capwell**
Concord—**Frank King Furniture**
Concord—**J. C. Penney**
Costa Mesa—**Wickes**
Crescent City—**Baker & Stanton**
Culver City—**J. C. Penney**
Culver City-**McMahan's**
Cupertino—**J. C. Penney**
Daly City—**John Breuner Co.**
Del Amo—**McMahan's**
Delano—**McMahan's**
Dinuba—**McMahan's**
Downey—**J. C. Penney**
Dublin—**Levitz**
El Monte—**McMahan's**
El Sobrante—**Koepke's**
Eureka—**McMahan's**
Eureka—**White House Furniture**
Fairfield—**Emporium-Capwell**
Fairfield—**J. C. Penney**
Fort Bragg—**Fort Bragg Furniture Mart**
Fortuna—**Low's Furniture**
Fremont—**Dicker Furniture**
Fremont—**John Breuner Co.**
Fresno—**Berg's Furniture**
Fresno—**Home Furniture Co.**
Fresno—**J. C. Penney**
Fresno—**John Breuner Co.**
Fresno—**Levitz**
Fresno—**McMahan's**
Garden Grove—**McMahan's**
Glendale—**J. C. Penney**
Glendale—**McMahan's**
Glendale—**The Guild**
Grass Valley—**Hedman Furniture**
Hanford—**Hanford Furniture Co.**
Hanford—**McMahan's**
Hawthorne—**J. C. Penney**
Hayward—**Emporium-Capwell**
Hayward—**J. C. Penney**
Hollister—**Black & Cooper Furniture**
Huntington Beach—**J. C. Penney**
Huntington Park—**McMahan's**
Inglewood—**McMahan's**
La Habra—**McMahan's**
Lafayette—**Lafayette Maple Shop**
Laguna Hills—**J. C. Penney**
Lakewood—**J. C. Penney**
Lancaster—**McMahan's**
Lawndale—**McMahan's**
Lodi—**McMahan's**
Long Beach—**McMahan's**
Los Angeles—**The Guild**
Los Banos—**McMahan's**
Madera—**McMahan's**
Madera—**47th Place Carpet**
Mammoth Lakes—**The Paper Doll**
Manteca—**McMahan's**
Merced—**McMahan's**
Millbrae—**Millbrae Furniture**
Modesto—**J. C. Penney**
Modesto—**J. S. West & Co.**
Modesto—**John Breuner Co.**
Modesto—**Levitz**
Modesto—**McMahan's**
Monrovia—**McMahan's**
Montclair—**J. C. Penney**
Montebello—**McMahan's**
Monterey—**Lighthouse Home Furnishings**
Morro Bay—**Ada's Interiors**
Mountain View—**Emporium-Capwell**
Mountain View—**J. C. Penney**
N. Highland—**Levitz**
National City—**J. C. Penney**
North Highlands—**J. C. Penney**
North Hollywood—**McMahan's**
Northridge—**J. C. Penney**
Norwalk—**McMahan's**
Oakhurst—**Matthews Fine Furniture**
Oakland—**J. C. Penney**
Orange—**J. C. Penney**
Orange—**The Guild**
Oroville—**McMahan's**
Oxnard—**J. C. Penney**
Palo Alto—**Emporium-Capwell**
Pasadena—**J. C. Penney**
Pasadena—**McMahan's**
Paso Robles—**Boatman's Furniture Cente**
Pittsburgh—**Lanzafame Furniture**
Pleasant Hill—**John Breuner Co.**
Pleasanton—**J. C. Penney**
Porterville—**Bannister's**
Porterville—**McMahan's**
Rancho Cordova—**Naturewood Furniture**
Red Bluff—**Family Furniture Co.**
Red Bluff—**McMahan's**
Redding—**McMahan's**
Reedley—**McMahan's**
Richmond—**Emporium-Capwell**
Richmond—**J. C. Penney**
Richmond—**John Breuner Co.**
Roseville—**Miller Furniture**
Roseville—**Ward's Furnishings**
Sacramento—**Beck's Furniture**
Sacramento—**J. C. Penney**
Sacramento—**John Breuner Co.**
Sacramento—**Jon's Home Furnishings**
Salinas—**Anderson Furniture Co.**
Salinas—**J. C. Penney**
Salinas—**Standard Furniture Co.**
San Anselmo—**Braverman's Furniture**
San Bernardino—**J. C. Penney**
San Bruno—**Emporium-Capwell**
San Bruno—**J. C. Penney**
San Carlos—**John Breuner Co.**
San Carlos—**Levitz**
San Fernando—**McMahan's**
San Francisco—**Emporium-Capwell**
San Francisco—**Levitz**
San Jose—**Emporium-Capwell**
San Jose—**J. C. Penney**
San Leandro—**Levitz Furniture**
San Mateo—**Bray's Furniture Co.**
San Mateo—**Emporium-Capwell**
San Mateo—**J. C. Penney**
San Rafael—**Emporium-Capwell**
Sanger—**McMahan's**
Santa Ana—**McMahan's**
Santa Ana—**The Guild**
Santa Clara—**Levitz Furniture**
Santa Rosa—**Emporium-Capwell**
Santa Rosa—**J. C. Penney**
Santa Rosa—**John Breuner Co.**
Santa Rosa—**Pedersen's Furniture**
Santa Rosa—**Valley Furniture**
Selma—**McMahan's**
Sepulveda—**McMahan's**
Sonora—**Sonora Furniture Co.**
Stockton—**J. C. Penney**
Stockton—**John Breuner Co.**
Stockton—**Levitz**
Stockton—**N. Sweet & Sons**
Stockton—**Thornton House Furniture**
Studio City—**The Guild**
Taft—**McMahan's**
Thousand Oaks—**J. C. Penney**
Thousand Oaks—**McMahan's**
Torrance—**J. C. Penney**
Torrance—**The Guild**
Tulare—**McMahan's**
Turlock—**McMahan's**
Vacaville—**Shock's Furniture**
Vallejo—**John Breuner Co.**
Vallejo—**Three Bros. Furniture**
Van Nuys—**McMahan's**
Van Nuys—**Wickes**
Visalia—**McMahan's**
Wasco—**McMahan's**
West Covina—**J. C. Penney**
West Covina—**Wickes**
Whittier—**J. C. Penney**
Wilmington—**McMahan's**
Woodland—**McMahan's**
Woodland Hills—**The Guild**
Yreka—**Silverhart's Furniture**
Yuba City—**McMahan's**

Also **Levitz Stores** in Southern Californ

ntinued from page 28

UNT LISL'S COOKIES

his versatile cookie dough (which orig-ated with Joan's aunt) can be cut into vorite Hanukkah shapes: menorah, reidel, and Star of David. To order Ha-ukkah cookie cutters, see page 153—



Daniela Gerson shows off one of her just-baked treasures.

his cookie recipe calls for Parve marga-ine. Parve food products are special ewish foods formulated without milk r meat or their by-products.



TOM WOLFF

Aunt Lisl's Cookies for Hanukkah.

- 1 cup butter *or* Parve margarine
- ¾ cup sugar
- 2 eggs
- 1 tablespoon brandy *or* water
- 1 teaspoon vanilla
- ⅛ teaspoon salt
- 3½ cups all-purpose flour
- 1 slightly beaten egg white
- Blue sugar* (optional)

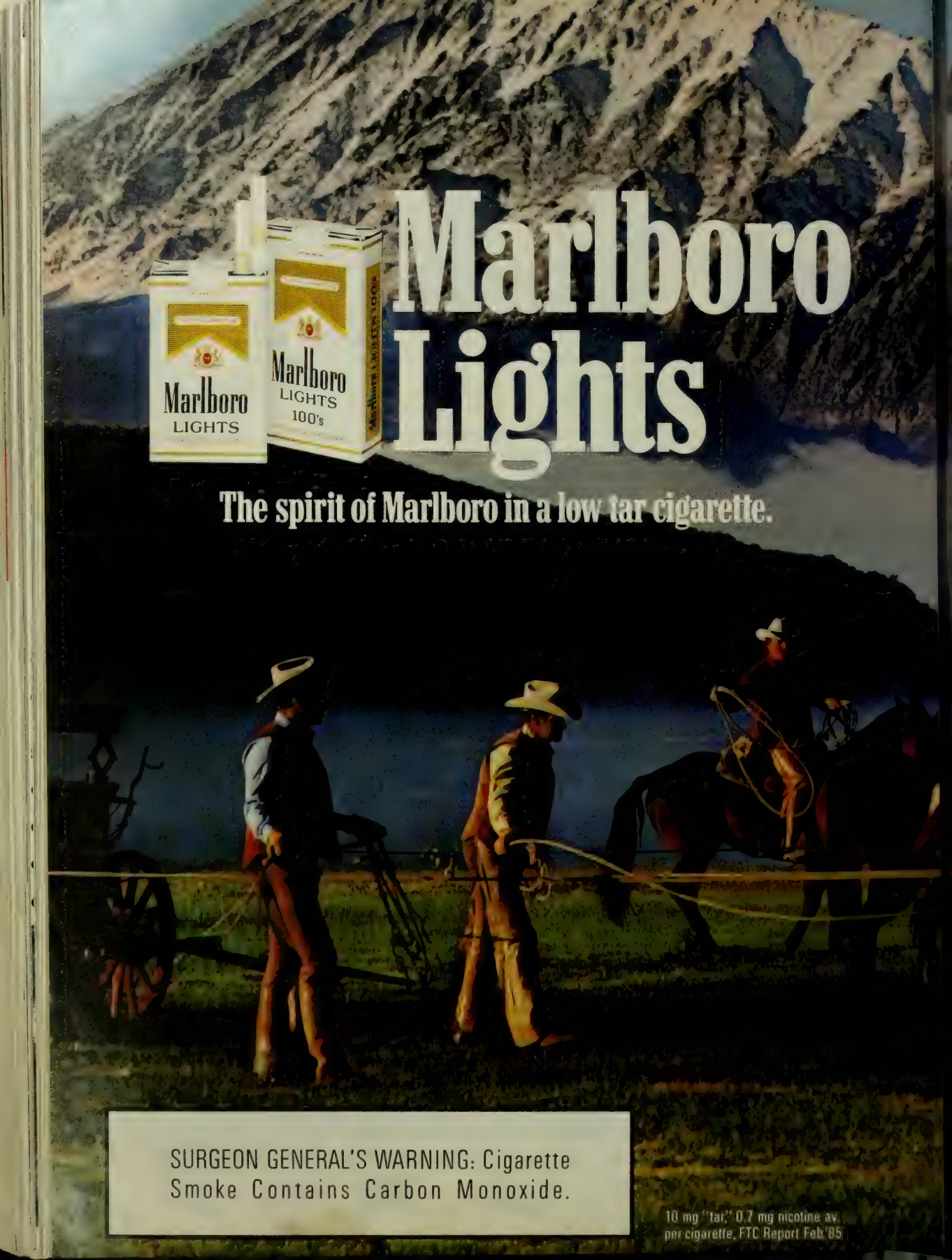
In a large mixer bowl beat butter or margarine with an electric mixer on medium speed for 30 seconds. Add the ¾ cup sugar; beat till fluffy. Add eggs, brandy, vanilla, and salt; beat well on medium speed. Gradually add flour, beating on low speed till combined. If necessary, stir in flour. Cover; chill 1 hour or overnight or till easy to handle.

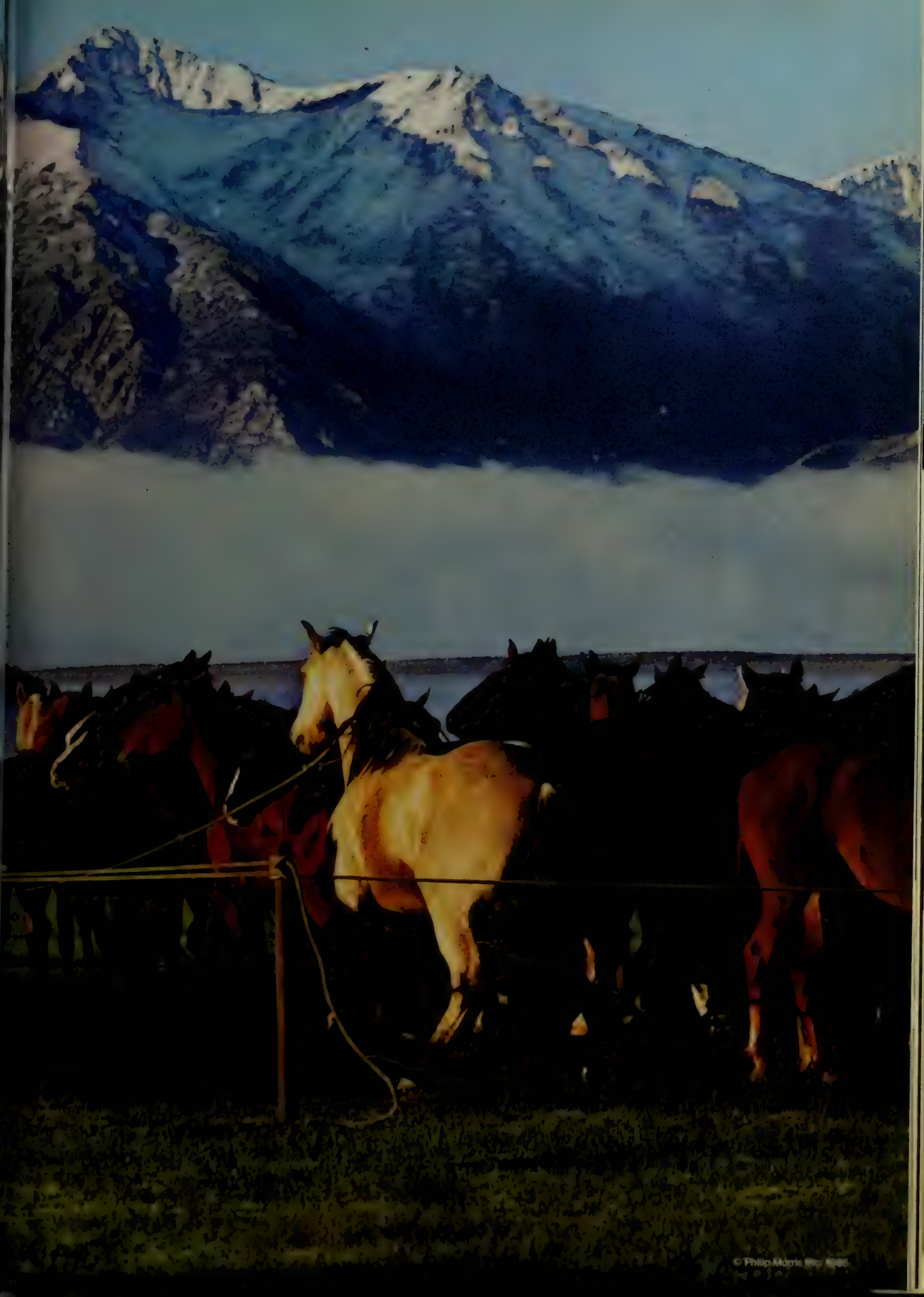
On a lightly floured surface roll *half* of the dough ⅛ inch thick. (Chill remaining dough while working.) Cut with desired cookie cutters dipping cutter into flour between cuts to prevent sticking. Transfer cutouts to ungreased cookie sheets. Brush cutouts with egg white and *lightly* sprinkle with Blue Sugar. Repeat with remaining dough. Bake in a 350° oven for 10 to 12 minutes or till cookies are golden. Remove and cool on wire racks. Makes 4 dozen.

***Blue sugar:** In a shaker jar combine ½ cup *granulated sugar* and 2 or 3 drops *blue food coloring. Or,* in a shaker jar shake together ½ teaspoon *water* and 2 or 3 drops *blue food coloring.* Add ½ cup *pearl sugar;* shake well.

Nutrition information per cookie: 84 cal., 1 g pro., 10 g carbo., 4 g fat, 22 mg chol., 49 mg sodium.




Marlboro
LIGHTS
Marlboro
LIGHTS
100's
Marlboro Lights
The spirit of Marlboro in a low tar cigarette.
SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.
10 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Feb.'85


© Philip Morris Inc. 1985



Seiko Quartz makes the moon shine. Notched glass panels frame a gleaming gold-tone face with semi-circular display of the phases of the moon. A unique wall clock bringing moon time into contemporary design. As elegant as it is accurate. Just one of the many table, mantel, wall and travel clocks from Seiko. Priced from $29.50 to $795.*

SEIKO QUARTZ CLOCKS

*Manufacturer's Suggested Retail Price

© 1986 Seiko Time Corp.

THANKS TO THESE GOOD PEOPLE

A BETTER WORLD FOR ALL

By Kathryn Stechert

The people on these three pages not only believe that each of us is our brother's keeper, they act on that belief. Each of them, through caring deeds, is making life brighter for someone else all year-round.

STEPPING UP TO A FRESH START

"The people here are in a bad way, but there is still a feeling of hopefulness."
—Gordon Laurie

The Stepping Stone Shelter in Rockville, Maryland, gives refuge to troubled families—those without jobs and homes. Although much of the work of getting families back on track is done by social workers, volunteers like Susan and Gordon Laurie, a young Canadian couple, are essential. The Lauries, post-doctoral fellows at the National Institute of Health, recruit other volunteers and spend an evening each week at the shelter doing whatever needs to be done—from fixing a lawn mower, to sorting donated clothing, to greeting incoming families.



TOM WOLFF

The welcoming smiles of Gordon and Susan Laurie.



PERRY STRUSE

Two-year-old Jennifer Steensen, surrounded by the love of her many friends.

SPECIAL HELPERS FOR A VERY SPECIAL GIRL

"The volunteers came to help me at first, but now they come because they love Jennifer."—**Merle Anne Steensen**

Jennifer Steensen can crawl, wave good-bye, and speak about 20 words—breathtaking accomplishments for a child diagnosed at seven months old as severely brain-injured. Her doctor, saying Jennifer would never walk, talk, know anyone, or develop beyond an infant, advised Jennifer's adoptive parents, Merle Anne and Steve Steensen, to place her in an institution. Instead, they found a parents' self-help group in Minneapolis called A Chance to Grow and enrolled Jennifer in a rigorous program of diet, physical therapy, and oral and visual stimulation. Because the exercises cannot be done without two or three adults helping, 22 members of the small community of Guthrie Center, Iowa, where the Steensens live, go to the Steensen home six days a week to put Jennifer through her paces. They come before and after work, they hire baby-sitters to care for their own children while they visit Jennifer, and they come without fail. "Without the people who help," says Merle Anne, "Jennifer would still be what we lovingly called a lump, and I would be a little bit on the crazy side."

ONCE A DOCTOR, ALWAYS A DOCTOR

"It gives me satisfaction to be able to help people. I'm not the type who can sit around and twiddle my thumbs."
—Mason Light

Mason Light, M.D., who retired in 1979 after 40 years as a doctor in Gunnison, Colorado, enjoys his retirement. He plays golf and tennis, goes skiing and fishing, but he hasn't stopped practicing medicine. Every year he spends up to two months doctoring patients on U.S. Indian reservations or in Third World refugee camps. The trips, sponsored by the U.S. Indian Health Service, American Medical Association, or Rotary Club, require him to make do with poor living conditions and limited resources. The satisfactions, however, are not limited: a measles epidemic arrested, a case of tuberculosis treated, an infant's diarrhea cured.



MASON LIGHT

Mason Light, M.D., dispenses free care.

continued

continued

BUILDING HOUSES AND FRIENDS

"We tried to let the Chileans do things their way and not impose all U.S. techniques on them." —**Richard Burk**

Last year, Richard Burk, a 34-year-old carpenter and builder in Pennsylvania, spent two months in Chile constructing houses for families who had lost their homes to earthquakes. Using his own savings and money he raised through churches, Richard went on the trip with other members of the Christian group Youth with a Mission. In a small town south of Santiago, Richard helped build an addition on the house of Tilo and Maritza Opellana. Nine people from the family were crowded into two small rooms and a porch—all that was left of their home after an earthquake. "We became the talk of the town," Richard says. "People would say, 'Why does Tilo get a team from the United States to build him a house?' and all Tilo would say was, 'Ask God. He's my supplier.' "





RICHARD BURK





Richard Burk (*top left* and *right*) rebuilt homes near Santiago (*above*). Tilo Opellana and grandson Marco (*right*) were among those aided.



PERRY STRUSE

A willing friend with an open heart, Pam Kolls dispenses her own special brand of care to parents in need.

A HELPING HAND FOR SINGLE PARENTS

"I've always had a knack for finding people who need extra love." —**Pam Kolls**

People bring single parents from as far as 40 miles away just to sit and talk with Pam Kolls of Fostoria, Iowa. A certified art therapist, trained to use the arts in the promotion of mental health, she works for free—her efforts come from the heart. Pam looks after 32 families headed by low-income single parents, bringing them together in a support group and providing whatever specific help each needs. One morning she helps a mother work out a payment contract with the utility company. Another day she's the moral support at a parent-teacher conference. Often, she opens her home to families who have nowhere to go. When one mother and her two children needed a place to stay, the baby slept in a bureau drawer, the child on the floor, the mother with Pam's daughter. Makeshift arrangements, coupled with plenty of laughter, are the norm.

Wishing he could help everyone, Art Griffin does what he can each day to feed the poor in his community.



THE EVERYDAY SANTA CLAUS

"I keep going because I know what it is to be hungry." —**Art Griffin**

Art Griffin, 76, works 10 to 12 hours a day, though he's surely due for a rest. Why does he do it? Because he has important work: He wants to feed the hungry. Every day at 3 a.m. Art heads for the produce market in Salt Lake City, where he loads large quantities of old-but-not-rotten fruit and vegetables from the wholesalers into his van. He then consults a long, much amended list of the needy, which he keeps in his glove compartment, and places the food on doorsteps throughout the city. First on his list, however, are the people without doorsteps: the families who sleep under viaducts near the produce market. Art's dream is to have a farm where he could put the poorest of the poor, giving them a home, good work to do, and a chance to send their children to school.

continued

Life is complicated enough at 7am.



Brewing a perfect cup of coffee should be simple. Very simple.

So of course, we designed the Braun Aromaster to provide optimum brewing time and temperature for consistently perfect coffee.

But we didn't stop there. Our swing-out filter is so convenient you can practically use it in your sleep. Our double-grip handle compensates for early morning unsteadiness. And an automatic drip-stop makes sure coffee drips only into the carafe, never on the hotplate, counter or floor.

Because at Braun, we realize a coffeemaker should be designed to make perfect coffee, under what are often less than perfect circumstances.

BRAUN

Designed to perform better.

HEARTBORN

UPSET STOMACH

DIARRHEA

UPSET STOMACH

DIARRHEA

continued



Joe Stiles in the driver's seat, where he is each week.

HAVE WHEELS, WILL HELP

"I get satisfaction from knowing I'm using my time to help people, not just getting the chores done." **—Joe Stiles**

For the past four years, Joe Stiles, 79, of Trevose, Pennsylvania, has been a volunteer in a Philadelphia program called Wheels. Two mornings each week he turns his Chrysler Cordoba into a free taxicab and transports needy Philadelphians—hundreds so far—to and from their hospital and doctor appointments. Most of the patients Joe carries are receiving treatments for cancer, which require frequent trips. Joe not only gets his passengers to their appointments, he provides another kind of lift, as well. A cancer patient himself, he can offer welcome reassurance by saying, "I've done this, too." "They're usually scared the first time," says Joe, "and I can help out there."

HEART TO HEART

"I feel I need to give as much back to the community as I can because I've been given so much—I've been given another life." **—Sam Harrison**

Fifty-one-year-old Sam Harrison of Grandview, Missouri, is an optimist. That has helped him weather the pain, uncertainty, setbacks, and stress that come with being a heart transplant patient.

For the past year, since he became the first person to undergo a heart transplant at St. Luke's Hospital in Kansas City, Sam and his wife, Rosemary, have been sharing their optimism and experience by counseling other transplant patients and their families. Says Sam: "Lots of times you're told something by the doctor and it goes over your head. But when you hear it from someone who has had the same experience, you understand it." This fall Sam began stage two of his volunteer work: helping in a new program to raise awareness of organ donation.



The Harrisons, enjoying and sharing a new vigor.

DIARRHEA

THE ONE THAT COATS
IS THE ONLY ONE YOU NEED.

Pepto-Bismol®

© P&G 1986

SET A HOLIDAY MOOD

FOR HEART AND HOME



STEVE BJORKMAN

Almost everything about the holiday season—the sights, the sounds, the activities, and even the fragrances—can be made extra special.

SCENTS OF THE SEASON

Part of the charm of Christmas is its smells—from the scent of piney trees to cookies baking. Make sure your house has that special Christmas aroma.

◆Fill a small sauce pan with water, add cloves, orange sections, and cinnamon and let the mixture simmer on the stove, releasing a spicy scent.

◆Make pomander balls: Stick whole cloves in lemons, apples, or oranges, then gently roll in a mixture of ground cinnamon, cloves, nutmeg, allspice, and powdered orris root. Suspend the balls in a warm, dry place, such as a closet, for one week. Then, hang throughout the house.

◆Fill a pretty bowl with potpourri or hang tiny bags of it on your Christmas tree. It's too late to make your own for this year, but you can buy it—check card shops or stores specializing in bath supplies.

THE CHRISTMAS SPIRIT

The season will be bright for the whole family if you take part in the activities that come once a year.

◆Take in a performance of a Christmas classic, such as "The Messiah," the "Nutcracker," or "Amahl and the Night Visitors."

◆Attend a community Christmas tree lighting ceremony, or watch your city's Christmas parade.

◆Worship at a midnight candlelight church service on Christmas Eve.

◆Invite someone who is alone this Christmas to share your celebration.

◆Go caroling with a group of friends. Afterward, gather at your home to toast the Christmas spirit with a traditional wassail punch.

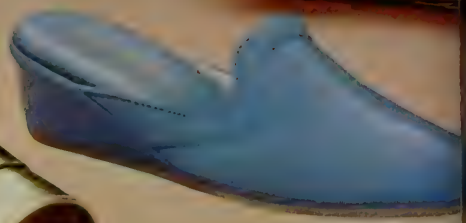
◆Drive through town to admire the decorations put up with care.

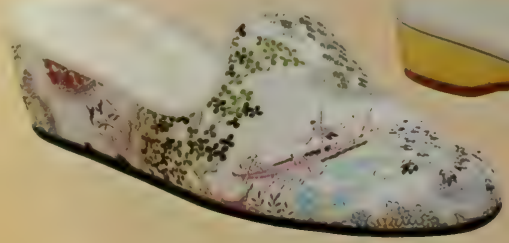
A stylish gift of lasting comfort

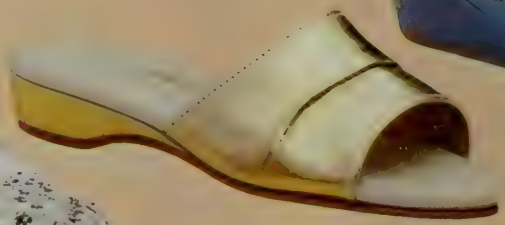


Pagoda
Elegant oriental brocade design with smooth satin lining, the perfect balance of comfort and beauty.

Dormie
Enjoy comfort in every step with this airy, stylish slip-on.







Joli
Easy-on leisurely com
with soft top grain lea
and skinfit lir

Available in a va
of sizes and co

Daniel Green

CRAFTED WITH PRIDE IN U.S.A.

Daniel Green Company • Slipper Division • One Main Street • Dolgeville, New York 13329 • 315-429-3131

FOR A SAFE AND MERRY HOLIDAY

SIMPLE STEPS FOR A SAFER SEASON

Along with the joys of the season, come special situations that can put you and your family at risk of injury. Minimize the possibility of accident by following this advice from the National Safety Council and the U.S. Consumer Products Safety Commission.



STEVE BJÖRKMAN

Snug and safe at home.

- Use only those decorative lights and electrical cords bearing the Underwriters Laboratories mark.
- Discard lights or cords that are frayed or have exposed wires, loose connections, or broken sockets.
- Avoid using lights on metal trees. The metal may cut through the cord to the wire, causing the tree to become electrically charged.
- If you decorate outdoors, use only electrical cords and lights designated for that purpose.
- Don't overload electrical circuits by putting too many plugs in one outlet; limit extension cords to three sets of lights each.
- Choose fireproof or fire-resistant decorations.
- Don't burn gift wrapping in the fireplace. Some contain lead and other toxic metals that are hazardous when burned.
- Be sure to keep all lighted Christmas candles away from materials that are flammable.
- When buying gifts for small children, choose toys without sharp edges, projections, or any parts small enough to be swallowed. (If an object can pass through a 1¼-inch-diameter cylinder, it is too small and potentially dangerous to children.)
- Be aware that some holiday plants, such as mistletoe and holly, are poisonous and can cause severe stomach problems if eaten. Poinsettias will also cause stomach irritation, but, contrary to popular belief, they aren't especially dangerous.

THE GREAT PACKAGE SEND-OFF

'TIS THE SEASON FOR SHIPPING

With far-flung friends and family the norm these days, most of us need to send packages to distant places. Here are your main choices:



'Tis the season for standing in line, too.

STEVE BJORKMAN

U.S. MAIL .....

Fourth Class Parcel Post, the least expensive service, takes three to five days to reach nearby destinations, 10 to 14 days to go across the country. Two-pound packages cost $1.35–$2.30, depending on the distance. Five-pound packages, $1.52–$5.62.

Priority Mail ensures a next-day delivery if the destination is within 150 miles; anywhere else in the U.S. takes up to three days. The cost: $2.40 for up to 2 pounds, $3.61–$6.37 for 5 pounds.

Express Mail guarantees that your package will arrive anywhere in the U.S. the next day, provided it's at the Post Office by the local cutoff time. Prices are $10.75 for 2 pounds nationwide, $12.85 for 5 pounds.

EMERY WORLDWIDE .....

Emery offers door-to-door service throughout the U.S. Cost: $23 for next-morning service and $18.40 for second-morning service for 2-pound packages; 5-pound packages cost $31.25 for next-morning, and $25 for second-morning. *Note:* Not available everywhere. Call 800/HI EMERY.

FEDERAL EXPRESS .....

Federal also offers next-day and second-day service. Prices for 2- and 5-pound packages are identical to Emery's for next-day service, less for second-day deliveries: $12.50 for 2 pounds, $15.50 for 5. Save $3 by taking your package to a Federal Express drop box. Call 800/238-5355.

UNITED PARCEL SERVICE .....

Next-day service costs $11.50 for a 1-pound package, $15.50 for a 5-pound one. Second-day is $3 for 1 pound, $6.50 for 5 pounds.

Ground service, which takes one to six days depending on the distance, is much cheaper: Within a 150-mile radius, it's $1.23 for 1 pound, $1.49 for 5. Outside that radius, it's $1.74 for 1 pound and $3.40 for 5 (48 states only). UPS will pick up packages for a charge. Call one day in advance for pickup. Check the phone book for number.

If you're feeding her less and she's begging for more...

MAYBE IT'S TIME FOR FIT & TRIM.

You want your dog to stay on a diet. But you don't want to make her go hungry by cutting her portions. For low calorie nutrition, start filling her bowl *full* with Fit & Trim® brand dog food. Because you care about your dog's weight, especially after the age of 7 or 8, don't feed her anything less.

35¢ MANUFACTURER'S COUPON | EXPIRATION DATE: NONE

SAVE 35¢

ON ANY SIZE FIT & TRIM® BRAND DOG FOOD

CONSUMER: Coupon must be accompanied by the required purchase. It may not be copied or transferred. No other coupon may be used with this coupon to purchase the same package(s).

RETAILER: To obtain face value + 8¢, send to Ralston Purina Company (RPCo.) PO Box 1001, Mascoutah, IL 62224. Coupon must be redeemed in accordance with RPCo.'s coupon redemption terms, a copy of which has been provided to retailer and is available upon request by writing to RPCo., PO Box 1000, Mascoutah, IL 62224. The consumer must pay sales tax. Good only in USA. APO's, FPO's. Void where prohibited/taxed/restricted. Cash Value 1/20¢

FT 330

©Ralston Purina Company 1985

35¢

Helping pets live longer, healthier lives

Ralston Purina Company



GIFTS BY MAIL

JUST PICK UP THE TELEPHONE



Short on shopping time? Consider these mail-order selections. They cover a range of prices and are suitable for almost anyone.

FANNY FARMER GIFT PACK



A package from Fanny Farmer containing a pound of chocolates, 10 ounces of ribbon candy, a Fanny Farmer cookbook, and 8 ounces of cashews ($25 including delivery if ordered by December 12 and if you mention *Better Homes and Gardens*); 800/4-CANDIES.

POTTED HERBS

Set of six herb plants ($17.95 delivered); order No. 50765 from Williams-Sonoma, 415/421-4242.



LOBSTER FOR TWO

Clambake package from Boston's Legal Seafood, includes two live lobsters, 2 pounds steamer clams, and ½-quart fish chowder ($68.95 delivered overnight); 800/343-5804, in Massachusetts, 617/254-7000.

CRAIG ANDERSON



LIGHTED ALARM

Combination bedside alarm clock / flashlight ($34.95); order No. 2471 from The Nature Co., 800/227-1114, in California 800/782-0033.

PENTAGRAM DESIGN, INC

HOMEY NOTE CARDS

Set of 10 house-shaped note cards with little doors that open to interior views ($8.98); order No. 9047 from Lillian Vernon, 914/633-6300.

VIDEO MEMBERSHIP

Membership in the Home Film Festival videotape club, which offers more than 400 hard-to-find movies, including foreign films and classics ($35, includes one rental); 800/258-3456; in Pennsylvania, 800/633-3456.)


It's time children
took education into
their own hands.

The learning instrumen
On the one hand, they educate

Education starts at home. Especially when helped along by TI learning instrument
They gently correct mistakes while praising correct answers. Helping kids learn at
their own pace. Making basic learning skills easier to grasp. And school easier to hand





Speak & Spell™ Ages 6-14
Texas Instruments Speak & Spell is a proven classic for turning the chore of spelling into a challenge. It comes with a variety of exciting activities and additional software cartridges that can help your child learn hundreds and hundreds of words.

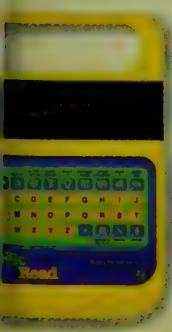


Speak & Math™ Ages 6-12
Texas Instruments Speak & Ma can help your child master basic arithmetic concepts and skills. I comes with an array of fun-filled projects that provide over 100,0 challenging problems through f different skill levels.

om Texas Instruments.
On the other hand, they're fun.

ring out some TI learning instruments and watch the smiles light up. Listen to the ghter. Then notice the thrill of discovery, the increase in determination and self- iance. There's some serious education going on here. But it sure looks like fun.





Speak & Read™ Ages 4-8

Texas Instruments Speak & Read opens a whole new world to your child—the world of reading. Its activities can improve reading comprehension and the understanding of word structure. Lots of exciting stories and corresponding lessons are also available in additional software cartridges.



Touch & Tell™ Ages 2-5

Texas Instruments Touch & Tell can help develop critical learning skills in children not yet capable of reading. It teaches colors, shapes, animals and other familiar objects. Additional cartridges available for more advanced subjects.

See next page.

Now they can also try their hands at music. Introducing the new Little Maestro and Speak & Music.





Little Maestro™ Ages 3-6
Mozart played piano at 3. Now, thanks to the new Little Maestro, your child can play music, too. Little Maestro offers a variety of fun activities that aid in the understanding of notes and pitch, and how they make simple melodies.



Speak & Music™ Ages 7-11
The new Speak & Music can help form a foundation for vocal training or learning a musical instrument. It provides a number of fun activities which simplify advanced musical concepts such as pitch and rhythm.

© 1986 TI.

The Texas Instruments learning instruments are more than just fun and games. They teach vital educational skills that can better prepare children not only for school but for the rest of their lives. To start your child's collection visit your local toy store or wherever finer toys are sold.

TEXAS INSTRUMENTS

TERRIFIC GIFTS
TO GIVE AND GET!

THIS SEASON'S BEST PRESENTS. CAN'T FIND JUST THE RIGHT GIFT? WE'VE CANVASSED THE NEW-PRODUCT MARKETPLACE TO HELP YOU FIND THE VERY BEST OF THE LATEST ITEMS AVAILABLE.

FOUR-LEGGED CLOCK YOU DON'T WIND

41½-inch-diameter solid oak table. Battery operated. $895. **Howard Miller.**

ELEGANT PLATTERS

Lacquered chargers in black, gold, or speckled; $14 to $20 each. Matching sets of four pâté knives are $15 to $20. **Arita.**

SILVERPLATED WINE BASKET

Makes wine pouring easy. $50. **Oneida.**



This coffee table keeps time accurately.

COLOSSAL, LOVABLE STUFFED ANIMALS

A variety of delightful critters is available, including the fascinating giants *below*: 23-in. black **Sakima Grizzly Bear with Salmon,** $100; 53-in. brown **Nisku Bear,** $125; 46-in. **Maska Moose,** $150; 28-in. **Ringo Raccoon,** $50. From **Special Effects.**



Giant-size animals delight all ages.



Use this china in oven or dishwasher.

ROMANTIC "FLEURS" CHINA

This Limoges porcelain dinnerware designed by Primrose Bordier for **Jacques Jugeat** is both pretty and practical. You can move it from oven to table to dishwasher. A five-piece place setting costs $75; sugar, $53; creamer, $38; coffeepot, $91; casserole, $69; soufflé, $31.

LAP BLANKET

Handwoven of soft fine wools in subtle earth tones. $73. **Three Weavers.**

Buying information, page Z12.

continued

DAZZLING, VALUABLE HOLIDAY ORNAMENT

Buccellati's first limited-edition ornament in sterling silver and vermeil. Only 500 crafted. Available at fine department and specialty stores. $195.

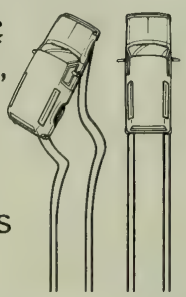


Limited-edition holiday ornament.

Slip into something comfortable.

The 1987 Ford Bronco II is here.

Now Bronco II is even more versatile! For top performance, a 140 hp* V-6 is standard. So are new rear antilock brakes. And there's a choice of a new 2-wheel drive model as well as traditional 4-wheel drive.



5:38 p.m.

The work day's finally over!

As you walk across the company parking lot, you spot your Eddie Bauer

Eddie Bauer®

Bronco II waiting for you. Pop open the door and ahh...slide into your Captain's Chair, with its commanding view of the road. Adjust the tilt wheel just right and feel the comfort and luxury of your Bronco II's high-style interior. Now you've *really* slipped into something comfortable!

Start your engine.

Turn the key. You just brought the Bronco II's 2.9L electronically fuel-injected multi-port V-6 engine alive. This powerplant is unbeaten by any standard engine in its class.

That's the brakes.

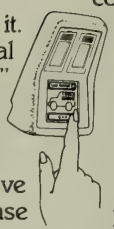
First stop is the florist. Pull out smartly into traffic. Wait...*hit the brakes!* Where did that puppy come from? Extra glad the Bronco II has rear antilock brakes. They help you make straight stops when operating in 2-wheel drive.

4-wheel drive detour.

Freeway traffic looks pretty bad. You should try this side road. Uh-oh—mud! Oh well, the Bronco II can handle it. Just press the optional electric "Touch-Drive" button and your Bronco II transforms to a 4-wheel-drive machine—ready to give you the traction to ease through mud and snow. No stopping. No shifting. (Ford also offers a Bronco II 2-wheel drive model.)

It fits right in.

Everyone in town must be shopping at once. Good thing the Bronco II is small and compact. Yet, it's still large enough to carry all our camping equipment for the weekend. And the Eddie Bauer Bronco II comes with the "Ford Care" extended service plan**—24 months or 24,000 miles, whichever comes first. With 2 ... tain's Chairs, there's only one problem you ma... have with Bronc... —deciding *who* g... to be captain an... who's co-pilot!



Free air conditio...

Free air conditioni... available when you b... any Bronco II Special... Value Option Packag... The option content v... with your choice of p... age. The savings are based on the manufa... turer's suggested reta... price for the Special V... Package compared to... ditional suggested pri... for the options purcha... separately.

Best-Built American Trucks six years running

"Quality is Job 1." In fact, for the past six consecutive years, Fo... quality has led all othe... American automobile... companies. This is ba... on an average of own... reported problems in ... first three months of service on '86 models and in a six-month period on '81-'85 mod... designed and built in North America.

Buckle up—togethe... we can save lives.

*Based on SAE standard J1349.

**Limited warranty. Ask to see a c... your dealer.




Ford



IT TOOK 100 YEARS TO BRING YOU THIS ANRI WOODCARVING

Its life began as a young seedling in the cool Dolomite mountains.

Its youth was spent among the fleeting deer, while song birds built homes in its branches.

It matured in the warm Italian sun. Its thirst quenched by a Tyrolean stream. And the waters of that stream reflected the beauty and majesty of a fine Alpine Maple.

A Tradition That Precedes Michelangelo

Time passes while this flawless, fine-grained wood seasons sufficiently to meet the rigid, exacting demands of the master woodcarver. Once in his skilled hands, a miracle gradually takes place. With chisels and knives, a shapeless form is expertly carved into an exquisite work of art.

His carving skill is a tradition that precedes Michelangelo. Today, only a precious few artisans retain this degree of craftsmanship which for generations, has been passed down through their families.

ANRI woodcarvings are revered by collectors throughout the world. Their value appreciates with each passing day. Each carving is individually registered and limited editions are numbered. You may own and cherish an ANRI woodcarving for perhaps less than you thought. Priced from $27.50 to $9,950.

For more information about ANRI woodcarvings and the name of your nearest dealer call Toll Free: ***1-800-544-2313***

Schmid

55 Pacella Park Drive, Randolph, MA 02368

VALENTINE
© ANRI 1986

continued



Li'l Jingler, $20.

NEW TREE TRIMS FOR CHRISTMAS 1986

Four of **Hallmark's** many delightful decorative choices for this holiday season.



Favorite Tin Drum, $25.



A pool lover's dream come true.

WATERPROOF FLOAT FONE™

For those who want to reach out and touch someone while soaking. This water-resistant handset even floats. The telephone circuitry is contained in the base unit, which you need to keep high and dry. From **Webcor,** $230.

ONE-TOUCH ANSWERER

Simplicity is the key to **Record A Call's AutoCommand™.**

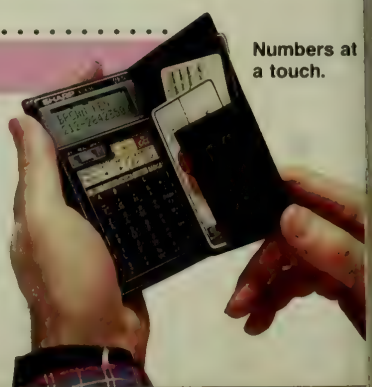
One touch directs the machine to take messages, play them back, and reset itself. It will record up to three minutes. $110.



One button operates all functions.

SMART LITTLE BLACK BOOK

Sharp's computerized address book and calculator holds your credit cards and stores up to 200 names and phone numbers. $70.



Numbers at a touch.

Buying information, page Z12.

CHRISTMAS FUTURE.



You needn't wait until Christmas to open a CURE|81® Ham. Serve this festive appetizer for a holiday gathering while Christmas is still in the future. Ham-Pineapple Boats.

- 1 DEL MONTE® Fresh Pineapple
- 3 cups CURE|81® Ham cubes (¾-inch)
- 1 pkg. (8 oz.) cream cheese, softened
- ½ cup sour cream
- 2 T. honey
- 2 T. Dijon mustard

Cut pineapple, including crown, in half. With knife, scoop out fruit, leaving ½-inch shell. Remove and discard core. Cut fruit in ¾-inch chunks, reserving 2 T. juice. Combine ham and fruit in pineapple boat.* Combine reserved juice with remaining ingredients; mix well. Serve as dip for fruit and ham. 30-40 appetizers. Dip variation: Mix 8 oz. cream cheese, softened, with 3 T. reserved juice and 3 T. prepared chutney. *Make ahead directions: prepare as directed but store ham and pineapple separately. Toss together just before serving.



CHRISTMAS PRESENT.





When Christmas comes but once a year, it would be a shame to let the day pass without a CURE|81® Ham. Tender, juicy, and flavorful, it's always lean, always delicious, always the ham you can depend on. Because it's boneless, it's a snap to carve. And because it's fully cooked, all you need to do is warm it — but we suggest you make it even more special with this old fashioned glaze that brings back memories of Grandma's house. Holiday Ham & Raisin Glaze.

1 CURE|81® Ham (3-4 lbs.)
½ cup packed brown sugar
2 T. cornstarch
1¼ cups water
½ cup DEL MONTE® Natural Raisins
3 T. lemon juice
2 tsp. Dijon mustard
¼ tsp. ground cinnamon

Score ham and place in shallow baking pan; add ¼ cup water. Cover with foil. Place in cold oven set at 325°F. Bake 1½ hours. Meanwhile, combine brown sugar and cornstarch. Stir in water. Cook, stirring constantly, until clear and thickened. Stir in DEL MONTE® Natural Raisins and remaining ingredients. Spoon half of glaze over ham. Continue baking uncovered ½ hour. Serve remaining glaze with ham. Garnish with orange slices and parsley. Serves 10-12.

CHRISTMAS PAST.



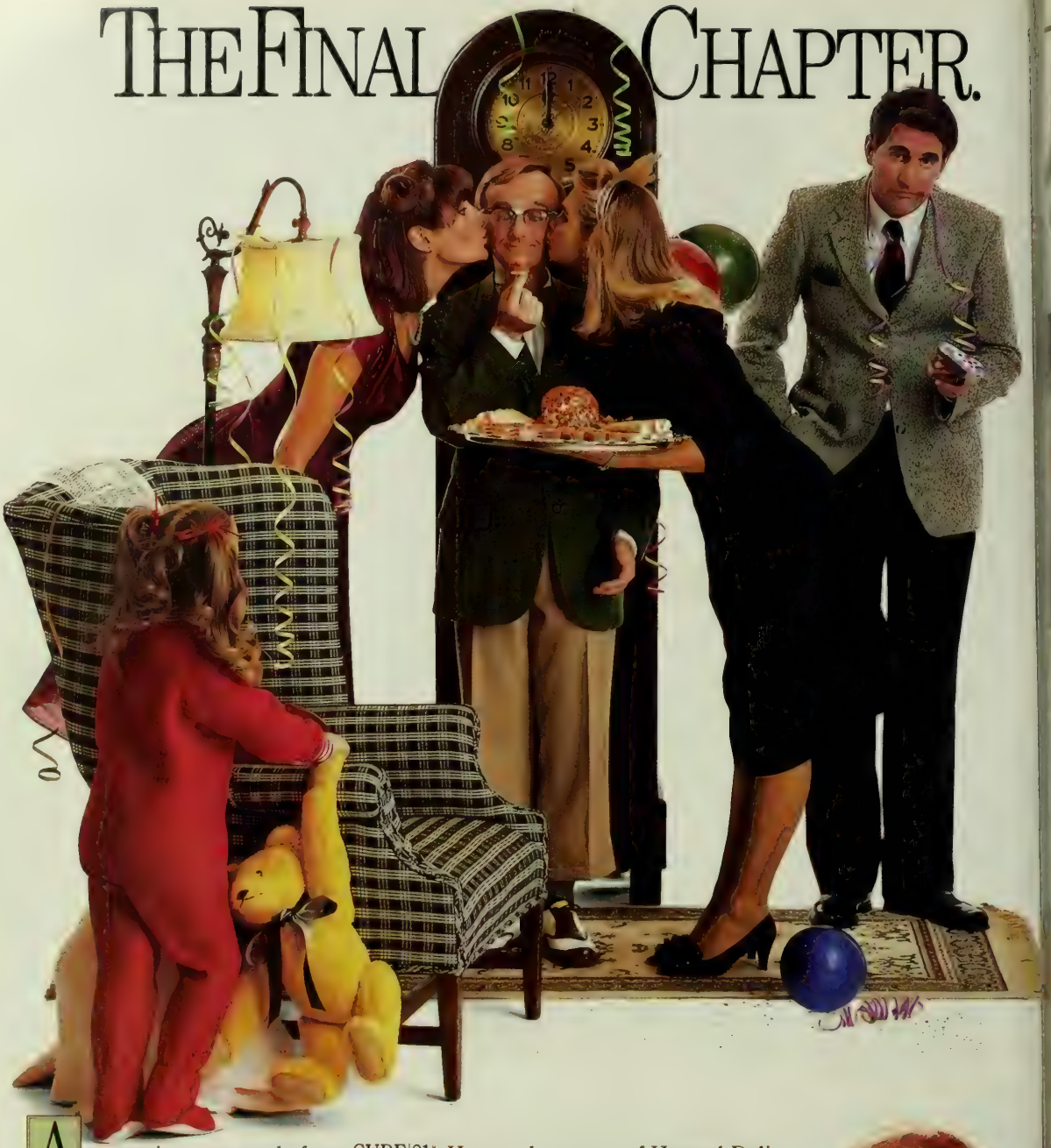
Why put an end to a good thing after Christmas is past? Serve a CURE|81® Ham after Christmas to someone special. Since it's lean, even the gentleman pictured needn't worry about fat intake. And this omelet is a great way to enjoy leftover ham. Ham & Cheese Oven Omelet.

6 eggs, separated
2 T. milk
¼ tsp. salt
CURE|81® Ham, thinly sliced
½ cup shredded LAND O LAKES® Mild Cheddar Cheese
½ cup medium white sauce

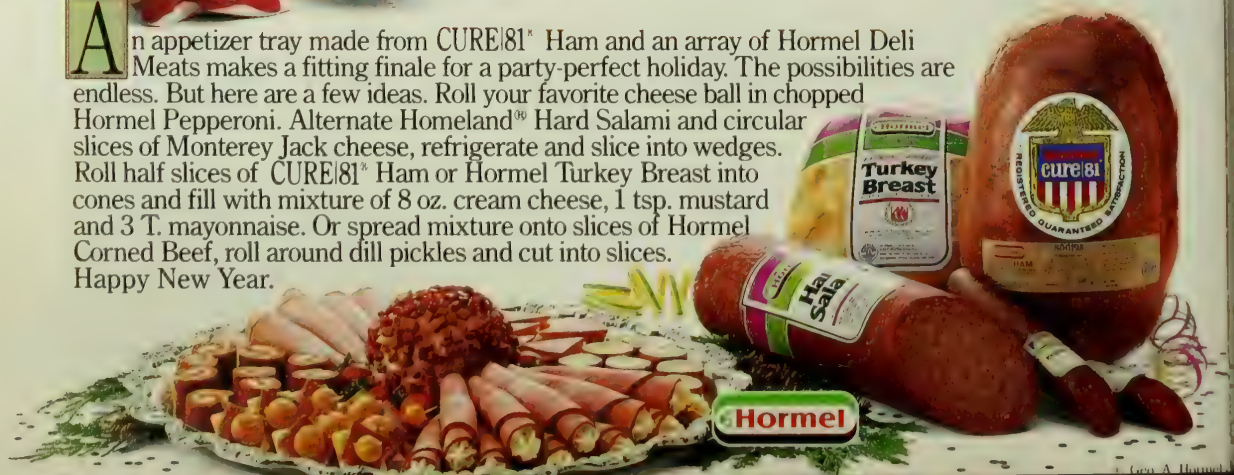
Beat egg whites until stiff. Combine egg yolks, milk, and salt; beat until thick. Fold yolks into whites. Pour into hot, well-greased 10-inch oven-proof skillet; gently smooth surface. Cook over low heat 10 minutes until underside is golden brown. Bake at 325°F, 10-15 minutes, or until top is firm. Remove from oven. Make deep crease across center of top; loosen edges with spatula. Place ham on half of omelet. Slip spatula underneath other half. Tip skillet to loosen, and fold gently. Turn onto serving platter. Top with cheese sauce. Garnish with shredded cheese. Cheese Sauce: Use your favorite white sauce recipe (½ cup) and add ½ cup LAND O LAKES® Mild Cheddar Cheese. Stir over low heat 'til blended.
Serves 2-3.

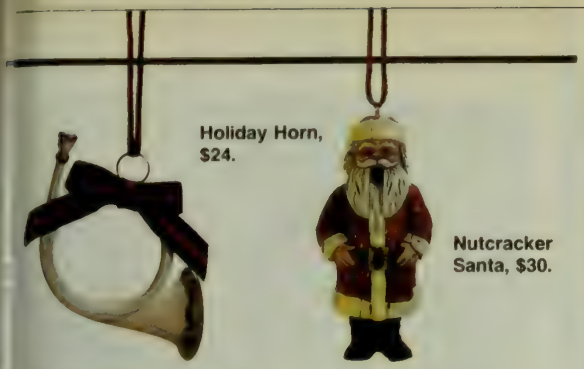


THE FINAL CHAPTER.



An appetizer tray made from CURE 81® Ham and an array of Hormel Deli Meats makes a fitting finale for a party-perfect holiday. The possibilities are endless. But here are a few ideas. Roll your favorite cheese ball in chopped Hormel Pepperoni. Alternate Homeland® Hard Salami and circular slices of Monterey Jack cheese, refrigerate and slice into wedges. Roll half slices of CURE 81® Ham or Hormel Turkey Breast into cones and fill with mixture of 8 oz. cream cheese, 1 tsp. mustard and 3 T. mayonnaise. Or spread mixture onto slices of Hormel Corned Beef, roll around dill pickles and cut into slices. Happy New Year.





Holiday Horn, $24.

Nutcracker Santa, $30.



Produce your own cartoons.

NEW VERSION OF AN OLD FAVORITE

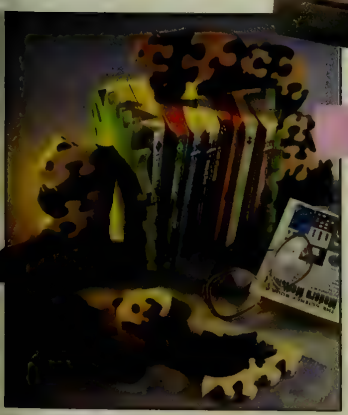
Create animated pictures with the new **Etch A Sketch Animator™.** Just draw, store, and combine pictures to create animated cartoons. $59.

CORD-FREE LISTENING PLEASURE

Cordless moves into home electronics with the **Koss Kordless™ Stereo System.** A compact infrared transmitter unit draws sound from stereo or TV and beams it to the battery-operated headphones. $150.



Volume and on/off switch are in headphone.



One of several designs available.

MORE THAN JUST A BOOKEND

Straighten up a paperback book lover's shelves with a **Monkeypuzzle Panda Ends** wood jigsaw sculpture. $50.

Buying information, page Z12.

continued



IN-SINK-ERATOR®

GOLDEN ANNIVERSARY *Sweepstakes*

Easy to enter. Easy to win.

Grand Prize: A deluxe, 10-day Hawaiian trip for two in Waikiki. Includes airfare and 9 night's deluxe lodging. Hundreds of other valuable prizes will also be awarded.* American Express offers you Hawaii, the land of exotic sights and sounds.

Travel Agency

To enter, just pick up your entry form at participating In-Sink-Erator dealers. (Or mail your name and address etc., and your In-Sink-Erator dealer's name on a 3″ x 5″ card to Golden Anniversary Sweepstakes, P.O. Box 4500, Northbrook, IL 60065. No purchase necessary.)



Replace your old disposer now. Be sure to see your In-Sink-Erator dealer about the new Limited Edition Anniversary Model 77…the world's best-selling food waste disposer. A heavy duty 3/4 HP motor and full 5-year in-home service warranty makes it your best disposer choice.

**If you win, your In-Sink-Erator dealer also wins an identical trip or prize. Sweepstakes ends April 30, 1987. Rules available at participating In-Sink-Erator dealers.*

IN-SINK-ERATOR®
No. 1 in Disposers.

continued

SPORTS SPECTACULARS

Four fun and practical gifts for sports enthusiasts include: **Reebok** gym bag, $15; helmets—**Bell V1-Pro,** $55, and **Child's Li'l Bell Shell,** $33; **Oakley Eyeshades,** $60; **Casio Model RW-100** sports watch, $45.



For bikers and other outdoor lovers.



Just twist the knob to light.

INSTANT CAMPFIRE LIGHTING

Light up your camping life without the hassle of striking match after match with **Coleman's** new **Electronic Ignition Lantern.** $30.

Buying information, page Z12.

Happy Hollandaise



Wish your guests seasoned greetings with "one of life's finer pleasures™"... GREY POUPON® Dijon Mustard. Of course you can also stir it into soup, glaze a ham, and dress up a salad dressing.

For a book of Grey Poupon recipe suggestions, send your name, address and $1 to: Grey Poupon Recipe Book, P.O. Box 7120, Clinton, IA 52736.*



Vegetables with Dijon Hollandaise Dip
Blend 3 egg yolks, 1 T. lemon juice, ¼ tsp. garlic powder, dash cayenne in blender 3 secs. Slowly add ½ cup melted butter, blending until smooth; chill. Before serving, stir in ½ cup sour cream and ¼ cup Grey Poupon® Dijon Mustard. Makes 1¾ cups. Serve with assorted vegetables.

Grey Poupon®

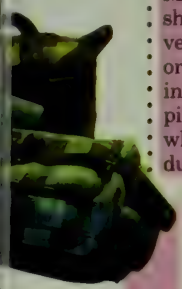
*Offer expires 12/31/87. Allow 6-8 weeks for shipping.



hams carry the same lacy design.

LACY COUNTRY CHARM

J.C. Penney offers a delicate basket-of-flowers design by Mary Emmerling on shams, $20, or an envelope sham, $25. Coordinate with a 12-inch-square throw pillow, $13, or a whimsical rabbit or duck, $16 each.



olids, aids, or orals.

GEAR SOFT-SIDED RUGGED LUGGAGE

Airworks™—$55, 21-in.; $45 board bag.

RALPH LAUREN COUNTRY

Saranac comforter, $200; **Camp Plaid** throw pillow, $65; **Brown Mattress Ticking** sham, $70.



Country style from Indian plaid to European sham.

Buying information, page Z12.

continued

"My secret for superb home cooking is my HARDWICK gas range."



World Master Chef Tell Erhardt demands professional results whenever he cooks. That's why he prefers a high quality Hardwick self-cleaning gas range. With features like a heavily insulated oven designed to retain and circulate heat so foods cook evenly.

And, with 3.65 cubic feet of oven space, no one offers more oven capacity in a self-cleaning gas range than Hardwick. Clean-up is easy, even after those big holiday dinners. Plus, you get the unbeatable responsiveness and control of gas cooking—and save energy, too.

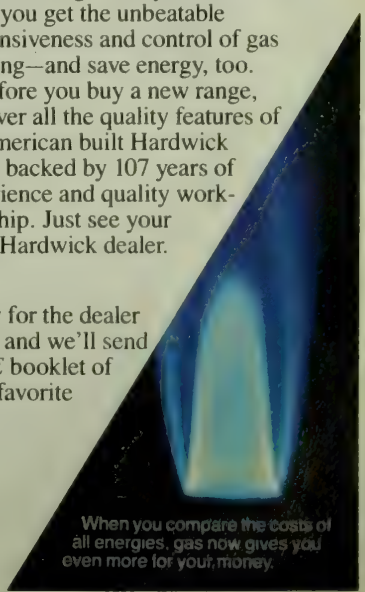
Before you buy a new range, discover all the quality features of an American built Hardwick range backed by 107 years of experience and quality workmanship. Just see your local Hardwick dealer.

Get this Chef Tell Recipe Booklet Free.



Write today for the dealer nearest you and we'll send you a *FREE* booklet of Chef Tell's favorite recipes.

HARDWICK
Stove Company
Department #325, Cleveland, TN 37311
A Division of Maytag—The Dependability People



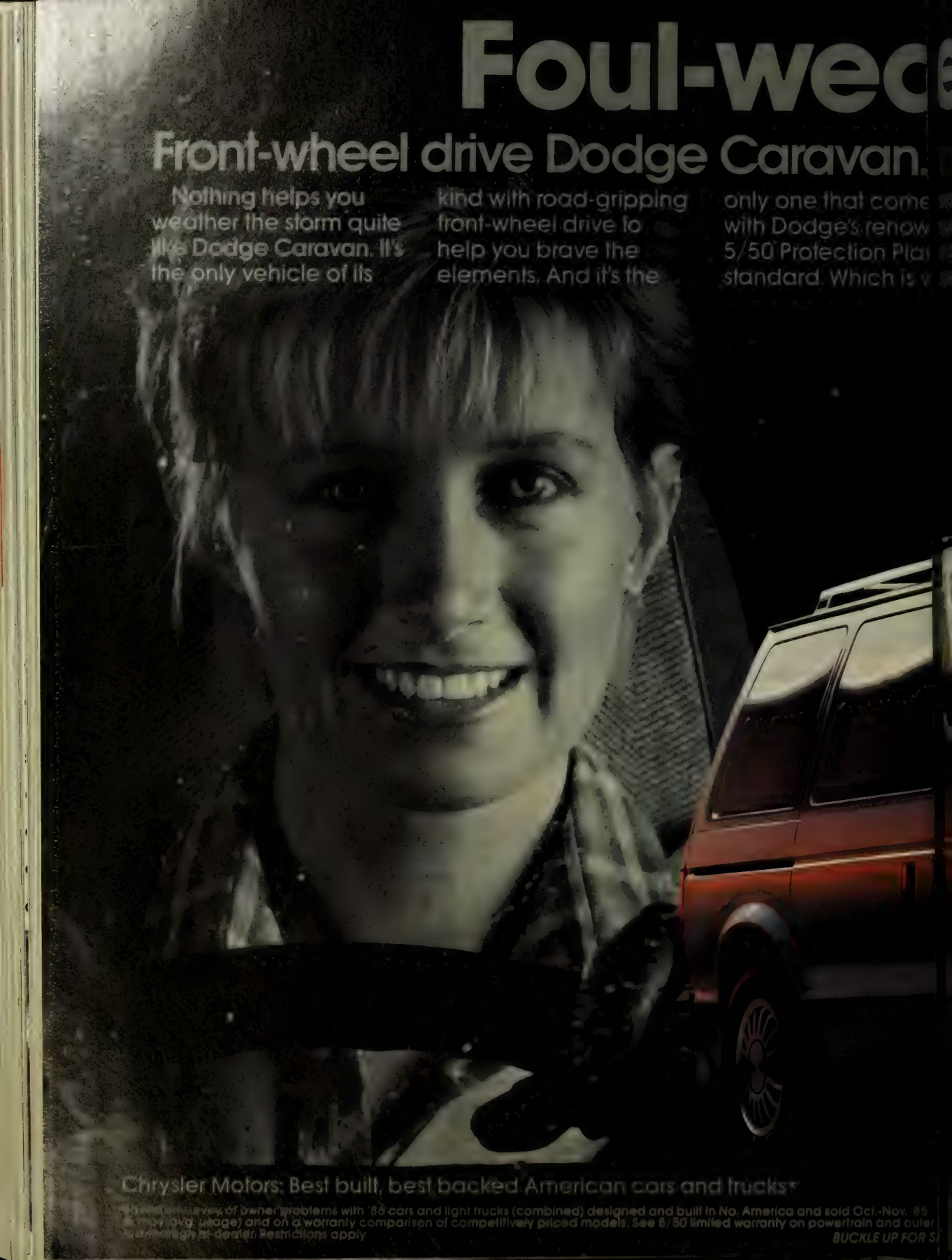
Gas. America's best energy value.

©1986 American Gas Association

Foul-wea

Front-wheel drive Dodge Caravan.

Nothing helps you weather the storm quite like Dodge Caravan. It's the only vehicle of its kind with road-gripping front-wheel drive to help you brave the elements. And it's the only one that come with Dodge's renow 5/50 Protection Pla standard. Which is v



Chrysler Motors: Best built, best backed American cars and trucks*

*Based on survey of owner problems with '86 cars and light trucks (combined) designed and built in No. America and sold Oct.-Nov. '85 (Chrysler avg. vintage) and on a warranty comparison of competitively priced models. See 5/50 limited warranty on powertrain and outer body rust-through at dealer. Restrictions apply.

BUCKLE UP FOR S

er friend.

ravan *still* remains
equaled.
uy or lease a new
dge Caravan.

Through rain, snow, sleet or hail, you'll find Dodge Caravan is a friend for all seasons.

Dodge 5/50
DIVISION OF CHRYSLER MOTORS

Setting new standards of performance.




'TIS GOOD SEASONS"
© 1986
General Foods
Corporation

tinued



Create a colorful, safe, fun play area.

LEARNING FUN FOR INFANTS

Learning Curves from **Panosh Place: First Curves™**, $28, form a circle of color; **Zip Snap Train,** $23, takes an express route to button, zip, snap, and tie; and **Farm Village,** $28, helps children build basic structures.

MORE THAN JUST A BACKPACK

With **Tyke Corporation's Wheelie Pack,** $35, you can pack up little toy pieces and roll them into a closet. Or, remove the pack from the frame and use the waterproof, polypropylene bag as a backpack.



Paddington Bear does double duty.



This toy offers a variety of challenges.

ELECTRONIC TEACHER

Help a child get a good start on reading and math skills with **Coleco's Talking Teacher,** $50. A synthesized voice interacts with children in seven spelling/reading functions and three math functions in five skill levels.

Buying information, page Z12.

continued

HOLIDAY KEBABS

1 envelope GOOD SEASONS® Italian
½ cup water
¼ cup lemon juice
2 tablespoons oil

Blend ingredients. Marinate shrimp, turkey or chicken strips in mixture, about 1 hour. Skewer with scallions, orange sections, red pepper and broccoli. Broil.

FESTIVE SPINACH DIP

1 cup sour cream
1 cup mayonnaise
1 envelope GOOD SEASONS® Italian or Butternut Farm Style
1 package (10 oz.) chopped spinach, well drained
1 can (8 oz.) water chestnuts, chopped
½ cup chopped red pepper

Blend sour cream, mayonnaise and salad dressing mix. Stir in remaining ingredients. Chill.

CREATE HOLIDAY SENSATIONS WITH GOOD SEASONS.®



Celebrate the season with new party dishes sure to dazzle your guests. Your simple secret is adding the perfect blend of herbs and spices in Good Seasons® Salad Dressing Mix to your own fresh ingredients.

Just think what you can do with it.

SEASONED NUTS

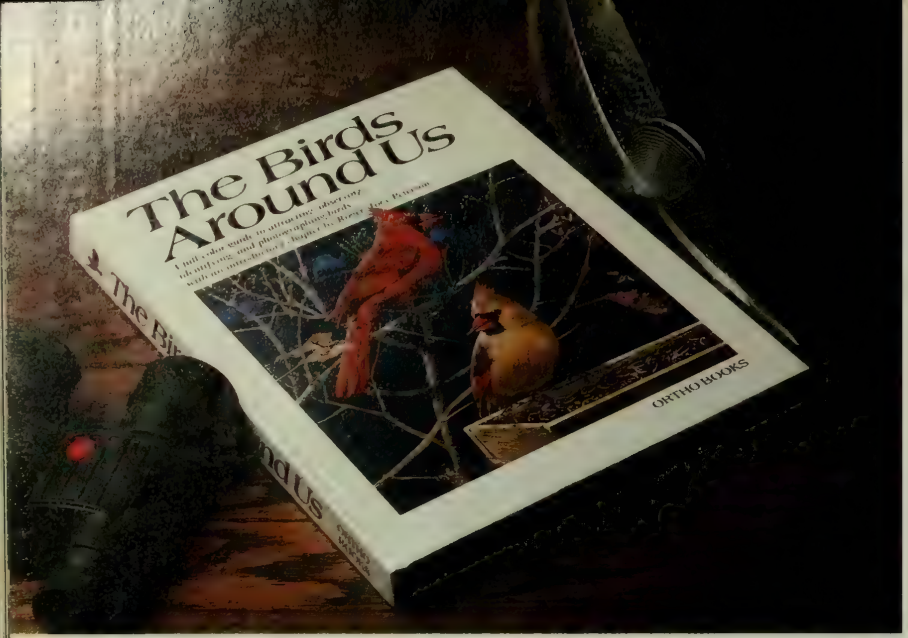
4 cups nuts
2 tablespoons butter or margarine
2 tablespoons soy sauce
1 envelope GOOD SEASONS® Mild Italian

Sauté nuts in butter for 2 minutes. Stir in soy sauce. Remove pan from heat and stir in salad dressing mix. Place nuts in single layer to cool.

ZESTY CHEESEEASE

2 packages (8 oz. each) cream cheese, softened
4 tablespoons butter or margarine
1 envelope GOOD SEASONS® Italian or Cheese Garlic

Blend ingredients until smooth. Chill. Stuff vegetables or serve on crackers.



The Wonder of Birds in a Wonderful New Book. *"The Birds Around Us"* is the spectacular successor to ORTHO's best-selling "Home Improvement Encyclopedia," "Successful Houseplants," and "Successful Gardening." A handsome guide to more than 125 North American bird species, it's complete with original artists' illustrations and over 300 full-color photographs. 352 pages. Just $25.

TERRIFIC GIFTS

continued

DURABLE PLAY AND STUDY CENTER

A combination toy box, bookshelf, and desk with matching bench. **Kid's Creative Corner™**, $60.

Loveable **Wrinkles™ Puppet Pet**, $35. From **Coleco.**



Puppy puppet shares a child's world.

Easier to handle than a bicycle.



UP-TO-DATE SCOOTER

Mongoose Miniscoot for old-fashioned fun in up-to-date materials, $100.

Buying information, right.

SHOPPING

TERRIFIC GIFTS BUYING GUIDE

If you can't find a gift locally, che with the manufacturer for a list of ne by stores. Please do not send money t manufacturer. The prices listed are su gested retail, and may vary.

TERRIFIC GIFTS

Page Z1: Clocktail table—Howard Miller Clock C 860 E. Main St., Zeeland, MI 49464. **Chargers** Arita, 2730 E. Regal Park Dr., Anaheim, CA 928 **Wine basket**—Consumer Products Division, Onei Silversmiths, Oneida, NY 13421. **Dinnerware**—Ja ques Jugeat, 225 Fifth Ave., New York, NY 100 **Lap blanket**—Three Weavers, 1206 Brooks S Houston, TX 77009. **Stuffed animals**—Special E fects, 925 Amboy Ave., Perth Amboy, NJ 0886 **Silver ornament**—Buccellati Silver Store, 46 57th St., New York, NY 10022.

Page Z4: Ornaments—Hallmark Cards, Inc., Ka sas City, MO 64142. **Phone**—Webcor Electronic Inc., 107 Charles Lindbergh Blvd., Garden City, N 11520-4819. **AutoCommand**—Record a Call, Fo tel Corp., Compton, CA 90220. **Calculator**—Sha Electronics Corp., Sharp Plaza, Mahwah, NJ 0743

Page Z5: Ornaments—Hallmark Cards, Inc. (a dress above). **Animator**—Ohio Art, P.O. Box 11 Bryan, OH 43506. **Stereophones**—Koss Corp 4129 N. Port Washington Ave., Milwaukee, W 53212. **Bookends**—Monkeypuzzle, P.O. Box 2 Somerdale, NJ 08083.

Page Z6: Gym bag—Reebok International Ltd., 50 Bodwell St. Extension, Avon, MA 02322. 1/800-343 5658. **Helmets**—Bell Helmets, Inc., 15301 Shoe maker Ave., Norwalk, CA 90650. **Eyeshades**— Oakley Inc., 11 Marconi, Irvine, CA 92718. **Sport watch**—Casio, Inc., 15 Gardner Rd., Fairfield, N 07006. **Lantern and sleeping bag**—The Coleman Co., Inc., 250 N. St. Francis, Wichita, KS 67201.

Page Z7: Pillow cases, shams, and pillows—J.C Penney, 1301 Ave. of the Americas, New York, NY 10019. **Luggage**—Gear Inc., 127 7th Ave., New York, NY 10011. **Comforter, pillow, and pillow sham**—Ralph Lauren Home Collection, 1185 Ave nue of the Americas, New York, NY 10036.

Page Z11: Learning Curves—Panosh Place, 29 Ol ney Ave., Cherry Hill, NJ 08003. **Wheelie' Pack**— Tyke Corp., 1165 N. Clark St., Suite 400, Chicago, IL 60610. **Talking Teacher**—Coleco Industries, Inc., 999 Quaker Lane S, West Hartford, CT 06110.

Page Z12: Kids' Creative Corner and Wrinkles Puppet Pet—Coleco Industries, Inc. (address above). **Miniscoot**—BMX Products, Co., 5152 N. Commerce Ave., Moorpark, CA 93021-1797.

lways The Sweetest!

OCOLATE MOLASSES CUPS

UST:
Pillsbury's BEST® Flour
p. salt
. butter
. water

FILLING:
½ c. Grandma's® Molasses
2 eggs
¼ c. sugar
½ c. chopped walnuts
One 6-oz. pkg. (1 c.) Nestlé® Toll House® Semi-Sweet Chocolate Morsels
Confectioners' sugar

UST: Preheat oven to 350°F. In bowl, combine flour and salt. Cut in butter until ture resembles coarse crumbs. Sprinkle water over mixture; stir until dough ns ball. Divide dough in half. On lightly floured board or pastry cloth, roll dough thick. With 2½" round cookie cutter, cut out circles. Press into bottom and up es of mini-muffin/gem pans. Repeat with remaining dough. Set aside.

LING: In bowl, combine molasses, eggs and sugar; beat until smooth. Stir in rsels and walnuts. Spoon into pastry lined cups, filling each ⅔ full. BAKE at: 350°F. E: 20-25 mins. Cool completely. Remove from pans. Sprinkle with confection- sugar. MAKES: 3 dz. cups.

ocolate Molasses Bars: Prepare crust. ss crust into bottom and ½" up sides of x 9" baking pan. Pour filling over crust. KE at 350°F. for 30 mins. Cool; sprinkle h confectioners' sugar. Cut into bars.



HOLIDAY COOKIES
cious, delightful d special for the holidays with Pillsbury's BEST® Flour. Plus, Grandma's® Molasses—the tural sweetener. And, of course, tlé® Toll House® sels—the morsel f perfection that makes the difference!

© 1986 The Pillsbury Company



CHOCOLATE MINT MOUSSE PIE

6 Tbsp. sugar, divided
2 Tbsp. plus 2 tsp. cornstarch
⅔ of 10-oz. pkg. (1 c.) Nestlé® Toll House® Mint-Chocolate Morsels
1½ c. milk
1 c. heavy cream
One 9" prepared graham cracker crust

In medium heavy gauge saucepan, combine ¼ c. sugar, cornstarch and morsels. Gradually stir in milk. Cook, stirring constantly over medium heat until mixture boils. Boil 1 minute; remove from heat. Transfer to large bowl; cover surface of chocolate mixture with plastic wrap. Cool to room temperature. In small bowl, combine heavy cream with remaining 2 Tbsp. sugar; beat until stiff. Fold into chocolate mixture. Spoon into prepared pie crust. Chill until firm, about 2-3 hours.
MAKES: one 9" pie

CHOCOLATE ENJOY-MINT

Introducing Nestlé® Toll House® Mint-Chocolate Morsels

Taste soups only Progresso® can make



No other soup maker has Progresso's treasured recipes. Now you can enjoy your favorite variety of premium tasting Progresso® Soup or try our newest soup flavors: Hearty Chicken, Vegetable, Beef Barley, Lentil with Sausage,* and Extra Zesty Minestrone.* All our soups are great tasting and rich in the Progresso quality tradition. So redeem our coupon and taste the soups only Progresso® can make.

*New soup flavors not available in all markets

THE UNCOMMON DENOMINATOR.™



Rose's. A 19th-century lime juice that's making quite a splash in 20th-century drinks of every description. Rose's® Lime Juice adds a refreshing twist to everything from sparkling water to iced tea to your favorite beer. Which is why adding a splash of Rose's to your beverages makes uncommonly good sense. ROSE'S LIME JUICE.

© 1986 Cadbury Schweppes Inc.

HOME FOR THE HOLIDAYS WITH CHEX® brand PARTY MIX





Some holiday traditions are worth keeping—like delicious Chex Party Mix! For generations, families have enjoyed this delightful blend of oven-baked Chex® brand Cereals, savory seasonings and crunchy nuts. And now you can enjoy its homemade goodness in just minutes by using the microwave recipe. So during this holiday season...be sure Chex Party Mix is home for the holidays!

© Ralston Purina Co., 1986

Thematics® Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., N.Y., N.Y. 10022 (212) 751-2253



©Ralston Purina Company, 1986
©1985 Sunmark, Inc. Nerds® is a registered trademark of Sunmark, Inc.

Two bags in every box, each with its own unique fruit flavor.
Orange, Cherry, Grape and Strawberry



Purina® brand Kibbles and Chunks DOG FOOD

Purina
Helping pets live longer, healthier lives™

© Ralston Purina Company 1986



EARTH GRAINS®

Slice after slice, in over 30 varieties, Earth Grains is truly Bread at its Best. On that you have our promise.



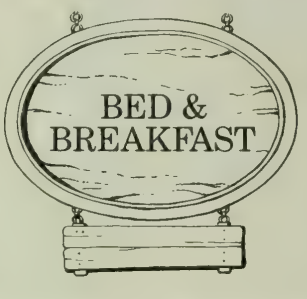
Have the best of Holidays with Earth Grains' limited edition wreath. Details on specially marked packages.

OUR BEST TO YOU THIS HOLIDAY SEASON.

Your Spare Bedrooms Could Put You in the B&B Business

One way to put an extra bedroom around your house to work is to rent it out as a B&B (bed-and-breakfast room). Many travelers are taking advantage of sensibly priced, comfortable B&B accommodations, which include breakfast in the price, as alternatives to staying in traditional hotels and motels. If you like the idea of earning a few extra dollars while entertaining interesting folks, operating a B&B may be for you.

B&B basics



- **Your personality**—Would you enjoy sharing your home with new acquaintances? Could you offer your guests friendly conversation and information about your locale, yet still enforce the "house rules" and ask for a fee?
- **Your home's location**—B&Bs in tourist areas get the most guests. Locations near businesses, colleges, and fairgrounds also are good, and access to public transportation is a plus.
- **Your room**—Survey your spare room for B&B potential. Spend the night there, suitcase and all. Is the room comfortable and immaculate? Does the bed have a good, firm mattress? Is the room well lighted with at least one soft chair and adequate storage? Is a bathroom convenient? Special touches like a radio, TV, or flowers make your B&B more appealing.

Getting started

An easy way to start a B&B is to join a reservation service, which handles your bookings and advertising and advises you on insurance, record keeping, taxes, and zoning restrictions. Most also screen prospective guests.

Some services charge annual fees ($20 to $50) and collect a percentage for each referral (20 to 35 percent of room fees). Others charge only for referrals.

To find local services, check the Yellow Pages, your chamber of commerce, or convention and visitors bureau. Or, contact: **The American Bed & Breakfast Assoc., Box 23486, Washington, DC 20024.**

You can also start up on your own: You do the advertising and screen the guests. Be sure to check local zoning laws and insurance requirements.

Another good idea is to invest $15 in the American Bed & Breakfast Association's *Hostkit,* which offers sound advice for prospective B&B operators (see the address above). Two national directories in which you may want to list your B&B are: ***Bed and Breakfast U.S.A.,*** **Tourist House Assoc. of America, Box 355A, Greentown, PA 18426, and *Bed & Breakfast North America*, Betsy Ross Publications, 3057 Betsy Ross Dr., Bloomfield Hills, MI 48013.**

The bottom line

Beyond advertising costs and reservation service fees, overhead for a B&B is extremely low—mainly the cost of utilities used and the food you serve your guests at breakfast. You'll need to buy a guest registration book for record keeping and security.

Determining what to charge is easy. If you join a reservation service, it will advise you. If not, compare rates of area hotels, motels, and other B&Bs. The usual range is around $15 to $35 for singles, $25 to $50 for doubles. Don't charge separately for breakfast, or local authorities will consider you to be in the food-service business.

- **Read more about it:** ***How to Open and Operate a Bed & Breakfast Home,*** by Jan Stankus, The Globe Pequot Press, on sale or on order at most bookstores.

Visit the American Olean Ceramic Excitement™ Dealer nearest you.

CALIFORNIA
Aptos — **Thompson Tile Company**
21 Deer Park Center
Carmichael — **Carmichael Floor Cov.**
6249 Fair Oaks Blvd.
Lafayette — **Pacific Coast Flooring**
3405 Hall Lane
Los Altos — **Walthers Floor Covering**
5084 El Camino Real
Los Gatos — **Roma Tile Ltd.**
457 N. Santa Cruz Ave.
Mountainview — **Ceramic Tile Supply**
285 Castro Street
Redding — **House of Tile**
3951 Eastside Road
Redding — **North State Tile Co.**
925 Wall Street #5
Roseville — **Carpet Depot**
1725 Santa Clara Dr. #190
San Jose — **Standard Tile**
1700 Pomona Avenue
Santa Cruz — **Mission Tile**
1920 Commercial Way
Woodland — **Retro Sales**
617 Main Street

See a wide range of full-size tile samples—color photographs of finished rooms and product literature.





Now, choosing American Olean Ceramic Tile is more fun and exciting than ever.

ring American Olean's first
er National Event . . .
citing Ceramic Expressions.™

ht now American Olean Ceramic
itement® Centers coast to coast are
ring you the best opportunity to
press yourself by giving you the latest styles, and the greatest selection of America's favorite ceramic tile.

To see how much design beauty ceramic tile can bring to your home ask for the free booklet, "Decorating Ideas with Ceramic Tile", at the Ceramic Excitement Dealer nearest you or send $1 to American Olean Tile Company.

American Olean Tile
A National Gypsum Company

American Olean Tile Company
Executive Offices: 3337 Cannon Avenue,
Lansdale, PA 19446

© 1986, American Olean Tile Company

America's favorite family get together.™



UNO® FOR DUOS.



You'll find a lot of the action, strategy and surprises of UNO in SKIP-BO.® The excitement builds as you try to build complete stacks of cards before your opponents. Team up with your favorite partner for twice the fun.

There's a lot of UNO in every game we make.

© 1985 International Games, Inc.

Door Hardware To Foil a Thief

Nowadays, doors really can't be *too* secure. Although no hardware will absolutely guarantee your personal safety, the best locking systems will make the thief's job appreciably more difficult. The time gained can make all the difference. Here's a rundown of your main options.

1. Single-cylinder dead bolt — A basic dead bolt with 1-inch bolt throw and jimmy-resistant strike plate is far better than the standard key-in-the-knob lock found in many homes.

2. Double-cylinder dead bolt — Even better, this locks with a key on both sides, thwarting entry by someone knocking out a window and reaching inside to open the door. When you're home, it's best to keep a key in the inside cylinder in case you have to make a quick exit.

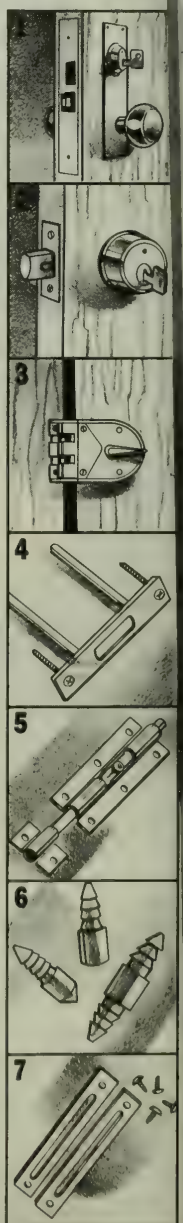
3. Rim-mounted vertical dead bolt — More than any other lock on the market, this lock discourages prying. Make sure you use screws that penetrate at least halfway into the door.

4. High-security strike plate — No matter how effective the lock, it won't do much good if the strike plate fails to provide adequate backup. Replace the strike plate with one that has integral metal pins that go deep into the door jamb so the plate can't be worked loose.

5. Bar and barrel bolt — You can use this sturdy standby to lock the little-used side of a double door.

6. Metal door pins — These mount in the side of a door and extend out to slip into a hole in the door frame as the door closes. They stop an intruder from removing the hinge pins and lifting a door from its opening.

7. Sliding door spacers — An intruder can derail and lift out a sliding glass door unless you mount spacers (two per door) in the upper tracks. When locked, the doors can't be removed.



Illustrations: Mary Grandpré

THE TOUCH OF A PIANO, THE SOUNDS OF 16 INSTRUMENTS, THE MIND OF A COMPUTER.



Pull up a bench and sit down.

To the extraordinary new Yamaha Clavinova® Digital Keyboard.

A roomful of instruments in one compact space that never, ever need tuning.

Our touch-sensitive keyboard lets you play not only acoustic and electronic piano. But also marimba, celesta, trumpet, flute, drums and more.

With 16 rhythm patterns, from waltz to rock.

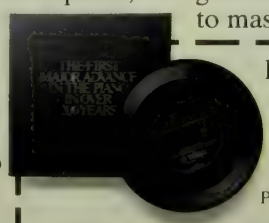
And our models CVP-5 and CVP-7 with pre-programmed ROM music books not only accompany you, but patiently guide you through each piece, as well.

Or program your own music and store it in our RAM notebooks.

Even hook up to MIDI-compatible equipment.

Stop by your nearest dealer and experience the new Yamaha Clavinova Digital Keyboard for yourself.

A masterwork of musical genius it doesn't take a genius to master.



Please send my free brochure and demonstration soundsheet.

Name_____

Phone_____

Address_____

City_____ State_____ Zip_____

Mail to:
Yamaha International Corp.
6600 Orangethorpe Ave.
Buena Park, CA 90620
BHG

YAMAHA
Clavinova

© 1986, Yamaha International Corporation

THE BEST THING THAT'S HAPPENED TO HEAT SINCE FIRE

Homeflame Gas fireplaces offer fireside beauty and gas efficiency with no wood, no mess. The Homeflame installs easily in a fireplace or on any wall and operates at the touch of a button using either natural or LP gas. It's three times more efficient than a conventional fireplace and costs just pennies per hour to run – which can save you up to one-third on energy costs – while heating 1,100 square feet.

The fire? That comes free with the Homeflame. All we did is take the work out of it. Call today for more information or your nearest dealer (800) 654-8534.

FURNITURE THAT WARMS YOU.

VALOR®
HOMEFLAME GAS FIREPLACES™

VALOR • P.O. Box 2661
Hendersonville,TN 37077 • (615) 822-8700



A KITTY-TESTED CAT TREE



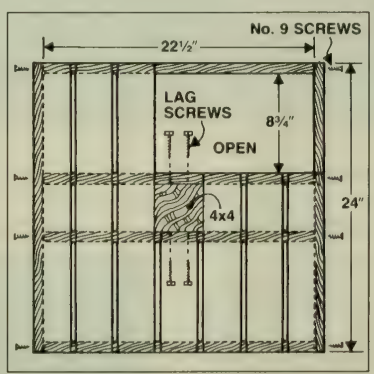
This backyard project will satisfy feline athletic cravings.

HOW TO BUILD IT

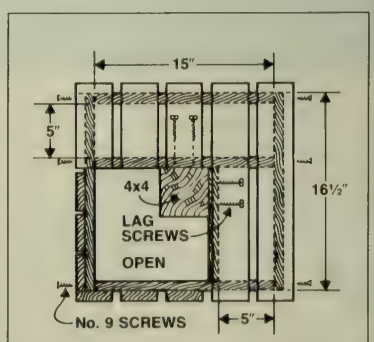
Platform and center box: Assemble the frames for the top platform and center box of the cat tree with No. 9 screws at each corner. Cut the vertical slats to 15½ inches, and attach with 4d nails. Cut and position the slats of the center box floor to fit; position slats as you did those on top. Slip the box, then the platform onto the 4×4 post. Attach the platform and box (32 inches below the platform) to the 4×4 with lag screws.

The perches: Cut the two 9-inch perches and attach with 16d nails—one 16 inches below the platform, the other 16 inches below the box. Toenail the perches in place. Apply outdoor paint or stain, and set the post in the ground.

PLATFORM—use 1×3s—make one frame; nail decking on top.



BOX—use 1×3s—make two frames. Nail decking on bottom frame, then join frames with side slats. Add top decking, extending it to edge of slats.



DESIGN LARRY MUELLER

SHOPPING LIST

- 4×4-inch pressure-treated post (length depends on frost-line depth in your area)
- 2 feet of 2×4 for perches
- 70 feet of 1×3-inch fir
- No. 9 zinc chromate wood screws
- 4d galvanized nails
- 16d galvanized nails
- 8 lag screws
- stain or outdoor paint

AND YOU THOUGHT WE ONLY MADE GLASSES FOR MILK, LEMONADE AND ICED TEA.



Most of you know that Libbey makes traditional everyday glassware for America.

Always has.
Probably always will.
But look again.

We offer many fashionable styles of contemporary glassware like our Tall Ones collection of stemware.

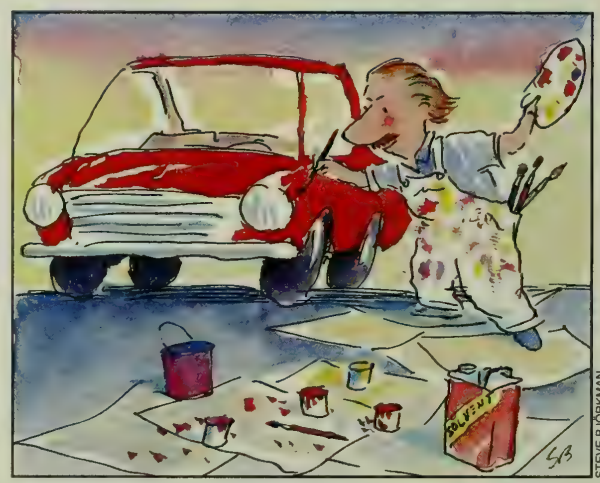
Extraordinarily tall and gracefully elegant, Tall Ones stemware is just one more example of today's kind of Libbey glassware for today's kind of woman.

Like you.

LIBBEY.®
AMERICA'S GLASSMAKER™
Toledo, Ohio 43666

SIMPLE FIX-UPS FOR NICKS AND SCRATCHES

Nicks and scratches on your car may jar your cosmetic consciousness, but that shouldn't be your only concern. Unattended, surface scars can lead to rust and further damage. Fortunately, many at-home repairs are cheap and easy to do—and they could add to your car's resale value. Here's advice for simple repairs. Check with an expert before tackling larger rust spots and holes.



STEVE BJÖRKMAN

Just the right touch of timely care for your car's finish will pay off in pride and investment.

SIMPLE TOUCH-UPS

When nicks or scratches haven't gone through the primer, the damaged area is small, and there's no rust, all that's necessary is a paint touch-up:

1. Clean the surface with soap and water and let it dry.

2. Use a precleaning solvent to thoroughly remove any wax and grease.

3. Wipe surface with a tack rag or a damp cloth. Then follow up by wiping with a dry cloth.

4. Touch up with paint. To cover a scratch, use a small soft brush and let the paint flow into the scratched area. For a small chip, just touch the area with a brush; don't brush the paint back and forth.

5. Let the paint dry. Apply several coats for the best looking finish.

FOR DEEPER SCARS

Damage that has penetrated the primer requires special treatment:

1. Wet-sand lightly with 300-range paper. Place a wet sponge above the sanding surface and allow water to flow down while sanding.

2. Taper, or feather, the edge of the painted surface adjacent to the scratch to create a smooth surface. You can enlarge the scratched area up to five times its original size. The wider the feathered edge, the better the finished surface will look.

3. Fill in scratches or pinholes with putty. Let dry.

4. Sand until smooth. Run your fingers over the area; you should feel no edge between the bare metal and the finished surface. Finish sanding with 600 paper. Use a rag to remove all dust; be sure the surface is totally clean before applying paint.

Materials You'll Need

Touch-up materials are sold by auto parts or auto paint stores. You may find surface-repair kits, too—especially handy for larger jobs.

Simple nicks and scratches require sheet sandpaper grades ranging from 240 to 600, sanding block, spot putty, masking tape, precleaner solvent, touch-up paint. Some experts recommend a tack rag to clean up loose dirt, although a damp cloth followed by a clean, dry cloth usually works as well. Newspapers, a bucket of water, and a sponge round out the list.

5. Apply several thin coats of surface paint with a brush. If you spray-paint, be sure to mask surrounding areas with tape first.

THE RIGHT PAINT

Buy automotive duplicator color (touch-up paint) in small bottles or aerosol cans for just a few dollars at auto parts or auto paint stores. Dealers may charge you a bit more.

Use the same type of paint that was applied originally to your car. The information is stamped on a little metal plate on the side of the door opening or on the bulkhead in the engine compartment. Alternatively, auto paint stores and many dealers list paint information by car model and year, often with color chips you can match to your car. If you can't find the right paint, an auto paint store usually can mix it.

SPRAY-PAINTING POINTERS

Take these professional precautions:

1. Practice first on a piece of cardboard. Hold the aerosol can 6 to 10 inches from the surface and move it in a back-and-forth motion, overlapping each stroke just enough to ensure an even coat.

2. Be sure you hold the sprayer parallel to the surface; that eliminates an uneven, heavy-and-light concentration of paint on the surface.

3. Never release paint from the container unless the sprayer is in motion, and remember to keep the sprayer moving when you stop spraying at the end of the stroke. This allows the paint to blend into the original painted surface for a smooth look.

—By Ed Janicki

STILL NOTHING LIKE IT.





Plymouth Voyager

They've all taken their best shot at it. GM, Ford, the imports, and they've all come up short. Not one has Plymouth Voyager's front-wheel drive so it can handle and drive like a car.* Not one has Voyager's low step entry. Not one has Voyager's front passenger floor space. Flat and roomy. Not one has Voyager's versatility. It can seat from 2 to 8...and with its Convert-a-bed option, sleep 2 comfortably. And not one has Voyager's 5-year or 50,000-mile Protection Plan whether you buy or lease.** But don't take our word for it. Take *Motor Trend's*: "We believe the original mini-van is still the best. It's *MT's* pick as the best mini-wagon for 1986." Front-wheel drive Voyager. The original. And still nothing like it. No wonder at Plymouth, The Pride is Back.



*On Ward's Automotive Reports Compact Passenger Vans classification. **Powertrain and against outer body rust through limited warranty at dealer. Restrictions apply. †Based on survey of owner problems with '86 cars and light trucks combined designed, built in N. America and sold Oct.-Nov. '85 (5 month avg. usage) and on a warranty comparison of competitively priced models.

Buckle up for safety

THE PRIDE IS BACK

Plymouth
Division of Chrysler Motors

Chrysler Motors: Best-built, best-backed American cars and trucks.†



WARM UP THE PARTY IN MINUTES

Now you can make Chex Party Mix in a microwave oven.

So once you've mixed all the ingredients, you can get it to the party in 7 minutes flat.

CHEX® PARTY MIX BRAND

© Ralston Purina Company, 1986

FLORENTINE CASSEROLES

- 2 slightly beaten eggs
- 1 10-ounce package frozen chopped spinach, cooked and well drained
- ½ teaspoon dried oregano, crushed
- 1 7½-ounce can semicondensed mushroom soup
- ⅓ cup thinly sliced celery
- ¼ cup dairy sour cream
- 2 teaspoons all-purpose flour
- 1 6- or 8-ounce package frozen crab-, shrimp-, *or* scallop-flavored fish flakes *or* chunks, thawed
- ¼ cup shredded Swiss cheese
- ¼ cup fine dry bread crumbs
- 1 tablespoon butter *or* margarine, melted

Combine first 3 ingredients; spread over bottom and sides of individual greased casseroles. Stir together soup, celery, sour cream, flour, and dash *pepper*. Fold in fish and cheese; spoon into casseroles. Combine crumbs and butter; sprinkle. Bake, uncovered, in 350° oven about 20 minutes. Serves 4.

OPEN-FACE SALAD SANDWICHES

- 6 slices French bread, toasted
- ½ cup creamy ranch-style salad dressing
- 1 6- or 8-ounce package frozen crab-flavored fish chunks, thawed
- Avocado slices (brushed with lemon juice)
- Alfalfa sprouts
- Hard-cooked egg slices

Arrange 2 slices bread on each of 3 plates. Combine dressing and fish. Spoon ½ *cup* mixture onto each plate. Top sandwiches with avocado, sprouts, and egg. Serves 3.

F O O D

NEW BARGAIN SEAFOOD TREATS

Seafood lovers rejoice! Now you can enjoy lobster-, crab-, shrimp-, and scallop-flavored dishes without spending a bundle. Check the freezer section for fish flakes or chunks with real seafood flavor added to use in recipes.



SCOTT LITTLE

Fancy fish dishes without a fancy price.



THAW OUT THE PARTY IN MINUTES

When you make a big batch of delicious Chex Party Mix, save some for the freezer.

So next time, you can get a party started in no time.

CHEX® PARTY MIX

© Ralston Purina Company, 1986



SPICE UP THE PARTY IN MINUTES

Now all the spices you need for traditional Chex Party Mix come in one convenient seasoning pack. So you can make it almost as fast as they eat it!

CHEX® PARTY MIX

© Ralston Purina Company, 1986

stir till thickened and bubbly. Cook and stir 1 to 2 minutes more. Stir in cheese till melted. Gently stir in turnips and carrots. Transfer to an ungreased 1½-quart casserole. Sprinkle croutons over top. Bake, uncovered, in a 350° oven for 20 to 25 minutes or till heated through. Makes 4 to 6 servings.

Microwave directions: In a 1½-quart microwave-safe casserole combine turnips, carrots, and 2 tablespoons *water*. Micro-cook, covered, on 100% power (high) for 10 minutes, stirring twice. Drain off water; set vegetables aside.



SCOTT LITTLE

The classic potato side dish gets a new twist with turnips.

For sauce, in a 4-cup glass measure cook margarine or butter, uncovered, for 30 to 60 seconds or till melted. Stir in flour, dillweed, salt, and pepper. Stir in milk all at once. Cook, uncovered for 2 to 3 minutes or till thickened and bubbly, stirring every minute. Cook for 1 minute more. Stir in cheese till melted. Pour over turnips and carrots in casserole. Sprinkle crushed croutons over top. Cook, covered for 1 to 1½ minutes or till heated through.

Nutrition information per serving: 170 cal., 6 g pro., 15 g carbo., 9 g fat, 20 mg chol., 513 mg sodium. U.S. RDA: 179% vit. A, 28% vit. C, 10% riboflavin, 19% calcium, and 19% phosphorus.

FOOD

TERRIFIC TURNIP SIDE DISH

Turn the nutritious, versatile turnip into a simple side dish that the whole family will enjoy.

DILLED TURNIP-CARROT AU GRATIN

A winning accompaniment to baked ham or roast beef—

3 cups sliced turnips (¼ inch thick) (about 1¼ pounds)
1 cup thinly sliced carrots
1 tablespoon margarine *or* butter
1 tablespoon all-purpose flour
1 teaspoon dried dillweed
¼ teaspoon salt
Dash pepper
¾ cup milk
½ cup shredded American cheese (2 ounces)
⅓ cup plain croutons, crushed

Quarter large slices of turnip. In a 2-quart saucepan cook turnips and carrots, covered, in small amount of boiling salted water 5 to 7 minutes or till crisp-tender. Drain well.

For sauce, in small saucepan melt margarine or butter; stir in flour, dillweed, salt, and pepper. Stir in milk. Cook and



CHEX® PARTY MIX. NOW JUST MINUTES FROM A PARTY.

Traditional Chex Party Mix recipe:
1 stick butter or margarine
1¼ tsps. McCormick/Schilling Season-All Seasoned Salt®
4½ tsps. Worcestershire sauce
2⅔ cups each: Corn Chex, Rice Chex, Wheat Chex brand cereal
1 cup salted mixed nuts
Microwave: In a large bowl melt butter on high 1 minute. Stir in salt and sauce. Add cereal and nuts. Mix. Microwave on high 5-6 minutes. Stir every 2 minutes. For conventional oven recipe, see cereal packages.

© Ralston Purina Company, 1986

hit of a gift!

Still only $16.95



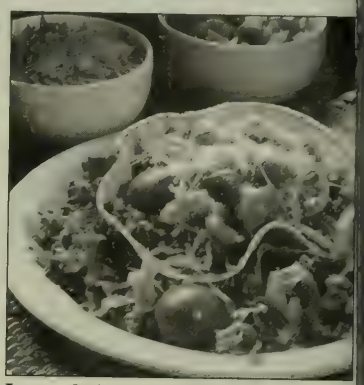
America's #1 Cookbook, 24 million sold



The smiles tell it all when you give the Better Homes and Gardens® New Cook Book. Filled with over 1500 recipes, each is streamlined for ease of preparation and includes nutritional analysis for today's lighter appetites. It's so easy to follow, with 156 real life photos, 166 step-by-step pictures and ringbound to lie flat.

No wonder it's a hit of a gift.

DIETER'S TACO SALAD



Low salt, low fat, full of flavor!

Enjoy a restaurant favorite—taco salad—at home guilt free. This version slashes both salt and fat to less than a fourth of their usual amounts.

DIETER'S TACO SALAD

- 1 pound lean ground beef
- 1 medium onion, chopped (½ cup)
- 1 large green pepper, chopped
- 1 8-ounce can low-sodium *or* no-salt tomato sauce
- 1 tablespoon vinegar
- 1 teaspoon dry mustard
- ½ teaspoon crushed red pepper
- ½ teaspoon dried basil, crushed
- ¼ teaspoon garlic powder
- 4 6- *or* 8-inch corn tortillas
- 4 cups shredded lettuce
- 12 cherry tomatoes, halved (1 cup)
- 1 medium carrot, shredded
- ¼ cup grated Parmesan cheese

Cook beef, onion, and *¼ cup* green pepper till beef is brown; drain. Add next 6 ingredients and 1 tablespoon *water.* Bring to a boil; reduce heat. Simmer 15 minutes. Warm foil-wrapped tortillas in a 350° oven 10 minutes. Spray four 10-ounce casseroles with *nonstick spray coating;* press 1 tortilla into each. Bake in a 350° oven 15 minutes or till crisp. Place tortillas on lettuce-lined plates. Spoon in beef mixture. Top with remaining green pepper and last 3 ingredients. Serves 4.

Nutrition information per serving: 353 cal., 30 g pro., 30 g carbo., 13 g fat, 85 mg chol., 201 mg sodium. U.S. RDA: 133% vit. A, 119% vit. C.

NEW LA-Z-BOY® MODULARS.

They give you lots of ways to get comfortable.

Remember the last time you sat in a La-Z-Boy recliner? How comfortable it was? And how you wished all your furniture could give you that same feeling? Well, now it can. With modular furniture from La-Z-Boy.





Furniture that's not only beautiful, but gives you real design flexibility.

La-Z-Boy modulars let you put your own personality into decorating because they're so versatile. With all the units La-Z-Boy offers, you can create groupings, like a three-section sofa with a recliner at each end. A large J-shaped grouping. A four-cushion sofa that not only reclines, but includes a La-Z-Boy Signature II™ sleep sofa unit. Or even one U-shaped conversation arrangement. And La-Z-Boy modulars come in a beautiful array of elegant colors, fabrics and styles. All of which lead you to all kinds of combinations of comfortable, beautiful places to sit or sleep.



But one of the nicest things about La-Z-Boy modular furniture is that it's built with exactly the same kind of quality that's made La-Z-Boy the number-one name in reclining furniture. La-Z-Boy uses only the finest materials, like layers of virgin polyurethane foam instead of shredded foam. Select hardwood instead of plywood. And La-Z-Boy frames are reinforced and double-doweled at key stress points. The genuine La-Z-Boy tag is your assurance of that quality.

La-Z-Boy modulars. The best way to have lots of ways to get comfortable. Look for them and the entire line of La-Z-Boy furniture at fine furniture stores and La-Z-Boy Showcase Shoppes. Check your Yellow Pages for the dealer nearest you.





La-Z-Boy®

Look for this label as your assurance of genuine La-Z-Boy quality.

Du Pont TEFLON



Hi Pro builds dog

He's alert, energetic with bright eyes, a shiny coat and smooth, supple muscles and skin.

Hi Pro helped build this healthy, glowing dog, and Hi Pro can do the same for your dog. That's because Hi Pro's unique formula helps build healthy dogs six ways:

1. More Protein. Purina Hi Pro has 27% protein compared to 20-22% in many other dog foods to help build muscle and other body tissue.

2. Better quality protein. Hi Pro's protein comes from three principal sources. Many other dog foods have only two. More sources can mean better quality protein to help ensure a thick, shiny coat.

3. Concentrated nutrition. Hi Pro

Purina

Helping pets live longer, healthier lives™

® © Ralston Purina Company, 1986

Give your dog the

eople can be proud of.



is a dense particle with concentrated itrition. Your dog can eat less of it an many other dog foods to fulfill his itritional needs.

. More energy. Hi Pro has more nergy to help keep your active dog ert, full of pep and stamina.

. More digestible. Hi Pro is 84% gestible for greater absorption of the ssential nutrients and less waste.

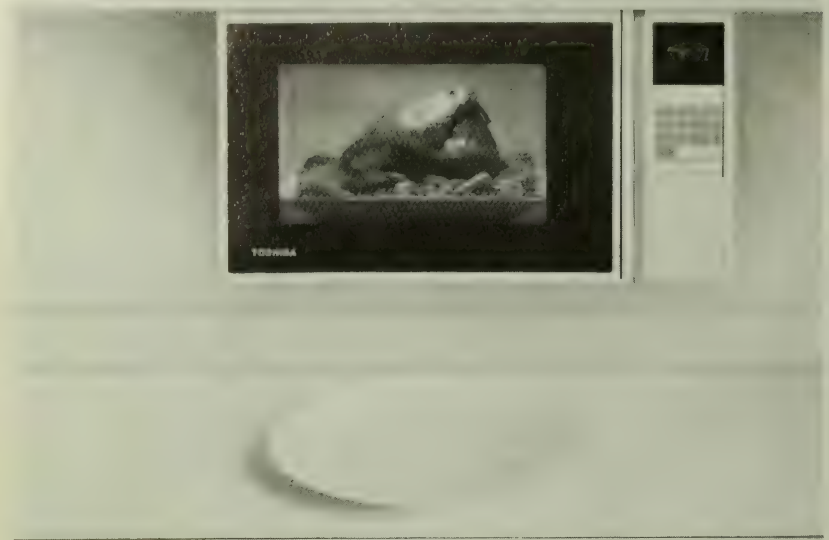
6. Backed by 60 years of Purina Research. Research put 25 known essential vitamins and minerals into Hi Pro, all designed to help keep your dog in peak form.

Purina® brand Hi Pro dog meal helps build healthy looking dogs six ways. When your dog looks and feels this good, it says a lot about the care you give him and the pride you feel for him.



Hi Pro Glow of good health.

Dinner in a nice, out-of-the-way place.



What a perfect hideaway. Toshiba's new under-the-cabinet microwave. It has 9 power levels, audible touch controls, a digital clock and a Jet Defrost™ system. Toshiba's newest microwave. It's out of the way, but the food there is great.

In Touch with Tomorrow
TOSHIBA
Toshiba America, Inc., 82 Totowa Road, Wayne, NJ 07470

FOOD

TOOLS FOR SPECIAL COOKIES

SIMPLE GADGETS—STUNNING RESULTS

With the help of cookie cutters, molds, and stamps a basic cookie dough turns into a showy treat.

The tips below will help you make the most of your cookie dough with easy-to-use gadgets. Look for these utensils in gourmet mail-order catalogs and specialty cooking stores. Follow the manufacturers' directions for care and seasoning.



SCOTT LITTLE

Five ways to add excitement to your cookies.

1. Springerle rolling pin

A carved rolling pin forms springerle, an anise-flavored German cookie that has a raised design. Patterns in the rolling pin vary from simple to ornate. Traditional springerle cookie dough or a very stiff roll-and-slice cookie dough works best with a springerle rolling pin.

To make springerle, press the cookie dough into a rectangle the width of the rolling pin and ½ inch thick. Lightly flour the rolling pin, then roll it across the dough once to make impressions in the dough surface. Use a sharp knife to gently cut the cookie dough apart, place on a baking sheet and bake.

2. Fattigmann cutter

Fattigmann are specially shaped and fried Norwegian holiday cookies. They're made by pulling one end of a diamond-shaped piece of cookie dough through a slash in the center of the dough. This cutter should be used on Fattigmann cookie dough or other rolled cookie dough suitable for deep-fat frying. The metal, ripple-edged cutter enables you to cut diamonds and slashes with a single rolling across cookie dough.

3. Singapore cutter

This cutter, a mold and stamp in one, cuts out a cookie with an indentation in the center. A bronze or metal outer sleeve and wood core with a carved design fashion the cutter, which works best with a stiff roll-and-slice dough.

To use, firmly place the cutter sleeve atop the dough rolled to the desired thickness; then press the inside stamp down firmly. For best results, dip the cutter in flour between cuts. The indentions in the cookie can be filled with jelly or a glaze after baking.

4. Scandinavian stamp mold

You'll find a variety of designs, from animal prints to geometric patterns, in these tiny porcelain, glass, and unglazed clay stamps. Brush the stamps generously with oil the first time you use them. This seasons the mold and prevents the baked cookie from sticking to it. Use any stiff cutout or shaped-cookie dough with this mold. Shape the cookie dough into 1-inch balls, then use stamp to gently flatten each dough ball.

5. Dutch stoneware molds

These unglazed clay molds come in a range of shapes and designs. Their use is similar to that of Dutch cookie molds; dough is pressed and baked right in the stoneware piece. Season these molds the first time you use them by lightly brushing them with oil; this helps prevent the cookies from sticking.

To make each cookie, firmly press some stiff cutout or shaped-cookie dough into a mold to imprint the design. Use a metal spatula to scrape off any excess dough. After baking, use a wooden pick to gently pry the cookie away from the mold. Generally, the cookies become easier to remove with each use of the mold.

For a better tasting drink...



Free recipes, tear out and save.


Comfort Cake
O.J. Comfort
Barn Burner
Mississippi Mud
Comfort & Coffee
Open House Punch
Comfort Dry Manhattan

...Comfort® it.


Scarlett O'Hara
Comfort Eggnog
COMFORT
SOUTHERN COMFORT
REG U.S. PAT. OFF.
The Grand Old Drink of the South
Originated on the Banks of the Mississippi in New Orleans, Louisiana, U.S.A.
BY SOUTHERN COMFORT COMPANY
Bon Bon Cookies
Comfort Sour

How to Comfort:

Open House Punch



750 ml bottle Southern Comfort. 6 oz. lemon juice. 6 oz. can frozen lemonade. 6 oz. can frozen OJ. 3 liters 7UP/ Sprite. *Chill ingredients. Mix first 4 in punch bowl. Add 7UP/Sprite. Add drops red food coloring as desired, stir. Float block of ice, garnish with fruit slices. 32 servings.*

Mississippi Mud



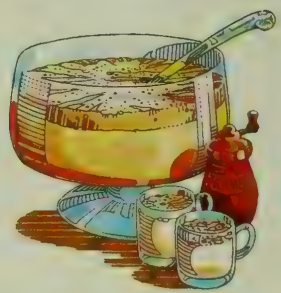
1 jigger Southern Comfort. 1 jigger coffee liqueur. 2 scoops vanilla ice cream. *Blend ice cream, Southern Comfort & coffee liqueur till thick. Spoon into cocktail glass. Garnish with shaved chocolate.*

Bon Bon Cookies



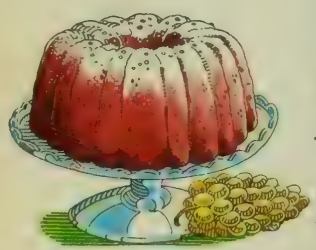
3-1/2 c. vanilla wafers. 2 tablespoons cocoa. 1/2 c. powdered sugar. 1/4 c. light corn syrup. 1/3 c. Southern Comfort. 1 c. chopped walnuts. *Roll out vanilla wafers with rolling pin until fine & smooth, combine with remaining ingredients. Roll into balls & dip in 6 oz. chocolate chips melted over low heat with 1 tablespoon shortening. Put in refrigerator overnight. Serve cold.*

Comfort Eggnog



6 eggs. 3/4 c. sugar. 2 c. whipped cream. 1 c. cream. 1 c. milk. 2 c. Southern Comfort. Nutmeg. *Chill liquids before mixing. Separate egg whites/yolks. Beat yolks, add sugar. Stir in whipped cream, milk, cream and Southern Comfort. Beat egg whites; fold in. Dust with nutmeg. Chill. 10 servings.*

Comfort Cake



Cake: 18-1/4 oz. Duncan Hines Yellow Cake Mix. 3-1/2 oz. pkg. inst. vanilla pudding. 4 eggs. 1/2 c. cold water. 1/2 c. oil. 1 c. chopped nuts. 1/2 c. Southern Comfort. **Glaze:** 1/4 c. butter. 1/8 c. water. 1/2 c. sugar. 1/4 c. Southern Comfort. *Combine cake ingredients. Beat medium speed 2 min. Pour into greased, floured 10" tube or 12 c. Bundt pan. Bake 325°, 1 hr. Cool. Invert on plate. Prick top, brush 1/2 of glaze evenly over top & sides. Cool cake. Reheat glaze & brush over cake. Before serving, sift 1 tablespoon powdered sugar over cake.* ***Glaze:*** *Melt butter. Stir in water, sugar. Boil 3 min., stirring constantly. Remove from heat, stir in Southern Comfort.*

Comfort & Coffee



Hot coffee. 1 oz. Southern Comfort. *Add sugar & whipped cream to taste.*

Comfort Sour

1 jigger Southern Comfort. 1/2 jigger lemon juice. 1/2 teaspoon sugar. *Shake with cracked ice & strain into glass.*

Scarlett O'Hara

1 qt. pitcher. 5 oz. Southern Comfort. Cranberry juice cocktail. 1/2 lime. *Pour Southern Comfort over ice in pitcher. Fill with juice, add juice of 1/2 lime. Stir.*

Comfort Dry Manhattan

1 jigger Southern Comfort. 1/2 oz. dry vermouth. Dash Angostura bitters (opt.) *Pour over ice in short glass. Add lemon twist or olive.*

Barn Burner

1 jigger Southern Comfort. Cinnamon stick. Lemon peel. Cider. *Combine ingredients in mug. Add hot cider. Stir. (Put spoon in mug to pour cider.)*

O.J. Comfort

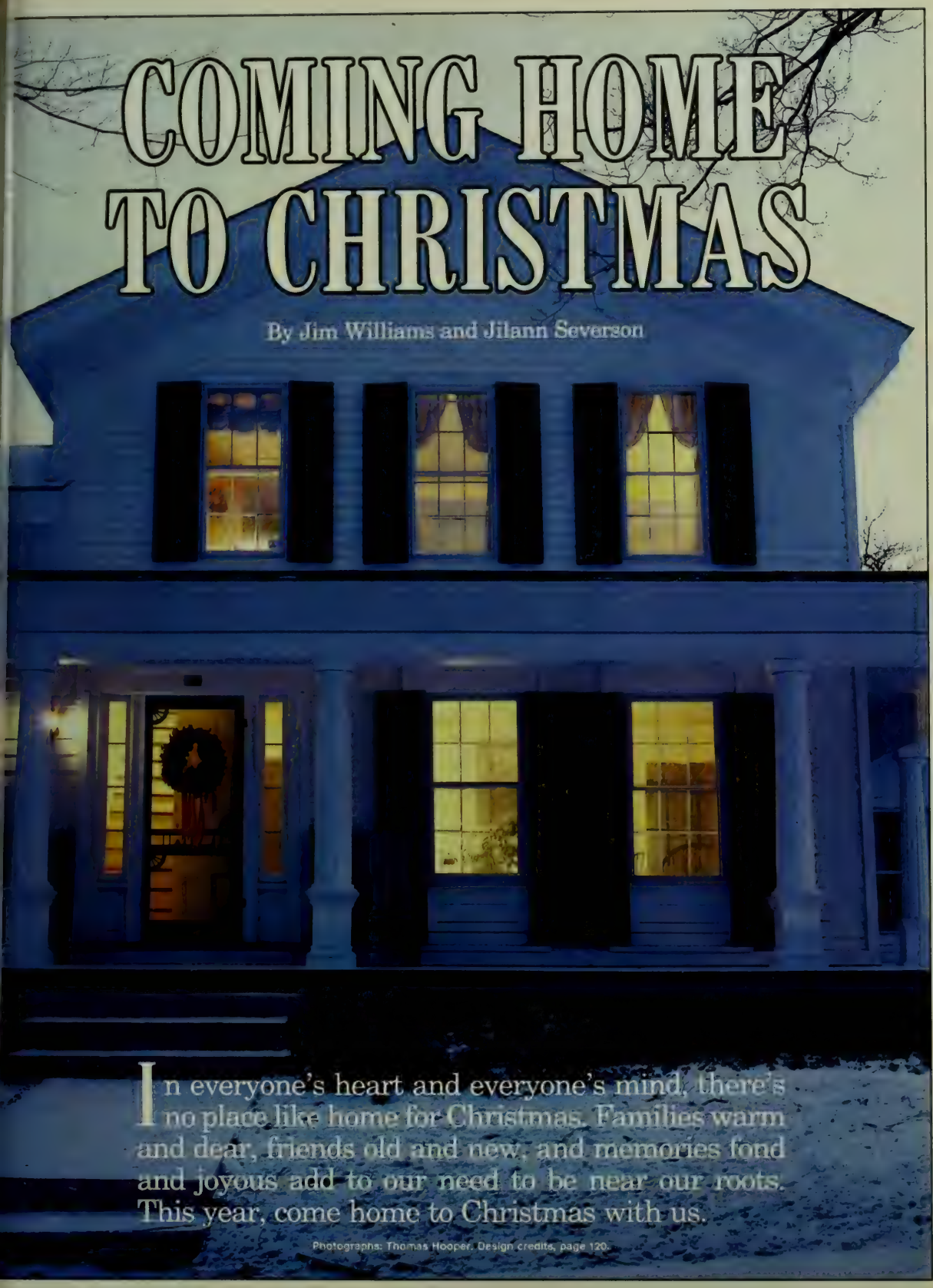
1 jigger Southern Comfort. Orange juice. *Serve in tall glass over ice.*

For more delicious recipe ideas write:
Southern Comfort Company
Dept. GT, Box 1080
Louisville, KY 40201

Southern Comfort Company, 80-100 Proof Liqueur, Louisville, KY ©1986

COMING HOME TO CHRISTMAS

By Jim Williams and Jilann Severson



In everyone's heart and everyone's mind, there's no place like home for Christmas. Families warm and dear, friends old and new, and memories fond and joyous add to our need to be near our roots. This year, come home to Christmas with us.

Photographs: Thomas Hooper. Design credits, page 120.

HOMETOWN CELEBRATION

The memories and customs of Christmas that we treasure are an important part in how each of us celebrates the yuletide season. This year, we've packed our pages with nostalgic ornaments, decorating and gift ideas to help recall each of those Christmases past.



The rekindling of family relationships creates holiday memories.

WELCOME HOME FOR THE HOLIDAYS

A special part of Christmas joy is welcoming home family and friends. Festive wreaths tied with big bows and clove-studded oranges greet each arriving visitor.

Index of instructions, page 120.

To order fence project plan and star pillow full-size pattern, see page 153.

AN OLD-FASHIONED TREE OF DAYS GONE BY

Treasured family ornaments and tinsel are familiar decorations. A golden cord garlanding the tree holds greeting cards, and a miniature picket fence re-creates a hometown feel. The checkerboard quilt is a variation of a Nine-Patch design. Patchwork star pillows add holiday zest.

HOMETOWN CELEBRATION

HEARTHSIDE HEIRLOOMS

Handcrafted gifts are always welcome, especially when presented by someone special.



Christmas motifs with alternating backgrounds stitched in red on ivory.



Cross-stitched Christmas pillow

HOLIDAY STITCHERY

Old-fashioned Christmas card motifs make up our cross-stitch holiday sampler. The tiny stool, worked in reverse colors, repeats the border and snowflake designs.

CHRISTMAS PILLOW

Our charming pillow depicts children at a Christmas tree, just one of the designs of the cross-stitch sampler.

BRIGHTLY COLORED ACCENTS

Colorful stockings knit from random scraps of yarn will be chock-full of presents on Christmas morning. The cheerful flower basket design of the fireboard is repeated on the matching crewel pillow to make treasured gifts that can be used all year long.

Index of instructions, page 120.

To order cross-stitch kits, crewel pillow transfer, and fireboard project plan, see page 153.





ELEGANT FAMILY DINING

Often, a family dining room is the scene of cherished holiday gatherings.



The kids are all dressed up and awaiting Christmas dinner.

CHILDHOOD ANTICIPATION OF CHRISTMAS DINNER

The expectation of a Christmas feast shows in the faces of these children and is remembered throughout adulthood.

A VERY SPECIAL CHRISTMAS SETTING

With tree and festive table, this room invites guests to dinner. Starched doilies and oranges tied with red ribbons trim the tree. Tailored cloth fits table with corner pleats. Gold-banded "Anthone Blue" china from Coalport/Wedgwood and "Consul Cobalt" by Royal Worcester Spode. "Juilliard" crystal; Oneida. "Marly" flatware; Christofle. "Racine" sherbets; Hutschenreuther. Crown Corning hurricanes.

Index of instructions, page 120.
Buying information, page 118.



Collector's plates as a festive touch

CHRISTMAS COLLECTIBLES AS HOLIDAY ACCENTS

Christmas plates from Bing and Grondahl, lovingly collected through the years, become special salad or dessert plates for Christmas dinner. Paper doilies serve as place mats; a pomander adorns Hutschenreuther's sherbet dish.

HOMETOWN CELEBRATION

A SHOP FULL OF WONDER

At Christmastime, village shops trimmed with magic and filled with delightful sights and smells offer wondrous holiday gifts.

Index of instructions, page 120.
Buying information, page 118.



Hometown holiday boutique

CHILDHOOD DREAMS AND WISHES

The wonder and magic of holiday shops fill each child with dreams. The excitement about the arrival of St. Nicholas on Christmas Eve makes wish lists grow even longer. Bisque china doll by Gorham; handcrafted Victorian house from The Enchanted Dollhouse.



CHRISTMAS DELIGHTS

An evergreen ladened with hand-blown glass balls and floral wreaths invites shoppers inside.



ELEGANT HOLIDAY GIFTS

Handmade pewter goblets, candlesticks from Riedel and Kosta Boda. Wreath from Ballard Designs.



HANDMADE BASKETS AND QUILTS

Purchased baskets and woven pillows make useful gifts; craft the quilt as an unforgettable present.

To order full-size quilt pattern, see page 153.



PAPA, MAMA, AND JUNIOR GOAT

Our goat family is so charming that you'll want to keep them out long past the holiday season.

To order full-size goat patterns, see page 153.



COMING HOME

HOMETOWN PICTURE ALBUM

The added touches of a hometown Christmas bring back memories year after year. Small details and quaint traditions specialize Christmas in each hometown.

Index of instructions, page 120.
Buying information, page 118.

TOWN SQUARE GAZEBO

Garlands, bows, and red lights spread holiday cheer.



Yuletide gazebo in Christmas finery



Village swans greet holiday visitors

GRACEFUL SWANS A-SWIMMING

Snow-white swans swimming in the village pond await their Christmas treats and tidbits from passersby. They are quick to greet visitors throughout the yuletide season and all year.

CHRISTMAS CARD GARLAND

Drape strands of narrow golden cord around the Christmas tree as a garland to display greeting cards and heartfelt wishes that arrive from family friends from near and far.



Heartfelt wishes displayed on the tree



Swan cradle filled with gifts

To order cradle project plan, see page 153.

WHIMSICAL SWAN CRADLE

You'll find our graceful swan cradle to be a simple-to-make woodworking project that will delight one and all. During the holidays, fill it with gifts to welcome visitors to your home.

MINIATURE VILLAGE TREE

A tiny tree becomes a quaint little village with crafts-stick picket fences, toy train model houses, and a locomotive underneath. Miniature lights twinkle like stars above.



A make-believe village nestled in a tree



Christmas wreath tiebacks

DECORATIVE DETAILS

Every corner of the house takes on a holiday look—miniature wreaths hold back draperies, and clove-studded pomanders and Christmas plates are displayed all around.

CROSS-STITCHED HOLLY SPRIGS

Sprinkle sprigs of bright red and green cross-stitched holly berries and leaves across any child's blouse or dress to make an extra-special outfit for your favorite holiday cherub.



Cross-stitched holly on a pretty party dress



Celebrating the Christmas season

HOMETOWN FAMILY CHURCH

Churches, chapels, and buildings throughout the town take on a festive look as the Christmas season approaches. Let these familiar sights put you into the spirit of the season.

WARM AND COZY NIGHTGOWNS

Calico-print flannel nightgowns fashioned from easy rectangles and delicate panels of lace keep the children warm and make the wait for Santa even more special.



Special nighties for Christmas Eve



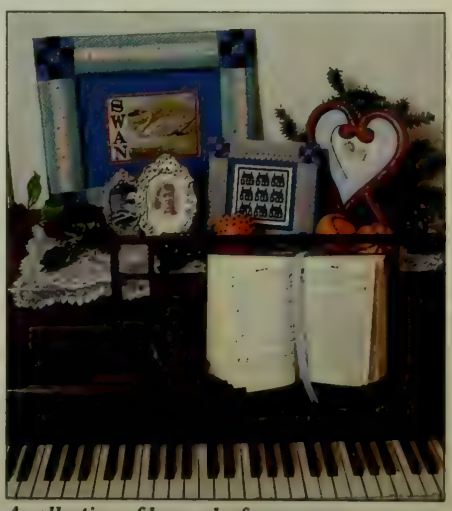
A Christmas gift to please every small child

LOVING BABY DOLL

What child wouldn't love to find this adorable doll under the tree on Christmas morning? This lifelike baby is crafted from fabric and soft vinyl and is ideal for collectors, too.

ELEGANT FRAMES FOR MEMENTOS

Display family photos and keepsakes in simple patchwork and elegant wooden heart-shaped frames that you can make for Christmas giving. Polished silver frames from Towle.



A collection of keepsake frames

To order heart picture frame project plan, see page 153.

COMING HOME

A FARM CHRISTMAS

For many of us, Christmas means a return to the family farmstead and the cheer of its kitchen.



Grandma helps the grandkids make popcorn ball garlands.



Rag basket full of food gifts

HOMEMADE CHRISTMAS GOODIES AND TREATS

Old-Time Popcorn Balls, Peach-Nut Holiday Bread, and Lemon Marmalade fill colorful handcrafted rag baskets for sharing with friends and neighbors.

POPCORN BALL AND RIBBON GARLANDS

Children and grandparents enjoy the togetherness of making simple ornaments for the tree such as tiny popcorn-ball garlands. Make miniature balls and press them onto a colorful ribbon.

AN OLD-FASHIONED COUNTRY KITCHEN TREE

At Christmas, Grandma's kitchen is full of wonderful smells. Whole Wheat Ginger Cutouts, Candied Citrus Peel, and Dried-Apple Wreaths garnish the tree, where Christmas Star Ring Loaf and tasty Chocolate 'Tater Fudge await holiday snacking. Stitch "Snowflake in the Trees" place mats from rounds of prequilted fabric and colorful trim.

RECIPES BEGIN ON PAGE 106.
Index of instructions, page 120.

PHOTOGRAPHS: PERRY STRUSE. LOCATION: AMISH ACRES, NAPPANEE, INDIANA. DESIGN CREDITS PAGE 120.





HANDCRAFTED GIFTS FOR CHILDREN

Fill a parlor with child-size furniture and quilts, all handcrafted with love.



Colorful doll quilts delight children on Christmas morning.

A FESTIVE HOLIDAY PARLOR

Our Shaker-style grandfather clock, doll high chair, and child-size armoire with doors, shelf, and storage drawer are perfect for playing house. Built from our easy-to-follow project plans, they'll be cherished for years to come and passed on to the next generation.

Trim a farm-fresh tree with old family photographs edged with lace, colorful rag balls, and miniature quilted squares.

BRIGHTLY COLORED HANDMADE QUILTS

Big baskets of vivid doll-size quilts will spark any child's imagination—and after comforting many a doll through the years, the bright quilts can be used as decorative wall hangings. Well-loved traditional country designs and colors inspire each of the five patterns.

Index of instructions, page 120.

To order furniture project plans and country doll kit, see page 153.

FARMHOUSE CHRISTMAS

BARNYARD FRIENDS

Farm kids, and city kids too, will have hours of fun playing with these lifelike farm animals.



Simple techniques give kid-size farm animals a sculptured look.

A HERD OF BARNYARD FRIENDS

A dappled mare, pig family, and push- and pull-along ram and cow are projects for the woodworker in your family. The sculptured look is created by gluing together different shapes and rounding the edges with a sander. Rope tails and simple painting add realism.

Index of instructions, page 120.

To order horse riding toy and pig, horse, cow, and ram project plans, see page 153.



A wooden riding horse for toddler fun

A GALLOPING STEED FOR TOTS

Construct a wooden riding horse using simple shapes and techniques. The front is hinged for easy steering to provide many hours of galloping fun for toddlers.

COLORFUL PULL-ALONG MOO COW

Our cow pull toy would love to follow any child on your Christmas list. She's sure to be a playtime favorite with her pink nose and udder, rope tail, and brightly colored wheels and base.



COMING HOME

FARMHOUSE PICTURE ALBUM

Familiar items take on a festive look for Christmas in the country. The natural simplicity of toys, foods, and tools adds warmth and charm to our farmhouse.

Index of instructions, page 120.
Buying information, page 118.



Bringing home the Christmas tree

THE PERFECT CHRISTMAS TREE

Begin Christmas by bringing home the perfect tree.



Decorations made from tree cuttings

FARMHOUSE WELCOME

Christmas comes to the whole house with the touch of simple flourishes. Cuttings from the tree gathered with a bright rag bow extend a simple but charming farmhouse welcome.



Personalized family photo album

VELVET AND LACE ALBUM

Personalize a family photo album with scraps of velvet, lace, and old-time photographs. Craft this simple project to keep pictures of this yuletide season and many more to come.



Rag balls and lace-trimmed photographs

MADE-FROM-SCRAP ORNAMENTS

Miniature quilt squares, lace-trimmed photos, and colorful rag balls decorate a country home. Just wrap strips of torn fabric around plastic-foam balls to make the rag ornaments.



Tiny doll clothes decorating a miniature tree

DOLL CLOTHES TREE TRIMS

Pin doll clothes and tiny quilts to a tree as unexpected decorations for a child's room or any empty corner. Use a favorite pattern, and give the clothes to children during the holidays.



Kitchen decorating with familiar items

FESTIVE KITCHEN TOOLS

Tiny quilts and quaint old-fashioned kitchen utensils hang among giant gingerbread cookies and fresh evergreens on Shaker pegs, giving common kitchen items a festive look.

CHRISTMAS TREATS FOR THE HORSE

Christmas in the country means sharing, and even the farm animals and family pets are sure to get lots of special treats—crisp carrots, ears of corn, or juicy red apples.



A treat of corn for the workhorse



Oats and grasses for the birds

NATURAL GRAINS FOR A BIRD SHEAF

Armfuls of natural oats, wheat, and grasses make a sheaf for the birds. A red wooden pole and rag ribbon, a touch of greens, and a dusting of snow add seasonal spirit.

A CANDLELIT PARLOR WINDOW

Core red apples and place shining white candles in the centers to form cheery Christmas decorations. Put one of them on a barbed-wire wreath with greens for hanging in the window.



Apple candle holders welcome holiday visitors



Dried apple wreaths as natural trims

APPLE-ORCHARD TREE TRIMS

Make charming apple wreaths by stringing 1-in. slices of dried apples (purchased, or dry your own) on a 14-in. piece of wire. Loop into a circle, secure ends; tie with a rag bow.

LOOK-ALIKE DOLLY TO MAKE

Stitch a homespun look-alike for the kids on your list. Match the hair and clothing of our soft, huggable country doll to your favorite child for an extra-special look this Christmas.



Huggable homespun country doll

To order country doll kit, see page 153.





PHOTOGRAPHS: THOMAS HOOPER. LOCATION: CAMP TOPRIDGE. PAUL SMITHS, NEW YORK. DESIGN CREDITS, PAGE 120.

COMING HOME

COZY, WOODLAND NEW YEAR'S

Rough-hewn charm carries the warmth of Christmas into the New Year.



A casual holiday tabletop blend of crystal and earthenware

A RUSTIC TABLETOP FOR NEW YEAR'S DINING

A Hudson's Bay blanket accents hand-painted plates. "Staghorn" knives by House of Prill. "Gravurn" and "Nostalgie" glassware by Ridel Crystal of America.

A WOODLANDS BLEND OF RUGGEDNESS AND GRACE

Native American design pairs with Victorian elegance. Velvet beaded stars mix with miniature chairs and twig stars to decorate the fresh-cut conifer.

Make twig stars by intertwining five 5-inch twigs and securing with wire. Paint as desired.

Index of instructions, page 120.
Buying information, page 118.



Cross-stitched linen napkins

CROSS-STITCHED FLORAL NAPKINS

Napkins are cross-stitched with a Victorian floral motif. Metallic threads add holiday shimmer.

To order chart for napkin, page 153.

WOODLAND PICTURE ALBUM

The blending of elegance and ruggedness creates the rustic warmth of our woodlands lodge. Rough mountain materials and delicate details combine to make a memorable mountain retreat.

Index of instructions, page 120.
Buying information, page 118.



Snowy trail winding through a wintry setting

SNOW-COVERED MOUNTAIN ROAD

A snowy trail leads to our charming rustic lodge.



Velvet beaded star and natural elements

ELEGANT BEADED STAR

A velvet beaded star lends softness to the woodland wreath of moss and bark. The wreath is easily made by gluing various natural materials to a purchased straw base.

DOLL-SIZE TWIG CHAIRS

These gracefully curved 10-inch-high willow twig chairs are delightful year-round decorations. Make both styles by the dozens from willow or alder saplings for holiday sharing.



Tiny willow chairs for toys and tree ornaments



Beaded stocking and crystal goblets

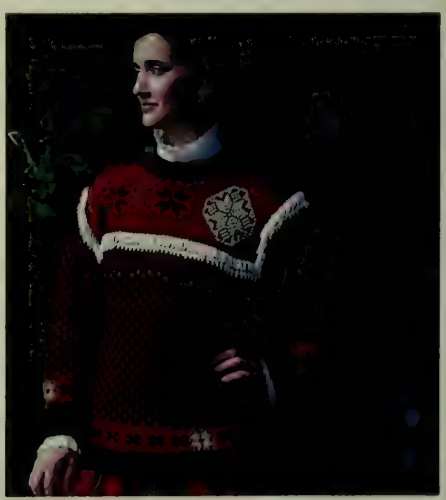
To order chart for stocking border, see page 153.

A NEW YEAR'S TOAST FOR TWO

Tuck a bottle of champagne and two "Kurfurst" goblets from Hutschenreuther into an ornately fringed needlepoint Christmas stocking for special New Year's holiday toasts.

HAND-KNIT BEADED SWEATER

Beautiful beading highlights our woodland sweater. Purchase our pattern complete with beads, or add beading and fringe to the design of a ready-to-wear pullover.



Snowflake-motif north woods pullover

To order sweater pattern and beads, see page 153.



New Year's puppies

CUDDLY HUSKY PUPPIES

Nothing brightens the holidays like the antics of kids and animals. These husky puppies, snuggled in a basket of reindeer blankets, welcome family and friends for the New Year.

TWIG FRAME AND ACCESSORIES

Rough-textured twig frame, twig stars, and birch-branch candlesticks contrast with the sparkle and grace of crystal. "Magic" and "Mirage" glass candlesticks by Riedel Crystal.



Birch-branch frame and candlesticks



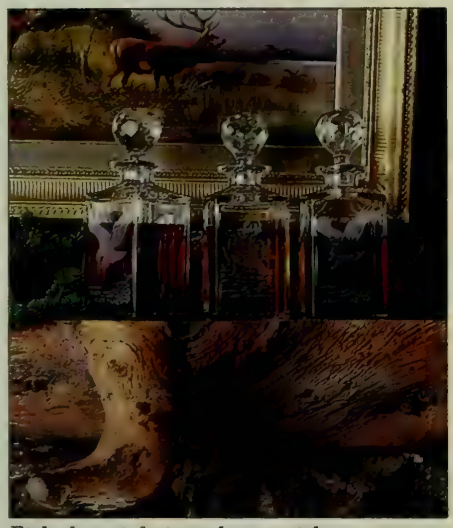
An assortment of birch-bark baskets

HANDCRAFTED BARK BASKETS

Buyable handmade Minnesota birch-bark baskets reflect our Native American culture. These finely crafted items are reminiscent of a time when all things were natural and homemade.

CRYSTAL DECANTERS

A log mantel displays exquisite crystal set out for holiday cheer. "Breath of Scotland" decanters in patterns of "Birds of Prey" and "Game Birds" from Edinburgh/Denby.



Etched crystal atop a log mantel



A trio of Native American dolls

To order full-size patterns, see page 153.

ESKIMO DOLL FAMILY

Make our family of Eskimo dolls dressed in colorful cold-weather gear from scraps of corduroy, fleece, and trims. Their appealing expressions are sure to please every doll lover.

WOODLAND NEEDLEPOINT

The woodland floral needlepoint pillow with beaded accents is a masterful work of stitchery. Destined to become a family heirloom, it's well worth the care put into its creation.



Victorian beaded pillow

To order pillow chart, see page 153.

HOLIDAY FAVORITES UPDATED

MORE HEALTHFUL, EASIER TO FIX

By Lynn Hoppe and Terri Pauser Wolf

CHRISTMAS DINNER

Merry up the most joyful of feasts with this simplified, more nutritious version.



CRANBERRY-ORANGE SALAD

Brown the ***Garlic-Chive Rolls*** while you carve the roasted ***Mushroom-Capped Turkey Breast.*** Skip the gravy and serve a mushroom sauce with half the fat.

For a fix-and-forget (but not forgotten!) side dish, try ***Two-Grain Apple Pilaf.*** It provides 4 grams of fiber. A bed of fresh spinach with crisp jicama supplies extra vitamins and fiber to ***Cranberry-Orange Salad.*** Keep the meal simple with a steamed vegetable.

Come dessert, you'll be ready to savor lightened ***Pumpkin-Chiffon Pie.***

RECIPES BEGIN ON PAGE 121.
Buying information, page 118.

Photographs: Ron Crofoot
Food stylist: Judy Tills


ARLIC-CHIVE
OLLS
MUSHROOM-CAPPED
TURKEY BREAST
PUMPKIN-CHIFFON PIE
TWO-GRAIN
APPLE PILAF

HOLIDAY APPETIZERS

MORE HEALTHFUL, EASIER TO FIX

'Tis the season for good food, drink, and togetherness. Add to the spirit with trouble-free party fare that has a wellness bonus—lower in sodium, fat, and cholesterol plus more fiber and vitamins.

RECIPES BEGIN ON PAGE 84.
Buying information, page 118.
To order canapé bread pans or fish mold, see page 153.



SPICY WASSAIL AND APPLE EGGNOG

Toast to the health of all with low-fat, low-cholesterol eggnog and 38-calorie wassail!



BOSTON BROWN BREAD CANAPÉS

These glistening appetizer treats start with an egg-yolk-free quick bread.



SALMON ZUCCHINI PÂTÉ Celebrate with a full-flavored, low-cholesterol pâté.



PEPPERED SMOKY CHEESE DIP

Classic cheese logs provide the inspiration for this dip made from reduced-calorie cream cheese enriched with pureed carrots.

QUICHE WITH POTATO CRUST

Surprise! The crust has no fat or sodium.



HOLIDAY MAIN DISHES

MORE HEALTHFUL, EASIER TO FIX

You expect holiday entrées to look special, taste special. These do! You search for entrées that are good and healthful. These are!

RECIPES BEGIN ON PAGE 88
Buying information, page 118



SPIRITED APPLE CHICKEN BREASTS

Poach the chicken in wine—the flavor is great, but the alcohol (and calories!) cooks away.

OYSTER STEW WITH VEGETABLES

This traditional soup is brightened with mixed vegetables, and abundantly rich without cream.



CAJUN PORK PINWHEELS

You can have it all—juicy, moist meat that's lean, too.



BEEF WITH LIGHT YORKSHIRE PUDDING

Popover-like Yorkshire pudding fulfills your family's expectations. Shhh. Don't tell—this version is good for them!

LEMON-CURRANT GLAZED HAM

Dress up a low-sodium, boneless ham in holiday colors.



HOLIDAY DESSERTS

MORE HEALTHFUL, EASIER TO FIX

Yes, you can have Christmas goodies without the guilt! These Christmas-present recipes from holidays past cut the surplus calories and fat and the extra work.

RECIPES BEGIN ON PAGE 95.
Buying information, page 118.
To order cookie stamps, see page 153.



STARBURST FRUIT TRIFLE

This dessert offers the ease of convenience foods—frozen fruit and low-calorie pudding mix.

HONEY COOKIES AND MERINGUE STARS

Compared to sugar cookies, Honey Cookies shine in the calorie, sodium, and cholesterol departments. Meringue Stars are just slightly more fattening than air.

YULETIDE LOG Limit fat and sodium in your holiday indulging with this cake roll.



FESTIVE FRUIT CAKE

Laden with fruit, nuts, and spices, but with one difference: dried fruit bits replace sugary candied fruit.

SWEET POTATO CHEESECAKE

Enjoy rich-tasting cheesecake with a third fewer calories.



Uncle Ben's Introduces Long Grain & Wild Rices with Sauce.



One has real chicken chicken sauce.

One has real beef beef sauce.

Some people cook. You create. Now Uncle Ben's helps again with two new Long Grain & Wild Rices. One has chicken sauce. One has beef sauce. An unexpected blend of the finest long grain rice and crunchy wild rice... a nutty full-bodied taste enriched with seasonings and hearty stock. And trust Uncle Ben's to put real chicken and real beef in the sauce. Delicious. And it all cooks up in just 5 minutes. Let 'em think you're a genius.



Taste the good cook in Uncle Ben's® Wild Rices.

NUTRITION INFORMATION
WITH EVERY RECIPE

TRACK THE BASICS

) help you keep track of the calo- protein, fat, cholesterol, and sodi- you consume each day, we include amounts of these nutrients by gram ght per individual recipe serving for y recipe we publish.

ou can also check the levels of vita- A, vitamin C, thiamine, riboflavin, in, calcium, iron, and phosphorus ach serving of a recipe—we state se amounts in percentages of the ited States Recommended Daily owance (U.S. RDA) whenever the ue exceeds 10 percent of the recom- nded amounts.

he United States Recommended ily Allowances are standards devel- d by the Food and Drug Administra- n. Use the U.S. RDAs as a guide to how your recipes contribute to your ly nutritional requirements.

BETTER HOMES AND GARDENS TEST KITCHEN™

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

HOW WE FIGURE THE NUTRITION INFORMATION

- When ingredient options appear in a recipe, we use the first ingredient choice for the analysis.
- We omit optional ingredients from the nutrition analysis.
- We base the nutritional analysis on the first serving size if a recipe gives variable serving sizes.

USE THE NUMBERS

- Start by looking at the nutrients each recipe provides. Then decide that recipe's importance to your diet.
- Here are some simple guidelines based on daily needs of females, 23 to 50 years old (in general, males and teenagers need more calories):

calories—2,000
protein—45 to 65 grams
fat—67 grams
cholesterol—300 milligrams
sodium—1,100 to 3,300 milligrams

Use these as approximate figures—there's no real harm in going over or under these figures in any single day, but aim for a balanced diet overall.

FESTIVE HOLIDAY COOKING RECIPIES
TRADITIONAL FAVORITES UPDATED

CHRISTMAS DINNER

MENU

Mushroom-Capped Turkey Breast
Two-Grain Apple Pilaf
Garlic-Chive Rolls
Cranberry-Orange Salad
Steamed vegetable
Pumpkin Chiffon Pie
Coffee and Milk

IUSHROOM-CAPPED URKEY BREAST

1 cup chopped fresh mushrooms
¼ cup sliced green onion
¼ cup dry sherry
¼ teaspoon dried basil, crushed
¾ cup soft bread crumbs (1 slice)
1 2½- to 3-pound turkey breast half with bone
2 teaspoons cooking oil
¼ teaspoon paprika
½ cup sliced fresh mushrooms
1 tablespoon sliced green onion
1 tablespoon margarine *or* butter
1 tablespoon cornstarch
½ cup chicken broth
½ cup skim milk

Cook and stir first 4 ingredients and ¼ teaspoon *salt* over medium-high heat 3 to 4 minutes or till liquid has evaporated. Stir in bread crumbs. Remove from heat; set aside.

To remove turkey bone, use a sharp knife to cut along bone. Rinse turkey; pat dry. Pull skin away, leaving it attached along one edge. Spread mushroom mixture over meat. Replace skin; secure with wooden toothpicks. Combine oil and paprika; brush over skin. Place turkey, skin side up, on rack in a 13x9x2-inch baking pan. Cover with foil; insert thermometer through foil into center of turkey. Roast in a 325° oven 1¾ to 2 hours or till thermometer registers 170°, uncovering after 1½ hours. Let stand 10 minutes before slicing. For sauce, cook remaining mushrooms and onion in margarine till liquid evaporates. Stir in cornstarch. Add broth and milk. Cook till bubbly; cook 2 minutes more. Pass with turkey. Makes 6 servings.

Microwave directions: In a microwave-safe 4-cup measure micro-cook first 4 ingredients and ¼ teaspoon *salt,* uncovered, on 100% power (high) 8 minutes or till liquid is evaporated. Prepare turkey as directed; place skin side up, on rack in 12x7½x2-inch microwave-safe dish. Cover with waxed paper. Cook 25 to 35 minutes or till a thermometer registers 165°, rotating dish 3 times. If necessary, shield with foil. Let stand, covered, 10 minutes or till thermometer registers 170°. Cook *½ cup* mushrooms, *1 tablespoon* onion, and margarine, uncovered, 1½ to 2 minutes. Stir in cornstarch. Add broth and milk. Cook, uncovered, 2 to 3 minutes or till bubbly. Pass with turkey.

Nutrition information per serving: 250 cal., 39 g pro., 8 g carbo., 5 g fat, 103 mg chol., 266 mg sodium. U.S. RDA: 17% riboflavin, 52% niacin, 14% iron, 33% phosphorus.

continued

continued

TWO-GRAIN APPLE PILAF

Look for fiber-rich wheat berries (unpolished whole wheat kernels) at your health food store—

- 2½ cups water
- 1 teaspoon instant chicken bouillon granules
- ½ cup wheat berries
- ½ cup regular brown rice
- 1 tablespoon dried minced onion
- ½ teaspoon dried sage, crushed
- 2 apples *or* pears, cored and coarsely chopped
- 2 tablespoons snipped parsley

In a medium saucepan bring water and bouillon granules to boiling. Stir in the wheat berries, brown rice, dried minced onion, and sage. Return rice mixture to boiling; reduce the heat. Cover and simmer about 45 minutes or till the grains are tender.

Stir in apples or pears. Cover and simmer for 5 to 10 minutes or till apples or pears are tender. Drain off the excess liquid, if necessary. Stir in parsley. Makes 6 servings.

Nutrition information per serving: 123 cal., 3 g pro., 27 g carbo., 1 g fat, 0 mg chol., 65 mg sodium, 4 g fiber.

GARLIC-CHIVE ROLLS

Lessen hectic holiday dinner preparation; make your dinner rolls ahead—

- 3¾ to 4¼ cups all-purpose flour
- 1 package quick-rising active dry yeast
- 1 cup skim milk
- ¼ cup sugar
- ¼ cup shortening
- 2 tablespoons dried snipped chives
- ½ teaspoon salt
- ½ teaspoon garlic powder
- 3 egg whites
- Nonstick spray coating
- Skim milk

In a large mixer bowl combine *2 cups* of the flour and yeast. In a medium saucepan heat the 1 cup milk, sugar, shortening, chives, salt, and garlic powder just till warm (115° to 120°) and shortening is almost melted, stirring constantly. Add to flour mixture; add egg whites. Beat with an electric mixer on low speed for ½ minute, scraping sides of bowl constantly. Beat on high speed for 3 minutes.

Using a spoon stir in as much of the remaining flour as you can. On a lightly floured surface, knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball. Place in bowl; cover with clea plastic wrap. Let rest in a warm plac for 20 minutes.

Punch down; divide dough into 1 portions. Cover; let rest 10 minute Spray 18 muffin cups with nonstic coating. Shape dough into desire rolls.* Cover; let rise till nearly doubl (20 to 25 minutes). Brush tops lightl with additional skim milk. Bake in 375° oven for 10 minutes; *do not brown* Remove from pan; cool on a wire rack Wrap in moisture- and vaporproo wrap. Seal, label, and freeze.

To serve, partially uncover rolls. Le stand at room temperature about 1(minutes. Uncover completely. Bake or an ungreased baking sheet in a 400 oven for 8 to 10 minutes or till golden.

***To shape rolls:** Shape each portion into a ball. Place *1* ball in *each* muffin cup. With a sharp knife, cut 1 slit across the top.

Or, halve each dough portion; shape into a ball. Place *2* balls in *each* of the muffin cups.

Or, on a lightly floured surface, roll each portion into a 10-inch rope. Tie in a loose knot. Place *1* knot, smooth side up, in *each* muffin cup.

Nutrition information per roll: 126 cal., 4 g pro., 21 g carbo., 3 g fat, 0 mg chol., 75 mg sodium.



ANBERRY-ORANGE SALAD

taste panel we dubbed this a nifty riation on cranberry-orange relish—

2 cups cranberries
½ cup water
¼ cup sugar

• • •

½ pound spinach, torn (6 cups)
3 oranges, peeled and thinly sliced
8 ounces jicama *or* celery root, peeled and cut into thin strips (1 cup)
¼ cup broken walnuts, toasted

• • •

¼ cup white wine vinegar
2 tablespoons walnut *or* salad oil
2 tablespoons honey

In a medium saucepan combine cranerries, water, and sugar. Bring the ixture to boiling, stirring to dissolve igar. Gently boil, covered, about 2 inutes or just till cranberry skins pop. ransfer to a medium mixing bowl. over and chill. Drain, reserving *1 talespoon* liquid.

On 6 salad plates arrange spinach, range slices, jicama or celery root, ranberries, and walnuts. For dressing, a screwtop jar combine reserved ranberry liquid, vinegar, oil, and hony. Cover and shake well. Drizzle dressng over salads. Makes 6 servings.

Microwave directions: In a 1-quart microwave-safe casserole combine cranberries, water, and sugar. Microcook, covered, on 100% power (high) 3 to 5 minutes or till mixture bubbles and berries pop, stirring after 2 minutes. Continue as directed.

Nutrition information per serving: 184 cal., 4 g pro., 28 g carbo., 8 g fat, 0 mg chol., 46 mg sodium. U.S. RDA: 77% vit. A, 77% vit. C, 10% calcium, and 12% iron.

PUMPKIN-CHIFFON PIE

We substituted skim milk and whipped dessert topping mix for the usual whipping cream found in chiffon pies. The result? A savings of 3 g fat and 20 mg cholesterol per serving—

½ of a 15-ounce package folded refrigerated unbaked piecrusts (1 crust)
1 cup canned pumpkin
1½ teaspoons pumpkin pie spice
1 envelope unflavored gelatin
¾ cup water
2 tablespoons sugar
2 egg whites
2 tablespoons sugar
1 1.4-ounce envelope whipped dessert topping mix
½ cup skim milk
Ground cinnamon

For crust, follow package directions to fit crust into a 9-inch pie plate. For decorative edge, make ¼-inch cuts at ½-inch intervals around the edge of the crust; fold every other piece toward center of pie. Generously prick the bottom and sides of the crust with a fork. Bake crust in a 450° oven for 9 to 11 minutes or till golden. Cool.

Meanwhile, for pumpkin filling, in a large mixing bowl stir together pumpkin, pumpkin pie spice, and ¼ teaspoon *salt;* set aside.

To soften gelatin, in a small saucepan add gelatin to water. Let stand 5 minutes. Stir in the first 2 tablespoons sugar. Cook and stir over low heat till sugar and gelatin dissolve. Cool.

Stir the cooled gelatin mixture into the pumpkin mixture. Chill in the freezer about 15 minutes or till mixture is slightly thickened, stirring occasionally. Remove from the freezer (gelatin mixture will continue to set).

In a small mixer bowl immediately begin beating the egg whites with an electric mixer on medium speed till soft peaks form (tips curl). Gradually add the remaining 2 tablespoons sugar, beating with an electric mixer on high speed till stiff peaks form (tips stand straight). When gelatin mixture is

continued

twice the temptation.



PHILADELPHIA BRAND Cheesecake

1 cup graham cracker crumbs
3 tablespoons PARKAY Margarine, melted

* * *

2 8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese, softened
½ cup sugar
1 tablespoon lemon juice
1 teaspoon grated lemon rind
½ teaspoon vanilla
2 eggs, separated

Combine crumbs and margarine; press onto bottom of 9-inch springform pan. Bake at 325° 10 minutes.

Combine cream cheese, sugar, juice, rind and vanilla, mixing at medium speed on electric mixer until well blended. Add egg yolks, one at a time, mixing well after each addition. Fold in stiffly beaten egg whites; pour over crust. Bake at 300° 45 minutes.

Serve with cherry pie filling if desired.

PHILADELPHIA CREAM CHEESE KRAFT

© 1986 Kraft, Inc.

continued
partially set, fold in the stiff-beaten egg whites. Wash the bowl and beaters thoroughly.

In the same small mixer bowl prepare dessert topping according to package directions *except* use the ½ cup skim milk. Reserve *½ cup* of the whipped topping for topping each serving. Fold remaining whipped topping into gelatin mixture. Cover and chill reserved topping. If necessary, chill filling till mixture mounds when spooned. Pile filling into the prepared crust. Chill in the refrigerator at least 3 hours or till set. Sprinkle cinnamon through a decorative stencil positioned over the pie. If necessary, stir reserved topping. Dollop each serving with reserved topping. Makes 8 servings.

Nutrition information per serving: 198 cal., 3 g pro., 24 g carbo., 10 g fat, 0 mg chol., 319 mg sodium. U.S. RDA: 133% vit. A.

· · · · Holiday Appetizers · · · ·

SPICY WASSAIL

The aroma of cinnamon and cloves will fill your home and draw your family and friends into the kitchen—

2 32-ounce jars low-calorie cranberry juice cocktail
2 cups water
1 6-ounce can frozen pineapple-orange *or* orange juice concentrate, thawed
12 inches stick cinnamon
3 whole cloves

• • •

½ cup whiskey (optional)
Orange slices (optional)
Stick cinnamon (optional)

In a large kettle or Dutch oven combine cranberry juice, water, pineapple-orange juice concentrate, the 12 inches stick cinnamon, and cloves. Bring to boiling; reduce heat. Cover and simmer for 10 minutes. Remove cinnamon and cloves. Stir in whiskey. Ladle juice mixture into cups and serve with orange slices and stick cinnamon. Makes 20 (4½-ounce) servings.

Microwave directions: In a 4- or 4½-quart microwave-safe casserole combine cranberry juice, water, juice concentrate, the 12 inches stick cinnamon, and cloves. Micro-cook, uncovered, on 100% power (high) for 12 to 15 minutes or till flavors are blended. Stir in whiskey. Serve as directed.

Nutrition information per serving: 38 cal., 0 g pro., 10 g carbo., 0 g fat, 0 mg chol., and 0 mg sodium. U.S. RDA: 42% vit. C.

SPICED APPLE EGGNOG

Fat-free evaporated skim milk whipped to heavenly heights replaces the heavy cream—

2 12-ounce cans (1⅔ cups each) evaporated skim milk
1 beaten egg
2 slightly beaten egg whites
¼ cup sugar
½ teaspoon ground cinnamon
2¼ cups apple juice, chilled
1 teaspoon vanilla
Ice cubes
1 recipe Poached Apple Slices
Ground nutmeg

About 1¼ hours before serving place *¾ cup* of the evaporated skim milk in a small mixer bowl. Chill in the freezer about 30 minutes or till ice crystals form around edge.

Meanwhile, in a medium saucepan combine remaining evaporated skim milk, egg, egg whites, sugar, and cinnamon. Cook over medium heat till slightly thickened, stirring constantly. *Do not boil.* Remove from heat. Transfer to a 3-quart mixing bowl. Cover and chill 15 minutes.

Meanwhile, beat chilled evaporated milk from the freezer with an electric mixer on high speed about 3 minutes or till soft peaks form (tips curl). Stir apple juice and vanilla into egg mixture; fold in whipped evaporated skim milk. Pour into a punch bowl; place in a larger bowl or sink partially filled with ice. Let stand in ice for 30 minutes.

Top *each* serving with Poached Apple Slices. Sprinkle with nutmeg. Makes 16 (4-ounce) servings.

Poached Apple Slices: Core and thinly slice 1 medium *apple.* Place apple slices in a small skillet. Add enough *water* to cover. Bring to boiling; reduce heat. Cover and simmer for 3 minutes. Remove from skillet; drain well.

Nutrition information per serving: 76 cal., 4 g pro., 14 g carbo., 1 g fat, 19 mg chol., 65 mg sodium. U.S. RDA: 10% riboflavin, 14% calcium, 10% phosphorus.

BOSTON BROWN BREAD CANAPÉS

To get the interesting shapes, we baked our bread in round decorative tins. See page 153, to order—

1½ cups whole wheat flour
1¼ cups all-purpose flour
½ cup yellow cornmeal
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
4 egg whites
½ cup molasses
⅓ cup sugar
2 tablespoons cooking oil
1¼ cups skim milk
4 teaspoons vinegar
Nonstick spray coating
Assorted fresh *or* dried fruit pieces and nuts
1 recipe Orange Aspic

In a large mixing bowl stir together flours, cornmeal, baking powder, baking soda, and salt; set aside. In a large mixer bowl combine egg whites, molasses, sugar, and oil. Beat well with an electric mixer on high speed. Stir skim milk into vinegar. Add flour mixture
continued



milk mixture alternately to molas- mixture, beating just till combined r each addition.

enerously spray two 8½x3-inch nd decorative baking tins or two x3½x2-inch loaf pans with nonstick ay coating. If using decorative tins, l one end of *each* tin with 2 thick- ses of foil sprayed with nonstick ay coating; close with the cap, being eful not to tear the foil. Turn *2 cups* he molasses mixture into *each* pan. sing decorative tins, seal other end described *above*. Place horizontally a baking sheet.



inforce the seal of decorative tins th a double thickness of foil.

Bake in a 350° oven 55 to 60 minutes decorative tins or till a long wooden k inserted in center comes out clean to 50 minutes for loaf pans). Cool 10 nutes. Remove from pans; cool. rap and store overnight. Thinly slice ves. (If desired, use cookie cutters to t decorative shapes from slices. Re- rve leftover pieces of bread for anoth- use.) Transfer slices to a baking eet. Arrange fruit and/or nuts on *ch* slice. Slowly spoon partially set range Aspic atop. Chill 2 hours or till pic is firm. Makes about 50 canapés.

Orange Aspic: In saucepan add 2 en- lopes *unflavored gelatin* to ⅔ cup ld *orange juice*. Let stand 5 minutes. ook and stir over low heat till dis- lved. Stir in ½ teaspoon finely shred- d *orange peel* and 2 cups additional *range juice*. Chill till partially set (con- stency of unbeaten egg whites).

Nutrition information per canapé: cal., 2 g pro., 11 g carbo., 1 g fat, 0 mg ol., 34 mg sodium.

ALMON ZUCCHINI PÂTÉ

e found intriguing foot-long Chinese een beans in one of our local oriental arkets. Cook them as you would regu- r green beans—

onstick spray coating
4 ounces fresh *or* frozen salmon *or* other fish fillets
oiling water

• • •

½ teaspoons unflavored gelatin
¼ cup cold water
1 4½-ounce can shrimp, drained and rinsed
1 medium zucchini, shredded
1 8-ounce package Neufchâtel cheese, softened and cut up
3 green onions, thinly sliced
⅓ cup plain low-fat yogurt
2 tablespoons creamy buttermilk salad dressing
Cooked Chinese green beans *or* shredded zucchini (optional)
Salmon caviar (optional)
Sliced sweet potatoes, melba toast rounds, cocktail rye bread, sliced zucchini, *or* sliced turnip

Spray an 8-inch skillet with nonstick spray coating. Add fish; add boiling water to almost cover. Simmer, covered, 5 to 7 minutes (6 to 9 minutes for frozen fish) or till fish flakes easily when tested with a fork. Remove fish.

To soften gelatin, in a small saucepan add gelatin to cold water. Let stand for 5 minutes. Cook and stir over low heat till gelatin is dissolved. In a blender container or food processor bowl blend or process shrimp, covered, till chopped. Add fish, gelatin mixture, the 1⅓ cups zucchini, cheese, onions, yogurt, and dressing. Cover and blend or process till nearly smooth.

Spray a 3-cup decorative mold with nonstick spray coating. Spread fish mixture evenly in mold. Cover and chill about 6 hours or till firm.

To serve, unmold onto a plate lined with Chinese green beans or additional shredded zucchini. Garnish with salmon caviar. Serve with sweet potatoes, melba rounds, rye bread, zucchini, or turnip. Makes 2⅔ cups (40 servings).

Microwave directions: If fish is frozen, unwrap and place in a 10x6x2-inch microwave-safe baking dish. Cover with clear plastic wrap; vent by leaving a small area unsealed at edge of dish. Micro-cook on 30% power (medium-low) for 2 to 3 minutes or till thawed, turning fish over and separating after half the time. Rinse fish and pat dry.

Arrange fish fillets in the dish. Cover with vented clear plastic wrap. Cook on 100% power (high) for 1½ to 2 minutes or till fish flakes easily, rearranging fish and giving dish a half-turn once.

To soften gelatin, in a microwave-safe custard cup add gelatin to water; let stand 5 minutes. Cook on high for 30 to 40 seconds or till gelatin is dissolved, stirring once. Continue as directed.

Nutrition information per tablespoon with 3 sweet potato slices: 58 cal., 3 g pro., 5 g carbo., 3 g fat, 14 mg chol., and 52 mg sodium. U.S. RDA: 72% vit. A.

PEPPERED SMOKY CHEESE DIP

A snazzy substitute for smoked cheddar cheese—stir pureed carrot and hickory seasoning into reduced-calorie cream cheese—

5 8-inch flour tortillas
1 8-ounce container reduced-calorie cream cheese, softened (not Neufchâtel)

continued



continued

- 1 4½-ounce jar strained carrot baby food
- 3 tablespoons sliced green onio
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon plain low-fat yogur
- ¼ teaspoon dry mustard
- ¼ teaspoon ground red pepper
- ⅛ teaspoon garlic powder
- Several drops hickory seasoning

• • •

- Ground red pepper (optional)
- Crisp-cooked halved brussels sprouts *or* other vegetable dippers, chilled

For tortilla wedges, stack tortilla Cut whole stack into 8 wedges to mak 40 wedges total. Spread evenly in a si gle layer on 2 baking sheets. Bake in 375° oven for 10 to 15 minutes or ti wedges are dry and crisp.

For dip, in a small mixer bowl bea cream cheese with an electric mixer o medium speed for 30 seconds. Add bab food, onion, Parmesan cheese, yogur mustard, the ¼ teaspoon red peppe garlic powder, and hickory seasonin Beat till smooth. Cover and chill hours. To serve, spoon dip in a moun onto a serving platter; arrange veget ble dippers on platter. Sprinkle di with red pepper. For garnish, use a car apé cutter to make cutout in *carro slice;* place atop dip. Serve with tortill wedges and brussels sprouts. Make 1½ cups (about 24 servings).

Nutrition information per table spoon with 3 brussels sprouts: 10 cal., 5 g pro., 12 g carbo., 5 g fat, 15 m chol., 114 mg sodium. U.S. RDA: 39% vit. A, 57% vit. C, 10% phosphorus.

QUICHE WITH POTATO CRUST

Egg whites stand in for some of th whole eggs in the cholesterol-trimme filling—

- Nonstick spray coating
- 2 medium potatoes, thinly sliced

• • •

- 1 10-ounce package frozen chopped broccoli, thawed
- ⅔ cup thinly sliced green onion

• • •

- 1 2-ounce jar sliced pimiento
- 4 egg whites
- 1 egg
- ⅓ cup plain low-fat yogurt
- ¼ cup skim milk
- 1½ teaspoons snipped fresh basil *o* ½ teaspoon dried basil, crushed
- ⅛ teaspoon garlic powder
- ⅛ teaspoon pepper
- Dash salt
- ½ cup shredded mozzarella cheese (2 ounces)
- ¼ cup grated Parmesan cheese

Spray a 10-inch skillet with nonstick spray coating. In skillet cook potatoes, covered, over medium-low heat for 10 to 15 minutes or till tender, turning oc casionally. Remove from heat.

continued



This year, add a special flavor to the holidays.

Hershey's Fudgey Chocolate Torte

3/4 c. butter or regular stick margarine
6 Tbsp. HERSHEY'S Cocoa
1 c. sugar, divided
2/3 c. ground blanched almonds
2 Tbsp. flour
3 eggs, separated
2 Tbsp. water
Chocolate Glaze (recipe follows)

Melt butter in medium saucepan over low heat. Stir in HERSHEY'S Cocoa and 3/4 c. sugar; blend until smooth. Remove from heat; cool 5 minutes. Blend in almonds and flour. Beat in egg yolks, one at a time. Stir in water. In medium bowl, beat egg whites until foamy. Gradually add remaining sugar, beating just until soft peaks form. Gently fold chocolate mixture into egg whites, blending thoroughly. Pour into greased and floured 9-inch layer pan. Bake at 350° for 30 minutes or until tester comes out clean. Cool 10 minutes. (Cake will settle slightly.) Remove from pan onto wire rack. Cool completely. Invert cake onto serving plate. Spread top and sides with Chocolate Glaze. Garnish as desired. 8 to 10 servings.

Chocolate Glaze: Melt 2 Tbsp. butter or regular stick margarine in small saucepan over low heat. Add 2 Tbsp. HERSHEY'S Cocoa and 2 Tbsp. water; stir constantly until mixture thickens. Do not boil. Remove from heat; add 1/2 tsp. vanilla. Gradually add 1 c. confectioners' sugar, beating with whisk until smooth.



Make it special. Make it Hershey's.

© 1986 Hershey Foods Corporation

Tyson Cornish. Easy as 1,2,3.

Tested cornish every time is as easy as 1,2,3! Use your favorite fruit preserves in this easy-to-prepare recipe, and see for yourself!

Tyson Holiday Cheer



Ingredients

4 Tyson Cornish Hens, thawed
to taste salt and pepper
1 cup fruit preserves (apricot pictured)
⅓ cup orange juice
¼ cup butter, melted

1. Combine preserves, orange juice and butter to make glaze.

2. Rinse hens and pat dry. Rub cavities with salt and pepper. Place hens breast side up in a shallow roasting pan making sure they do not touch. Pour on glaze.

3. Roast 1 hour at 350° F, basting every 10 minutes. Remove hens from oven and let set 10 minutes before serving.

© 1986 Tyson Foods, Inc.

SPECIAL HOLIDAY OFFER!

Mail-in Offer/Expires March 1, 1987

Buy: Four Tyson Cornish Hens before March 1, 1987.

Send: This mail-in certificate and four proof-of-purchase seals from Tyson single or twin packages to the address below.

Receive: Refund check for $1.60 good on your next purchase of Tyson Cornish Hens.

Mail To:
Tyson Cornish Rebate Offer
P.O. Box SR7416
El Paso, TX 79975

Limit one offer per family or street address. Group entries void. Offer rights may not be assigned or transferred. This mail-in certificate is required and may not be reproduced in any form. This certificate must accompany your request. Any requests for offer forms mailed to the P.O. Box # or Tyson will not be acknowledged. Offer good in USA only. Allow 6 to 8 weeks for delivery. Void where prohibited.

Name _____ (please print)

Address _____

City _____ State _____ Zip _____



HOLIDAY FAVORITES

continued

Spray a 9-inch quiche dish or pie plate with nonstick spray coating. Arrange potato slices over bottom and around sides of dish, overlapping potatoes to form a decorative edge; set aside.

In a medium saucepan cook broccoli and onion in a small amount of *water,* covered, about 4 minutes or till just tender. Drain well.

Reserve *1* pimiento strip from jar. Drain and chop remaining pimientos. In a medium mixing bowl use a fork to combine egg whites, egg, yogurt, milk, basil, garlic powder, pepper, and salt. Stir in broccoli mixture, chopped pimiento, mozzarella cheese, and *2 tablespoons* Parmesan cheese. Turn into prepared dish. Sprinkle with remaining Parmesan cheese. Cover edges with foil. Bake in a 375° oven for 10 minutes. Remove foil; bake about 15 minutes more or till knife inserted just off-center comes out clean. Let stand 10 minutes. Garnish with reserved pimiento and fresh *basil.* Serves 12.

Nutrition information per serving: 67 cal., 6 g pro., 7 g carbo., 2 g fat, 28 mg chol., 112 mg sodium. U.S. RDA: 17% vit. C, 11% calcium.

SPIRITED APPLE CHICKEN BREAST

Simply remove the skin from a halu chicken breast and you eliminate 4 g and 10 mg cholesterol per serving—

- **1 14-ounce jar spiced apple ring *or* one 16-ounce jar spiced cra apples**
- **½ cup dry white wine**
- **1 teaspoon dried minced onion**
- **1 teaspoon instant chicken bouillon granules**
- **3 whole medium chicken breasts (about 2¼ pounds total), skinned, boned, and halved lengthwise**
- **1 16-ounce package frozen loose pack French-style green beans**
- **2 teaspoons margarine**
- **1 teaspoon cornstarch**

Drain apple rings, reserving *¼ cu* syrup. Cut crab apples or apple ring into quarters or halves; set aside.

In 10-inch skillet combine wine, or ion, and bouillon granules. Rinse chick en; pat dry. Add chicken breasts t skillet. Bring to boiling; reduce hea Cover and simmer 12 to 15 minutes o till chicken is tender. Use a slotte spoon to remove chicken, reservin cooking liquid. Cover chicken; kee warm.

Meanwhile, cook green beans accord ing to package directions; drain. Ad margarine, tossing to coat.

For sauce, boil cooking liquid vigor ously, uncovered, about 3 minutes o till reduced to ⅓ cup. Pour reduced liq uid through a cheesecloth-lined sieve return to skillet. In mixing bowl stir reserved syrup into cornstarch; stir into liquid in skillet. Cook and stir till slightly thickened and bubbly. Cook and stir 2 minutes more.

Arrange beans on platter; add chicken. Garnish with apple rings or crab apples. Spoon sauce over chicken. Makes 6 servings.

Microwave directions: In 12x7½x2-inch microwave-safe baking dish, arrange chicken breasts with thickest portions toward outside of dish. Cover with clear plastic wrap; vent by leaving a small area unsealed at edge of dish. Micro-cook on 100% power (high) for 6 to 8 minutes or till tender, giving dish a half-turn once. Cover and keep warm.

Meanwhile, in a 1½-quart microwave-safe casserole cook beans and 2 tablespoons *water,* covered, on high for 7 to 9 minutes or till crisp-tender. Drain beans. Toss with margarine.

In a 2-cup microwave-safe measure combine reserved syrup, wine, onion, bouillon granules, and *1 tablespoon* cornstarch. Cook, uncovered, on high 1½ to 2½ minutes or till thickened and bubbly, stirring every minute. Cook on high for 30 seconds. Serve as directed.

Nutrition information per serving: 256 cal., 28 g pro., 23 g carbo., 5 g fat, 72 mg chol., 143 mg sodium. U.S. RDA: 17% vit. C, 10% thiamine, 10% riboflavin, 60% niacin, and 23% phosphorus.

continued



If You Were Told Not To Eat With Your Fingers, You'll Have Some Unlearning To Do.

Try our lightly breaded chicken, ham & cheese, vegetables, and cheeses. They're easy to make. Fun to eat. And they'll turn your fingers into your favorite eating utensil. No matter what your mother told you.

Gold 'n Lite™ Finger Foods. Hormel



©Geo. A. Hormel & Co. 1986

Our name means Potatoes.

Nobody knows potatoes like Idahoans. So when you want the best, you want the potato products born, raised and packaged in Idaho by Idahoans. That's Idahoan brand. Try all ten delicious (and easy-to-fix!) varieties.

Instant Mashed • Scalloped • Au Gratin • Herb & Butter • Potato Pancakes • Ranch Sour Cream & Chive • Spicy Cheddar • Western Style • Hashed Browns • Potato Salad







FREE!

Idahoan potato recipes from Idahoans. Call today for your free copy of this delicious collection of potato recipes, featuring Idahoan brand potato products, from the kitchens of some of Idaho's finest cooks.

TOLL FREE USA
1-800 547-4577
Oregon: 1-800-523-1158
Canada: 1-800-547-6169

idahoan
IDAHO FRESH-PAK, INC.
Market One Boise Place
Lewiston, ID 83501-0130

continued

OYSTER STEW WITH VEGETABLES

Nutrition tidbit: Oysters, like other fish and seafood, contai omega-3 fatty acids that actually lower the level of cholester in the blood—

½ of 16-ounce package frozen mixed broccoli, cauliflower, and carrots (about 2 cups)
1 small onion, cut into thin wedges
½ teaspoon instant chicken bouillon granules
⅛ teaspoon white pepper
1 bay leaf
• • •
2 12-ounce cans (3⅓ cups total) evaporated skim milk
1 pint shucked oysters *or* two 8-ounce cans whole oysters

Cut up any large vegetables. In a 3-quart saucepan com bine vegetables, onion, bouillon granules, pepper, bay leaf and ½ cup *water*. Bring to boiling; reduce heat. Cover and simmer over medium heat for 5 to 7 minutes or till vegeta bles are crisp-tender. *Do not drain.* Stir in evaporated milk heat through. Add *undrained* oysters to vegetable mixture Cook over medium heat about 5 minutes or till edges o oysters curl, stirring frequently. (If using canned oysters, just heat through.) Remove bay leaf. Makes 6 servings.

Microwave directions: Cut up any large vegetables. In a 2 quart microwave-safe casserole combine vegetables, bouillon granules, pepper, bay leaf, and ½ cup *water*. Micro-cook, covered, on 100% power (high) for 5 to 7 minutes or till vegetables are crisp-tender, stirring once. *Do not drain.* Stir in evaporated milk. Cook on high for 4 to 6 minutes more or till heated through, stirring once. Add *undrained* oysters. Cook on high for 4 to 5 minutes or till oysters begin to curl around the edges, stirring once. (If using canned oysters, cook on high 1 minute or till heated through, stirring once.) Remove bay leaf.

Nutrition information per serving: 199 cal., 20 g pro., 23 g carbo., 3 g fat, 55 mg chol., and 612 mg sodium. U.S. RDA: 44% vit. A, 66% vit. C, 37% riboflavin, 40% calcium, 39% iron, and 40% phosphorus.

CAJUN PORK PINWHEELS

Spiced-up pork tenderloin—lean, luscious, and peppery hot—

2 ¾-pound pork tenderloins
• • •
2 small sweet red, yellow, *and/or* green peppers, seeded and finely chopped (1 cup)
½ cup finely chopped onion
½ cup finely chopped celery
1 teaspoon dried thyme, crushed
½ to 1 teaspoon ground red pepper
½ teaspoon garlic salt
½ teaspoon paprika
2 tablespoons cooking oil
• • •
1 tablespoon fennel seed
1 tablespoon pepper medley *or* lemon-pepper seasoning
Steamed sweet red, yellow, *and/or* green pepper slices (optional)

Remove fat and paper-thin membrane from surface of tenderloins. Use a sharp knife to cut *one* tenderloin lengthwise to, but not through, opposite side. Cover with clear plastic wrap. Use flat side of a meat mallet to pound tenderloin, working from center to edges, to make 12x8-inch rectangle. Remove wrap; repeat with remaining meat.

In a medium skillet cook chopped sweet peppers, onion, celery, thyme, red pepper, garlic salt, and paprika in hot oil about 5 minutes or till vegetables are tender, stirring often. Spread vegetable mixture evenly over tenderloins to within

continued

PEPPERIDGE FARM®

Presenting the glorious union of croissant pastry and pizza.

The Pepperidge Farm® pastry chefs are clever matchmakers indeed. Who else could marry croissant pastry with mozzarella cheese and rich tomato sauce to create Croissant Pastry Pizza?

This revolutionary new pizza combines two irresistible tastes. The crust is real croissant pastry, baked golden, light and flaky.

The top is pure pizza, piled high with the toppings you love best. Choose classic Cheese, zesty Pepperoni, tasty Sausage or lavish Deluxe, loaded with pepperoni, sausage, mushrooms and green peppers.

Croissant Pastry Pizza comes frozen fresh in rectangular slices. And thanks to special packaging, even the croissant crust heats to perfection in a microwave or regular oven.



So treat yourself to a slice. And toast the glorious union of croissant pastry and pizza.




THIS WEEKEND,
KICK UP YOUR HEELS
FOR 50% OFF.
Sip champagne. Enjoy a wonderful shopping spree. Or dance until dawn.
Indulge yourself in a Hyatt celebration weekend. Now 50% off.
For reservations, call your travel planner or 1 800 522 1100.
Thinking of you.
HYATT
Anaheim • City of Commerce (Los Angeles) • Denver • Long Beach • Long Beach Edgewater • Los Angeles • Los Angeles Airport • Oakland
Oakland Airport • Palo Alto/Rickeys • Phoenix • San Francisco • San Jose • Seattle • Union Square (San Francisco) • West Hollywood • Wilshire
Rates apply to all available rooms, Regency Club and suites, single or double occupancy. Not applicable to conventions, groups or resorts.
Reservations are subject to limited availability at most hotels. Offer good Fri., Sat., Sun. only. Expires 2/28/87.
© 1986 Hyatt Corporation

tinued

nch of edge. Roll up from short side. nbine fennel seed and pepper med- or lemon-pepper seasoning; crush ely. Press fennel mixture into the and sides of *each* roll. Tie roll with ing, if necessary. Insert a meat ther- meter in center. Place meat, seam e down, on a rack in a shallow roast- pan. Roast, uncovered, in a 325° n for 1¼ to 1½ hours or till meat rmometer registers 170°. Remove ings. Slice meat; transfer to a platter ed with steamed peppers. Serves 6.

Nutrition information per serving: 9 cal., 19 g pro., 5 g carbo., 8 g fat, 57 g chol., 208 mg sodium. U.S. RDA: % vit. A, 76% vit. C, 42% thiamine, % riboflavin, 17% niacin, 14% iron, % phosphorus.

EF WITH LIGHT YORKSHIRE DDING

aditional Yorkshire pudding is made th pan drippings from the roast beef. cut fat, we cooked it separately—

nstick spray coating
2 eggs
2 egg whites
½ cups all-purpose flour
½ cups skim milk
2 tablespoons snipped parsley
1 3-pound boneless beef round rump roast *or* boneless rolled beef round tip roast
2 tablespoons cornstarch
¼ cup sliced green onion
1 teaspoon instant beef bouillon granules

Spray a 13x9x2-inch baking pan with onstick spray coating. For Yorkshire udding, in small bowl beat eggs and gg whites with an electric mixer on igh speed till well mixed. Add flour nd milk; beat on medium speed for 2 inutes, scraping sides of bowl occa- ionally. Stir in parsley. Pour into pre- ared pan. Bake in a 400° oven for 30 to 5 minutes or till golden brown. Let ool on a wire rack while meat roasts.

Trim any surface fat from meat. Place meat, fat side up, on a rack in a hallow roasting pan. Insert a meat hermometer. Roast in a 325° oven about 2 hours or till the thermometer reaches 150° (medium). Transfer meat o serving platter, reserving juices in roasting pan. Cover meat and keep warm. Return Yorkshire pudding to the 325° oven about 10 minutes or till heated through.

Meanwhile, for gravy, add about ½ cup *water* to roasting pan, scraping up any crusty brown bits. Pour meat juices into a 2-cup glass measure. Skim off fat; discard. Add enough additional *water* to make 2 cups; return to roasting pan. Stir 2 tablespoons *water* into corn- starch. Stir cornstarch mixture, onion, bouillon granules, and ¼ teaspoon *pep- per* into reserved juices. Cook and stir till thickened and bubbly; cook and stir

continued

"The only person who doesn't love Beef Stroganoff is the one who has to make it. Until now."





CHEF BYRON J. BARDY, C.M.C. One of only 29 Certified Master Chefs in the country. Creator of Heinz HomeStyle Gravies.

"Now it's simple to make beef stroganoff because now the gravy is already made. Heinz HomeStyle Mushroom Gravy. Rich, mushroom gravy that's ready to be made into a classic beef stroganoff with the addition of a few simple ingredients.

Just try this recipe tonight. It's so easy and so delicious, you'll enjoy making it as much as your family enjoys eating it."

A WORD ABOUT HEINZ HOMESTYLE GRAVY. "In making Heinz HomeStyle Mushroom Gravy, we've paid close attention to detail. We start with fresh picked mushrooms simmered in butter and a rich beef stock. We season it just so... thicken it just right... then stir and simmer until ribbony smooth. No detail is overlooked. We've even stored this marvelous mushroom gravy in a glass jar instead of a can."

For other recipes, send a self-addressed, stamped envelope to: Chef Bardy's Recipes, H.J. Heinz Company, P.O. Box 28, D-124, Pittsburgh, PA 15230.

© 1986 H.J. Heinz Co. Heinz

Beef Stroganoff

Cut 1½ pounds boneless sirloin or round steak into strips (2"x¾"x⅜"). In large skillet, brown meat in 2 tablespoons butter. Add 1 cup coarsely diced onions; cook until limp. Stir in 1 jar (12 ounces) Heinz HomeStyle Mushroom Gravy, 2 tablespoons red wine (optional), 1 tablespoon tomato paste. Season with salt and pepper. Cover; simmer 10-20 minutes, or until meat is tender. Remove from heat; let stand 10 minutes. Slowly stir in ⅓ cup dairy sour cream. Serve over hot buttered noodles. Sprinkle with chopped parsley. Makes 4-6 servings.



Virginia Slims remembers how long a woman had to wait for a man to light her cigarette.

VIRGINIA SLIMS



You've come a long way, baby.

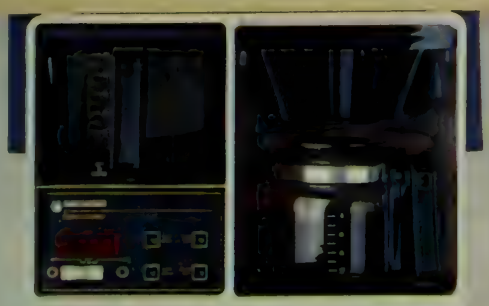
© Philip Morris Inc. 1986

Fashions: Andre Van Pier

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Feb.'85.

AN ELEVATED IDEA.



Spacemaker™ drip coffeemaker. Now great coffee comes from above your kitchen counter. Because there's a built-in timer, you can wake up to a freshly brewed cup. Backed by Black & Decker's full 2-year warranty.

BLACK&DECKER™
IDEAS AT WORK.™

©1986

glaze in saucepan. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Transfer ham to a serving platter. Garnish with green onion tops and orange peel in a crisscross pattern. Serve with lingonberries. Pass sauce. Makes 8 to 10 servings.

Microwave directions: Score ham as directed. Place ham, fat side down, in a microwave-safe 8x8x2-inch baking dish. Add ¼ cup *water*. Cover loosely with waxed paper. Microcook on 100% power (high) for 5 minutes. Cook on 50% power (medium) for 18 to 20 minutes more or till heated through, shielding edges with foil if necessary to prevent overcooking. Let stand while preparing glaze.

For glaze, in a small microwave-safe mixing bowl combine jelly, *2 tablespoons* of the wine, and lemon juice. Cook, uncovered, on high for 1 to 2 minutes or till jelly is melted. Brush ham with *half* of the glaze.

For sauce, in a 2-cup microwave-safe glass measure stir together the remaining wine, the chicken broth, and *1 tablespoon* cornstarch. Stir in the remaining glaze. Cook, uncovered, on high for 1 to 2 minutes or till thickened and bubbly, stirring after every minute. Cook on 100% power (high) for 1 minute more. Transfer ham to serving platter. Garnish as directed. Pass sauce with ham.

Nutrition information per serving: 193 cal., 22 g pro., 17 g carbo., 5 g fat, 53 mg chol., 930 mg sodium. U.S. RDA: 70% thiamine, 15% riboflavin, 28% niacin, 25% phosphorus.

· · · · Holiday Desserts · · · ·

FRUIT TRIFLE

You'll find convenient ladyfingers in one of three places: the refrigerator case, the cookie aisle, or the bakery—

½ cup jellied cranberry sauce
3 tablespoons water
1 4-serving-size package reduced-calorie *instant* vanilla pudding mix
1 cup skim milk

continued

HOLIDAY FAVORITES

ontinued

minutes more. Cut Yorkshire pudding into squares. Slice neat. Arrange meat and Yorkshire pudding on platter. poon gravy atop. Makes 8 servings.

Nutrition information per serving: 329 cal., 34 g pro., 23 g arbo., 10 g fat, 154 mg chol., and 163 mg sodium. J.S. RDA: 16% thiamine, 25% riboflavin, 31% niacin, 27% ron, and 32% phosphorus.

.EMON-CURRANT GLAZED HAM

We think sodium-reduced ham, available in most supermarkets, is a great convenience food. It's already cooked and boneless for easy slicing—

1 2- to 2½-pound sodium-reduced fully cooked boneless ham
½ cup red currant jelly
¼ cup dry red wine
1 tablespoon lemon juice
¼ cup chicken broth
2 teaspoons cornstarch
Steamed green onion tops
Orange peel cut into thin strips
Fresh lingonberries (optional)

Use a sharp knife to make diagonal cuts about ½ inch deep and 1 inch apart in the top of ham. Place ham on rack in shallow baking pan. Insert a meat thermometer in the center of the thickest portion of meat. Bake, uncovered, in 325° oven for 1½ to 2 hours or till thermometer registers 140°.

Meanwhile, for glaze, in a small saucepan combine the jelly, 2 *tablespoons* of the wine, and the lemon juice. Cook and stir till jelly is melted. After ham has baked about 1¼ hours, brush with *half* of the glaze.

For sauce, in a small mixing bowl stir together remaining wine, chicken broth, and cornstarch. Stir into remaining

A BRIGHTER IDEA.



Open bottles, bags, cans and save counter space with our Spacemaker™ Counter Bright™ can opener. It has a built-in light to shine brightly on your countertop. Backed by our full 2-year warranty.

BLACK&DECKER™
IDEAS AT WORK.™

©1986

A VERSATILE IDEA.



Continuous Cleaning Toast-R-Oven™ broiler. Bakes, broils, browns and defrosts to prepare snacks and full meals. And since all GE Toast-R-Ovens™ are now Black & Decker, it comes with our full 2-year warranty.

BLACK&DECKER™
IDEAS AT WORK.™

©1986

1 teaspoon finely shredded lemon peel
1¼ cups all-purpose flour
¾ cup ground almonds
Colored sugar (optional)
Whole almonds *or* red cinnamon candies (optional)

In a large mixer bowl beat margarine with an electr mixer on medium speed 30 seconds. Add sugar, honey, van la, and lemon peel; beat well. Add flour; beat well. Stir ground almonds.

Shape into 1-inch balls; place 2 inches apart on an u greased cookie sheet. Using the bottom of a glass dipped colored sugar or a cookie stamp dipped in flour, flatten coo ies to about ¼ inch thick. Press whole almonds or cinnamo candies into cookies.

Bake in a 325° oven for 8 to 9 minutes or till golden. L cool on cookie sheet for 1 minute. Remove from cookie shee cool on wire rack. Makes about 30 cookies.

Nutrition information per cookie: 60 cal., 1 g pro., 7 carbo., 3 g fat, 0 mg chol., 25 mg sodium.

MERINGUE STARS

If all the cookies don't fit onto one baking sheet, hold extr batter at room temperature. Reheat oven and bake remainin cookies as soon as possible—

2 egg whites
½ teaspoon vanilla
¼ teaspoon cream of tartar
½ cup sugar
Small silver decorative candies, small multicolored decorative candies, ground cinnamon, colored sugar *and/or* chopped almonds

Line a large cookie sheet with brown paper or foil. In small mixer bowl beat egg whites, vanilla, and cream o tartar with an electric mixer on high speed till soft peak form (tips curl). Gradually add sugar, beating till stiff peak form (tips stand straight).

Put egg white mixture into a decorating bag fitted with ½-inch star tip. Squeeze bag gently and make a star shape

HOLIDAY FAVORITES

continued

1 8-ounce carton low-fat vanilla, peach, *or* lemon yogurt
1 3-ounce package (12) ladyfingers, split
1½ cups frozen unsweetened peach slices, thawed and well drained
1½ to 2 cups halved fresh strawberries, orange sections, *or* halved grapes

In a small saucepan heat cranberry sauce and water till melted. Use a wire whisk to beat till smooth. Let cool.

Prepare pudding mix according to package directions *except* use the skim milk and yogurt in place of whole milk.

In a 1½-quart soufflé dish or straight-sided serving bowl arrange enough of the ladyfingers to cover bottom and sides of dish, reserving remaining ladyfingers for layering. Toss together *1 cup* of the peaches and *1 cup* of the strawberries, orange sections, or grapes. Spoon *half* of the fruit mixture over ladyfingers in dish. Spread *half* of the pudding mixture over fruit. Top with *half* of the cranberry mixture. Arrange remaining ladyfingers atop. Repeat fruit and pudding layers. Spoon remaining cranberry mixture in center. Cover and chill at least 4 hours. Just before serving, arrange remaining peaches and strawberries, orange sections, or grapes. Makes 8 servings.

Nutrition information per serving: 207 cal., 4 g pro., 46 g carbo., 1 g fat, 39 mg chol., 117 mg sodium. U.S. RDA: 122% vit. C, 11% riboflavin.

HONEY COOKIES

Fancy Christmas cookies that have fewer calories and are extra easy to decorate with cookie presses—

⅓ cup margarine
¼ cup sugar
2 tablespoons honey
1 teaspoon vanilla

A BIG LITTLE IDEA.



Compact Toast-R-Oven™ broiler.
Has the versatility to bake, broil, toast and top-brown.
And with its sleek, contemporary design, it's perfect for smaller kitchens and tight spaces.

BLACK&DECKER™
IDEAS AT WORK.™

©1986

AN UPLIFTING IDEA.



Spacemaker™ Toast-R-Oven™ broiler. A versatile oven that saves counter space by mounting under your cabinets. Bakes, broils, browns and toasts. Holds a 9-inch pie tin.

BLACK&DECKER™
IDEAS AT WORK.™

©1986

beating on high speed till stiff peaks form (tips stand straight). Fold yolk mixture into beaten egg white mixture. Sprinkle flour mixture, a *third* at a time, over egg mixture; fold in lightly after each addition. Spread batter evenly in prepared pan. Bake in a 375° oven for 12 to 15 minutes or till a wooden toothpick inserted in center comes out clean.

Immediately loosen edges of cake from pan and turn out onto a towel sprinkled with sifted powdered sugar. Peel of waxed paper. Roll up warm cake and towel together, jelly-roll style, starting from one short side. Cool cake, seam side down, on wire rack.

Meanwhile, for frosting, in small mixer bowl combine dessert topping mix and the 3 tablespoons cocoa powder. Add milk and vanilla. Beat on high speed for 4 to 5 minutes or till soft peaks form and mixture is light and fluffy.

Unroll cool cake; remove the towel. Spread with *half* of the frosting to within ½ inch of edges. Reroll cake. Transfer to a serving platter.

Use a serrated knife to cut a 1-inch slice from one end of cake roll. Place on top of the cake roll in the center. Frost roll with remaining frosting *except* for top of center roll. Using a knife or fork tines draw lightly through frosting to give appearance of bark. Chill overnight or until serving time. Sprinkle with cocoa powder. Makes 10 servings.

Nutrition information per serving: 167 cal., 4 g pro., 29 g carbo., 5 g fat, 55 mg chol., 136 mg sodium.

FESTIVE FRUITCAKE

This version of an old favorite has 30 percent fewer calories than a traditional recipe—

Nonstick spray coating

• • •

1 6-ounce package mixed dried fruit bits
½ cup raisins
⅓ cup chopped pecans
¼ cup chopped maraschino cherries
1 tablespoon brandy

continued

leasing pressure as you pull up tip, and placing stars about inch apart. Decorate cookies as desired with decorative ndies, cinnamon, sugar, or nuts. Bake in a 300° oven for 15 inutes. Turn off oven and let cookies dry in the oven with or closed about 30 minutes. Makes 40 cookies.

Nutrition information per cookie: 13 cal., 0 g pro., 3 g rbo., 0 g fat, 0 mg chol., 3 mg sodium.

ULETIDE LOG

his log's frosting, made from whipped dessert topping mix nd cocoa, is lighter and easier to prepare than the traditional uttercream frosting—

onstick spray coating
½ cup all-purpose flour
1 teaspoon baking powder
⅛ teaspoon salt
2 egg yolks
½ teaspoon vanilla
⅓ cup sugar
4 egg whites
½ cup sugar

• • •

ifted powdered sugar
2 1.4-ounce envelopes whipped dessert topping mix
3 tablespoons unsweetened cocoa powder
¾ cup skim milk
1 teaspoon vanilla
Unsweetened cocoa powder (optional)

Spray a 15x10x1-inch jelly roll pan with nonstick spray coating. Line pan with waxed paper; spray again with nonstick spray coating. Set aside.

Stir together the ½ cup flour, baking powder, and salt. In a small mixer bowl beat egg yolks and vanilla with an electric mixer on high speed about 5 minutes or till thick and lemon-colored. Gradually add the ⅓ cup sugar, beating till sugar dissolves. Wash the beaters thoroughly.

In a large mixer bowl beat egg whites on medium speed till soft peaks form (tips curl). Gradually add the ½ cup sugar,

A BEAUTIFUL IDEA.



Attractive Toast-R-Oven™ toaster. It's ideal for heating those fast meals or late-night snacks. An optional mounting hood is available, so you can mount it under your cabinets to free counter space.

BLACK&DECKER™
IDEAS AT WORK.™

©1986

Tantalize 'Em!



Here's a tantalizing holiday cake, made doubly rich with chunks of Baker's® Chocolate and Sun Giant® Raisins, Dates and Almonds. It'll put everyone in the holiday spirit.

THE CHOCOLATE DECADENCE CAKE

3 squares BAKER'S® Semi-Sweet Chocolate
1 pkg. (2-layer size) chocolate cake mix or pudding-included cake mix
4 eggs
¾ cup water
½ cup sour cream
¼ cup oil
*Fruit-Nut Filling and Chocolate Frosting (See ingredients below.)

1. Chop chocolate into small chunks and set aside. 2. Combine cake mix, eggs, water, sour cream and oil. 3. Blend, then beat at medium speed of electric mixer for 4 min. Fold in chopped chocolate. Pour into 2 greased and floured 9-in. layer pans. 4. Bake at 350° for 35 min., or until cake tester inserted in centers comes out clean. Cool cakes in pans 10 minutes. Remove from pans and finish cooling on racks.

***Fruit-Nut Filling and Chocolate Frosting:**

1. To begin, beat ¾ cup (1½ sticks) butter or margarine until soft. Blend in 3 cups confectioners' sugar. Add 1 egg and 1 tsp. vanilla. Add 3 additional cups confectioners' sugar alternately with 3 tbsps. (about) milk until of spreading consistency. Set aside 1 cup of mixture in small bowl for filling. **2. For filling,** stir ⅓ cup each SUN GIANT® Chopped Dates, Raisins and Chopped Natural Almonds into 1 cup of mixture. Spread between layers. **3. For frosting,** melt 5 squares BAKER'S® Semi-Sweet or Unsweetened Chocolate. Cool; add to remaining mixture. Add 2 tbsps. (about) milk for smooth consistency. Frost and decorate top and sides. Garnish with dates, raisins and nuts, if desired.



© 1986 General Foods Corp. Baker's is a registered trademark of General Foods Corp.

GENERAL FOODS

BUILDING ON QUALITY™

Baker's® & Sun Giant.® We make desserts irresistible.

Q. How do you lower saturated fat* in this dish by 50%?



ded fat
n corn oil.

SWEET POTATO CHEESECAKE

- 1 cup fine gingersnap crumbs (15 cookies) *or* graham cracker crumbs (14 cracker squares)
- 3 tablespoons margarine, melted
- 2 8-ounce packages Neufchâtel cheese, softened
- 1 cup mashed sweet potatoes
- ⅔ cup sugar
- 1½ teaspoons pumpkin pie spice
- 1 teaspoon finely shredded orange peel
- 1 teaspoon vanilla
- 5 egg whites
- 1 cup evaporated skim milk

Frozen whipped dessert topping, thawed (optional)
Gingersnaps, halved (optional)
Finely shredded orange peel (optional)

For crust, combine gingersnap or graham cracker crumbs and margarine. Press mixture onto bottom and 1 inch up sides of an 8-inch springform pan. Set aside.

For filling, in a large mixer bowl beat cheese, sweet potatoes, sugar, pumpkin pie spice, the 1 teaspoon orange peel, and vanilla with an electric mixer on medium speed till combined. Add the egg whites, beating at low speed just till combined. *Do not overbeat.* Stir in milk. Carefully pour into prepared pan.

Bake in a 350° oven for 60 to 70 minutes or till center appears set. Cool on a wire rack for 45 minutes. Cover and chill thoroughly. Remove sides of pan. Dollop with dessert topping; garnish with gingersnap halves and remaining orange peel. Makes 12 to 16 servings.

Nutrition information per serving: 242 cal., 8 g pro., 26 g carbo., 12 g fat, 32 mg chol., 273 mg sodium. U.S. RDA: 85% vit. A, 13% riboflavin, 10% calcium, 10% phosphorus.

NOTE

The microwave recipes included here were tested in countertop microwave ovens that operate on 600 to 700 watts. Cooking times in these recipes are approximate because microwave ovens vary by manufacturer.

HOLIDAY FAVORITES

ntinued

- 1 8-ounce can crushed pineapple (juice pack)
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 egg
- 1 egg white
- ¼ cup packed brown sugar
- 2 tablespoons molasses
- 2 tablespoons margarine, melted

Brandy (optional)

Spray an 8x4x2-inch loaf pan with nonstick spray coating. n a medium mixing bowl combine the mixed dried fruit bits, raisins, chopped pecans, chopped maraschino cherries, and he 1 tablespoon brandy; toss the fruit mixture lightly. Drain he crushed pineapple well, reserving the juice. Set aside.

In a large mixing bowl stir together the flour, baking powder, cinnamon, and nutmeg. Stir in the fruit mixture and drained pineapple.

In a small mixing bowl use a fork or wire whisk to beat the egg and egg white till combined. Add *2 tablespoons* of the reserved pineapple juice, brown sugar, molasses, and margarine. Use the fork or wire whisk to beat well. Stir pineapple juice mixture into the fruit mixture.

Turn fruit mixture into prepared loaf pan; spread fruit mixture evenly in loaf pan. Bake in a 325° oven 55 to 60 minutes or till a toothpick inserted near center of fruitcake comes out clean. Place the fruitcake on a wire rack to cool.

Remove from pan. Wrap fruitcake in a cheesecloth soaked in remaining pineapple juice or brandy. Wrap in clear plastic wrap; chill at least 24 hours or up to 2 weeks. Makes 24 servings.

Nutrition information per serving: 117 cal., 2 g pro., 23 g carbo., 2 g fat, 12 mg chol., 35 mg sodium.

A. Switch to New Puritan® Oil.

Now with 50% less* saturated fat than corn oil.



*6% vs. 12%.



THE DURKEE 7-MINUTE* CASSEROLE

Durkee French Fried Onions make it special. Nothing else adds that crunch... that savory onion flavor!



Light and Zesty Chicken 'N Rice

*** (Ready To Bake In Just 7 Easy Minutes)**

- 4 chicken breast halves†
- ⅓ cup bottled Italian salad dressing
- ⅔ cup uncooked regular rice
- 1 bag (16 oz.) frozen broccoli, carrots water chestnuts and red pepper combination
- 1 can (2.8 oz.) Durkee French Fried Onions
- 1¾ cups chicken bouillon
- ½ teaspoon Durkee Italian Seasoning

Place chicken breasts in 8 x 12-inch baking dish. Pour salad dressing over chicken. Bake, uncovered, at 400° for 20 minutes. Place rice, vegetables and ½ *can* Durkee French Fried Onions around and under chicken. Combine bouillon and Italian seasoning; pour over chicken and vegetables. Bake, uncovered, 25 minutes. Top with remaining onions; bake 2-3 minutes longer. Let stand 5 minutes before serving.

Preparation time: 7 minutes MAKES 4 servings.

† One 2 lb. cut-up chicken may be substituted.

MICROWAVE DIRECTIONS: Place rice and 1¼ *cups* bouillon†† in baking dish. Cook, covered, on HIGH 5 minutes. Stir in vegetables, ½ can Durkee French Fried Onions, salad dressing and Italian seasoning. Arrange chicken over vegetable mixture with meatiest part of chicken toward outside of dish. Cook, covered, on MEDIUM 15-17 minutes. Top with remaining onions; cook, uncovered, on HIGH 1 minute longer. Let stand 5 minutes.

†† Quantity reduced for microwave preparation.

what plentiful summer foods d you toss together? Send us your rec pes—you could be a winner. Two Cook of the Month receive $100 each, tw Runners-Up receive $50 each, and si Honor Roll winners get $25 each. Rec pes will be pictured on the Prize Teste Recipe pages next July. Winners re ceive a framed Certificate of Endorse ment and six copies of their recipe.

HINTS TO HELP YOU

Fast-Fixin' Chicken: Do you broi stir-fry, or micro-cook your less-than 30-minute chicken recipe? Do you us canned, frozen, breaded, or deli chicke for a head start? **Hints: sesame chick en thighs, plum-glazed cutlets.**

Fresh Summer Salads: What abun dant summer produce shows up o your table in a unique salad? Is you side-dish salad layered, marinated, o made ahead? Do you serve it hot o cold? Full of fruits or vegetables plus pasta or rice? **Tips: marinated basil eggplant salad, wilted romaine with berry-honey dressing.**

WINNERS IN THIS ISSUE

(See recipes on pages 103 and 104.)

Cooks of the Month

Mrs. Teri Olsen, Lauderhill, Fla.
Mrs. Ruth Snider, Iowa City, Iowa

Runners-Up

Mrs. Emily Kay, Bellerose, N.Y.
Laurie Schwab, Eden, N.Y.

Honor Roll

Vera DeMarco, Upper Marlboro, Md.; Chana Hopkins, Erie, Pa.; Pearl Murray, Tampa, Fla.; Dianne Muyskens, Portland, Oreg.; Gail Schroeder, Boca Raton, Fla.; Mary Spinner, McCammon, Idaho.

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "July Fast-Fixin' Chicken" or "July Fresh Summer Salads." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, December 31, 1986. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8707 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation.

WIN MONEY FOR YOUR RECIPES
This Month's Winners, Pages 103, 104.

BETTER HOMES AND GARDENS TEST KITCHEN™

FOOD

PRIZE TESTED RECIPES

THIS MONTH'S CATEGORIES

Fast-Fixin' Chicken
Fresh Summer Salads

What one-of-a-kind chicken main dish can you prepare on the double? When you crave a cool salad,

Pass the Old El Paso® Layered Bean Dip



Layered Bean Dip

1 31-ounce can (or 2 16-ounce cans) OLD EL PASO® Refried Beans
1 can (4 ounces) OLD EL PASO® Chopped Green Chilies, drained
1 envelope (1-1/4 ounces) OLD EL PASO® Taco Seasoning Mix
2 ripe avocados, peeled and pitted
2 tablespoons lemon juice
1 jar (16 ounces) OLD EL PASO® Taco Sauce; mild, medium or hot, divided usage
1-1/2 cups sour cream
3 cups shredded lettuce
1-1/2 cups (6 ounces) shredded Cheddar cheese
black olive slices
OLD EL PASO NACHIPS® Tortilla Chips

In a medium bowl, mix together refried beans, green chilies and taco seasoning mix. Spread on a 12-inch round serving platter. Blend avocados, lemon juice and 1/2 cup taco sauce until smooth. Spread on top of bean mixture. Spread sour cream on top of avocado mixture. Top with shredded lettuce, cheese, taco sauce and olive slices. Serve with NACHIPS. Serves 10 to 12.

OLD EL PASO

©1986 PET INC


What makes a dinner Deluxe.
It's sole tarragon instead of fried fish. Silver instead of silverware. It's soft light, exotic flowers and that bottle of wine you've kept in the cellar.
Naturally, instead of ordinary vegetables, you chose Deluxe. Exquisitely sweet baby carrots. Crisp broccoli, every spear perfection.
It's the difference between a meal and an experience.
Tender Tiny Peas
Whole Baby Carrots
Baby Broccoli Spears
Artichoke Hearts
Birds Eye® Deluxe. Dinner will never be the same.
GENERAL FOODS
© 1990 General Foods Corporation

WIN MONEY FOR YOUR RECIPES
See Page 100 For Details

KITCHEN™
PRIZE TESTED RECIPES

Holiday Vegetable Side Dishes

File under Vegetables



$100 WINNER *Mrs. Teri Olsen, Lauderhill, Fla.*

Blue-Cheese-Sauced Vegetables in Popovers

Use your favorite frozen vegetable blend for this exquisite recipe—

- 1 recipe Popovers
- 1 16-ounce package loose-pack frozen mixed vegetables
- ½ cup chopped celery
- ⅓ cup chopped green pepper
- ¼ cup chopped onion
- 2 tablespoons snipped parsley
- 1 clove garlic, minced
- ⅛ teaspoon dried oregano, crushed
- ⅛ teaspoon dried dillweed
- 1 tablespoon butter *or* margarine
- 1 tablespoon all-purpose flour
- ½ cup milk
- ½ cup crumbled blue cheese
- 1 teaspoon Dijon-style mustard

Prepare Popovers. In a 2-quart saucepan cook frozen vegetables, plus celery, green pepper, and onion according to package directions. Drain; stir in parsley, garlic, oregano, and dillweed. Keep warm. For sauce, melt butter. Stir in flour, ⅛ teaspoon *salt*, and dash *pepper*. Add milk. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Stir in cheese and mustard. Break open popovers; top with vegetables and sauce. Serves 6.

Popovers: Grease six 6-ounce custard cups with ¼ teaspoon *shortening* for *each*. In a small mixer bowl combine 2 *eggs*, 1 cup *milk*, and 1 tablespoon *cooking oil*. Add 1 cup *all-purpose flour* and ¼ teaspoon *salt*. Beat with electric mixer till smooth. Fill the custard cups *half* full. Bake in a 450° oven for 15 minutes. Reduce oven to 350°; bake 25 minutes more or till brown and firm. A few minutes before removing from oven, prick each popover with a fork to allow steam to escape.

Nutrition information per serving: 296 cal., 11 g pro., 32 g carbo., 14 g fat, 22 mg

BETTER HOMES AND GARDENS TEST KITCHEN™
PRIZE TESTED RECIPES

Special-Occasion Pies

File under Pies



$100 WINNER *Mrs. Ruth Snider, Iowa City, Iowa*

Striped Chocolate Peanut Butter Pie

Ruth's lucky coworkers got to try this pie before she sent her recipe to us—

- ¾ cup creamy peanut butter
- 3 tablespoons butter *or* margarine
- 1½ cups graham cracker crumbs
- 1 4-serving-size package *regular* vanilla pudding mix
- 3 cups milk
- 1 4-serving-size package *regular* chocolate pudding mix
- 1 teaspoon vanilla
- 1 4-ounce container frozen whipped dessert topping, thawed

Heat *½ cup* of the peanut butter and butter till smooth. Stir in cracker crumbs; cool. Press mixture onto the bottom and up the sides of a 9-inch pie plate. Chill. In a 1-quart saucepan combine vanilla pudding mix and *1½ cups* of the milk; cook and stir to a full boil. Stir in remaining peanut butter. Spoon into crust. Chill. Combine chocolate pudding mix and remaining milk; cook and stir to a full boil. Stir in vanilla. Spoon over peanut butter layer. Chill. To serve, spread dessert topping over pie; sprinkle with chopped *peanuts* and *chocolate curls*. Serves 8.

Nutrition information per serving: 436 cal., 12 g pro., 46 g carbo., 26 g fat, 25 mg chol., 424 mg sodium. U.S. RDA: 17% riboflavin, 20% niacin, 13% calcium, 23% phosphorus.





PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

Now there are two loose-leaf Better Homes and Gardens® cookbooks! The famous red plaid *New Cook Book* has 1,251 tested recipes. The solid-red *My Recipe Collection* keeps your own recipes organized. At bookstores, or send

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Special-Occasion Pies

File under Pies



$50 WINNER *Laurie Schwab, Eden, N.Y.*

Cheesecake Mincemeat Pie

Laurie combined two family favorites—cheesecake and mincemeat—in one pie—

- 1 10-inch Baked Pastry Shell
- 2 cups prepared mincemeat
- ½ cup chopped walnuts
- 12 ounces cream cheese, softened
- 2 eggs
- ½ cup sugar
- 1 tablespoon milk
- 1 8-ounce carton dairy sour cream
- 2 tablespoons sugar
- ½ teaspoon vanilla

Prepare Baked Pastry Shell. Combine mincemeat and walnuts; spread evenly in pastry. In a large mixer bowl beat cheese, eggs, ½ cup sugar, and milk with an electric mixer on medium speed till smooth. Pour over mincemeat; spread evenly. Bake in a 375° oven for 25 to 30 minutes or till nearly set. Stir together sour cream, the 2 tablespoons sugar, and vanilla. Spread over top of baked pie. Bake 5 minutes more. Cool slightly. Chill at least 6 hours. Makes 8 to 10 servings.

Baked Pastry Shell: Stir together 1¼ cups all-purpose *flour* and ½ teaspoon *salt*. Cut in ⅓ cup *shortening* or *lard* till pieces are the size of small peas. Sprinkle 1 tablespoon cold *water* over part of the mixture; toss with a fork. Push to the side of bowl. Repeat till all is moistened. Form into a ball. On a lightly floured surface flatten dough with hands. Roll dough from center to edge, forming a 13-inch circle. Wrap pastry around rolling pin. Unroll onto a 10-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim to ½ inch beyond edge of pie plate; fold under extra pastry. Flute edge. Prick bottom and sides with tines of a fork. Bake in a 450° oven for 10 to 12 minutes or till golden. Cool on wire rack.

Nutrition information per serving: 647 cal., 10 g pro., 70 g carbo., 37 g fat, 128

BETTER HOMES AND GARDENS TEST KITCHEN™

PRIZE TESTED RECIPES

Holiday Vegetable Side Dishes

File under Vegetables



$50 WINNER *Mrs. Emily Kay, Bellerose, N.Y.*

Cranberry-Apple Sweet Potatoes

Mrs. Kay wanted to jazz up her traditional candied yams and created this super easy, delicious holiday side dish—

- 5 to 6 medium sweet potatoes, peeled *or* two 18-ounce cans sweet potatoes, drained and cut into bite-size pieces
- 1 21-ounce can apple pie filling
- 1 8-ounce can whole cranberry sauce
- 2 tablespoons apricot preserves
- 2 tablespoons orange marmalade

Cut fresh potatoes into bite-size pieces. In a large saucepan cook potatoes, covered, in enough boiling salted water to cover, about 15 minutes or till tender. Drain and set aside. Spread pie filling in an 8x8x2-inch baking dish; arrange cooked fresh or canned sweet potatoes atop. In a small mixing bowl stir together cranberry sauce, apricot preserves, and orange marmalade; spoon over sweet potatoes. Bake, uncovered, in a 350° oven for 20 to 25 minutes or till heated through. Makes 6 to 8 servings.

Nutrition information per serving: 354 cal., 2 g pro., 83 g carbo., 2 g fat, 0 mg chol., 29 mg sodium. U.S. RDA: 521% vit. A, 36% vit. C, 12% riboflavin, 24% iron, 39% phosphorus.

Buying information, page 118.

© 1985 CPC International

Best dressed broccoli.

Nothing adds a touch of elegance to simple broccoli quite like Knorr® Hollandaise Sauce. Rich, creamy. Velvety smooth. With a delightful tang. It's also what the best dressed asparagus, salmon and Eggs Benedict are wearing. And it's easy to prepare.

Discover all ten delicious Knorr Sauces. All in the gourmet or sauce section of your favorite supermarket.



Knorr. Sauces that make dining in like dining out.

MFR COUPON | NO EXPIRATION DATE

15¢

Save 15¢

When you buy one package Knorr Sauce Mix, any flavor.

DEALER This coupon will be redeemed for face value plus 8¢ handling if used in accordance with the offer stated here on. Any other use constitutes fraud. Limit one coupon per item. Coupon not transferable. Void where prohibited, taxed or otherwise restricted. Proof of purchase of sufficient merchandise to cover coupons submitted must be shown on request. Cash redemption value 1/20¢. Customer must pay any sales tax. Good only in U.S.A. Send to: Best Foods, Dept. #5917, El Paso, Texas 79966

71135

48001 117398

Knorr®

continued from page 60



Perfect make-ahead gifts for friends and relatives—Lemon Marmalade, Chunky Dried Fruit Preserves, and Chocolate 'Tater Fudge.

LEMON MARMALADE

4 lemons
5 cups sugar
1 1¾-ounce package powdered fruit pectin

With a vegetable peeler or paring knife, peel lemons being careful not to include white membrane. Finely chop peel (about ½ cup). Set aside.

Juice the peeled lemons (about ¾ cup juice). Strain juice; add enough *water* to measure 4 cups total. Set aside.

Place chopped peel in a small saucepan; add about 1 cup *water* to cover peel. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes. Drain.

Combine *¼ cup* of the sugar and all of the pectin. In a 6- to 8-quart kettle or Dutch oven stir pectin mixture into lemon juice mixture. Add drained lemon peel. Bring mixture to a full boil. Stir in remaining sugar. Return to a full rolling boil (a boil that cannot be stirred down). Boil for 1 minute, stirring constantly. Remove from heat; skim off foam. Ladle into clean, hot half-pint jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids. Process in a boiling water bath for 15 minutes (start timing when the water boils). Makes 6 half-pints.

Nutrition information per tablespoon: 42 cal., 0 g pro., 11 g carbo., 0 g fat, 0 mg chol., 0 mg sodium.

CHUNKY DRIED FRUIT PRESERVES

2 cups dried apricots (10 ounces)
1 8-ounce package pitted whole dates (1⅓ cups)
6 ounces dried figs (1 cup)
3 cups water
1½ cups packed brown sugar
1½ cups raisins (7 ounces)
⅓ cup lemon juice

Finely cut up apricots, dates, and figs. In large saucepan or Dutch oven combine cut-up fruits, water, sugar, raisins, and lemon juice. Bring to boiling, stirring till sugar dissolves; reduce heat. Boil gently, uncovered, about 20 minutes or till thickened (juices should be the consistency of syrup). Ladle mixture at once into hot, clean half-pint jars, leaving a ¼-inch headspace. Wipe jar rims to clean; adjust lids. Process in a boiling water bath for 15 minutes (start timing when water boils). Makes about 6 half-pints.

Note: If you like, spoon the thickened fruit mixture into decorative covered containers and omit processing. These must be stored in the refrigerator.

Nutrition information per tablespoon: 38 cal., 0 g pro., 10 g carbo., 0 g fat, 0 mg chol., 2 mg sodium.

CHOCOLATE 'TATER FUDGE

So easy! Create a creamy fudge without cooking to a precise temperature—

2 medium potatoes (about 10 ounces total), peeled and cut up
1 to 2 tablespoons milk
• • •
1 6-ounce package (1 cup) semisweet chocolate pieces
1 cup peanut butter
1 teaspoon vanilla
3 cups sifted powdered sugar (about 12 ounces)
1 cup finely chopped peanuts

In a large saucepan cook potatoes, covered, in boiling salted water for 20 to 25 minutes or till very tender. Drain and mash potato with enough of the milk to make fluffy; set aside. (You should have ⅔ cup mashed potato.)

In a heavy 3-quart saucepan heat chocolate pieces over low heat till melted, stirring constantly. Remove from heat; stir in potatoes, peanut butter, and vanilla. Stir in powdered sugar. (If necessary, work in last ½ cup of the powdered sugar with your hands.) Stir *half* the peanuts into mixture. Turn the mixture into a greased 9x9x2-inch baking pan. Press down evenly. Sprinkle with remaining peanuts; press down lightly into candy. Cover; chill till firm. Cut into 81 pieces. Makes about 2¼ pounds creamy fudge.

Microwave directions: In a 1-quart microwave-safe casserole combine potatoes and 2 tablespoons *water.* Microcook, covered, on 100% power (high) for 6 to 8 minutes or till tender, stirring once. Drain and mash potato as directed above.

In a 3-quart microwave-safe casserole cook chocolate pieces, uncovered, on high for 1½ to 2½ minutes or till pieces are melted, stirring once. Stir till pieces are melted and mixture is smooth. Continue recipe as directed above.

Nutrition information per piece: 57 cal., 2 g pro., 6 g carbo., 3 g fat, 0 mg chol., 16 mg sodium.



Give a little of yourself this season—wrap up Peach-Nut Holiday Bread or Christmas Star Ring Loaf for a gift full of homemade goodness.

PEACH-NUT HOLIDAY BREAD

Sprinkle some loaves with nuts; brush others with peach preserves. And if you're making them for gifts, bake the breads in convenient foil loaf pans—

2 cups all-purpose flour
⅔ cup sugar
1 tablespoon baking powder
½ teaspoon salt
1 16-ounce can peach slices (syrup pack)
2 eggs
⅓ cup butter *or* margarine, melted
1 tablespoon lemon juice
½ cup chopped walnuts
Chopped walnuts (optional)
2 tablespoons peach preserves (optional)

Grease four 5½x3x2-inch loaf pans *or* one 9x5x3-inch loaf pan. Set aside.

In a large bowl stir together flour, sugar, baking powder, and salt; set aside. Drain peaches, reserving *¼ cup* syrup. In blender container or food processor bowl combine reserved peach syrup, eggs, butter or margarine, and lemon juice. Cover; blend or process till smooth. Add peaches. Cover; blend or process just till peaches are chopped. Pour peach mixture over flour mixture; stir just till moistened. Fold in ½ cup nuts. Turn into prepared pan(s). Sprinkle with nuts. Bake in a 350° oven 30 to 35 minutes for small loaves or 55 to 60 minutes for large loaf or till a toothpick inserted near center comes out clean. Cool in pan 10 minutes; remove from pan. Cool on wire rack. Spread preserves over loaves not topped with nuts. Makes 4 small loaves, 4 servings each, *or* 1 large loaf, 16 servings.

Nutrition information per serving: 178 cal., 3 g pro., 27 g carbo., 7 g fat, 45 mg chol., 174 mg sodium.

continued

From the well-loved Karo Pie come exciting new pies to love.

Karo® Corn Syrup.
As natural to pecan pie as pecans. Now Karo has exciting new pecan pies that start with the recipe you already love. They're just as easy to make as the classic pie. And they're all just as lovable.

Karo Classic Pecan Pie

3 eggs, slightly beaten
1 cup KARO® light or dark corn syrup
1 cup sugar
2 Tbsp Mazola® margarine, melted
1 tsp vanilla
1½ cups pecan halves
1 unbaked (9″) pastry shell

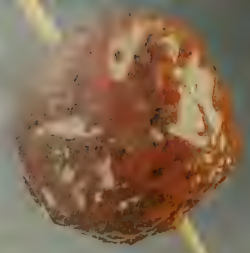
Stir together first 5 ingredients until blended. Add nuts. Pour into pastry shell. Bake in 350°F oven 50 to 60 min. or until knife inserted halfway between center and edge comes out clean. Cool.

Chocolate Pecan Pie: Decrease sugar to ⅓ cup. Add 4 oz. melted semisweet chocolate.

Pumpkin Pecan Pie: Pumpkin Layer—Stir together 1 egg, 1 cup canned pumpkin, ⅓ cup sugar, ½ tsp ground cinnamon, ¼ tsp ground ginger and ⅛ tsp ground cloves until blended. Spread evenly in bottom of unbaked (9″) pastry shell. Pecan Layer—Stir together 2 eggs, ⅔ cup corn syrup, ⅔ cup sugar, 2 Tbsp melted margarine and ½ tsp vanilla. Add 1 cup pecans. Carefully spoon over pumpkin layer. Bake in 350°F oven 60 min. or until filling is set around edges.



©1986 Best Foods, CPC International Inc



How a Meatball Made Me a RedHot Lover.

I expected just heat, I got tang and flavor.

INCREDIBLE MEATBALLS

1 lb. ground beef
1 egg
3 Tbsp. dry bread crumbs
½ tsp. Durkee Garlic Salt
½ tsp. Durkee RedHot Sauce
1 Tbsp. butter or margarine
1 Tbsp. cornstarch
½ cup water
2 Tbsp. catsup
1½ Tbsp. Durkee RedHot Sauce (or more to taste)

Combine first 5 ingredients. Mix thoroughly and shape into ¾ inch meatballs. Bake at 375° for 15 minutes.

In saucepan, melt butter and add cornstarch; stir to blend. Add remaining ingredients. Simmer until thickened. Add meatballs and heat through.

Yield: 50 to 60 meatballs.

Turn on any ground beef dish with RedHot!



Durkee RedHot

Adds tang and flavor not just heat.



continued

CHRISTMAS STAR RING LOAF

Tight on time? After kneading and covering, let the dough rise in the refrigerator overnight. Continue as directed. Or, use quick-rise yeast, following the package directions—

4¼ to 4¾ cups all-purpose flour
1 package active dry yeast
1 cup milk
½ cup butter *or* margarine
⅓ cup sugar
½ teaspoon salt
2 eggs
1 egg white
⅓ cup sugar
½ teaspoon ground cardamom
1 cup chopped pecans
1 cup candied red and green cherries, finely chopped
1 recipe Vanilla Glaze
Candied red and green cherries, halved *or* quartered (optional)
Pecan halves (optional)

In a large mixer bowl combine *2 cups* of the flour and the yeast. In a small saucepan heat milk, butter or margarine, sugar, and salt just till warm (115° to 120°) and butter is almost melted, stirring contantly. Add to flour mixture; add whole eggs. Beat with an electric mixer on low speed for 30 seconds. Beat on high speed for 3 minutes, scraping bowl often. Using a spoon, stir in as much of the remaining flour as you can. Turn out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes). Shape into ball. Place in greased bowl; turn once. Cover; let rise in warm place till double (about 1½ hours).

Punch dough down; divide in half. Cover and let rest for 10 minutes. In a medium mixing bowl beat egg white slightly. Stir in sugar and cardamom. Then, stir chopped pecans and chopped cherries into egg white mixture. On a floured surface roll 1 dough half into an 18x14-inch rectangle. Spoon *half* of the nut mixture over dough rectangle. Roll up from 1 of the long sides. Press edges to seal.



Make V-shaped cuts in the dough.

Transfer to a greased baking sheet, seam side down. Shape roll into ring; seal ends. Using toothpicks, mark the dough ring into eighths around base. With sharp knife or razor blade, make a ¼-inch-deep V-shaped cut between 2 of the toothpicks starting 1 inch from top center and going to within ¾ inch of dough ring bottom. Repeat 7 more times leaving about ½ inch between Vs, making a total of 8 Vs (see photo, *left*). Remove toothpicks. Repeat with remaining dough and filling for second star ring. Cover loaves; let rise till nearly double (30 to 40 minutes). Bake in a 350° oven for 20 to 25 minutes or till light brown, covering with foil after 15 minutes. Transfer to wire rack. Cool.

Spoon *half* of the Vanilla Glaze over the top of the V sections of *each* bread ring to resemble an 8-pointed star. Top with candied cherry and pecan halves. Makes 2 bread rings, 8 servings each.

Vanilla Glaze: In a small mixing bowl stir together 1 cup sifted *powdered sugar*, ¼ teaspoon *vanilla*, and enough *milk* (2 to 3 teaspoons) to make a glaze of thick, spreading consistency.

Nutrition information per serving: 331 cal., 6 g pro., 50 g carbo., 12 g fat, 52 mg chol. U.S. RDA: 20% thiamine, 13% riboflavin, 11% iron, 10% niacin.



To order the giant cookie cutters for these boy and girl Whole Wheat Ginger Cutouts, see page 153.

WHOLE WHEAT GINGER CUTOUTS

3 cups all-purpose flour
1 cup whole wheat flour
2 teaspoons ground cinnamon
1 teaspoon ground ginger
½ teaspoon baking soda
1 cup butter *or* margarine
1 cup packed brown sugar
⅓ cup molasses
1 egg
1 tablespoon finely shredded orange peel
2 tablespoons orange juice
1 recipe Powdered Sugar Icing
Raisins *or* small round colored candies (optional)

continued


You're the pineapple of my eye!
Introducing New Bundt* Pineapple Creme Cake Mix.
BRAND
There's nothing like the real thing. And, baby, you are it.
'Cause your luscious yellow cake and rich creme filling is topped with golden tidbits—real Dole® pineapple to be exact. And you're sprinkled with powdered sugar. So every exquisite bite is delicious.
My golden treasure, I struck it rich when I found you.
Bundt
Pineapple Creme
Dole
Pillsbury
Desserts with a passion.
*Bundt trademark for cake and mix-based kitchen utensils of Nordic Ware Products, Inc. Minneapolis, MN. © 1986 The Pillsbury Co.

From the Stouffer Collection of Side Dishes.

SPINACH SOUFFLÉ



The classic soufflé. Chopped whole leaf spinach, fresh milk and eggs, delicately seasoned.

So versatile, so welcome with any meal. A favorite with everything from tarragon chicken to pan-fried trout. And for a memorable brunch, the perfect companion for eggs Benedict.

Spinach Soufflé.

Just one from Stouffer's® carefully edited collection of 15 very special Side Dishes.

Serving suggestion:
TARRAGON CHICKEN



©1986 Stouffer Foods Corporation

:tinued

n a medium mixing bowl stir togeth-flours, cinnamon, ginger, and baking la. Set aside.

n large mixer bowl beat butter or rgarine with an electric mixer on dium speed for 30 seconds. Add own sugar and beat till fluffy. Add lasses, egg, orange peel, and orange ce; beat well. Gradually beat in flour xture, stirring in the last part with a oden spoon. Divide the dough in half. ver and chill about 1 hour or till ugh is no longer sticky. On a floured rface roll dough ⅛ inch thick. Cut th 4½x1½-inch tree-shaped cookie tters or other shaped cutters of same e. (*Or,* roll dough ¼ inch thick. Cut th 9x5-inch people cookie cutters or her shaped cutter of same size.) Place ungreased cookie sheets. With the d of a straw or tip of a paring knife, ake a hole in the top of each cookie r hanging. Bake in 375° oven 8 to 10 inutes for the smaller cookies or 18 to) minutes for the larger cookies or till ne. Cool on a wire rack.

To decorate, pipe Powdered Sugar Ic-g onto cookies with a decorating bag d writing tip. Add raisins or candies r eyes, buttons, or tree ornaments. lakes about 72 small tree cookies or 6 rge people cookies.

Powdered Sugar Icing: In a medium ixing bowl stir together 2 cups sifted *owdered sugar,* ½ teaspoon *vanilla,* nd enough *milk* (2 to 3 tablespoons) to ake a frosting of piping consistency. lakes about ½ cup frosting.

Note: Depending on how extensively ou decorate your cookies, you may eed 2 recipes of icing.

Nutrition information per small ookie: 75 cal., 1 g pro., 12 g carbo., 3 g at, 11 mg chol., 37 mg sodium.



Give your tree a special touch; decorate with Whole Wheat Ginger Cutouts (page 108), Candied Citrus Peel (page 112), and Old-Time Popcorn Balls (page 112).

continued

Start A Holiday Tradition

with Golden Star Ham by Armour & Heinz 57 Sauce





For the Tastiest Holiday Ham Here's One Honey of a Glaze

HONEY 'N' SPICE GLAZED HAM

1 Golden Star Canned or Fully Cooked Boneless Ham by Armour
1/2 cup Heinz 57 Sauce
1/4 cup Sue Bee Honey

Heat ham according to label instructions. Combine ingredients for glaze. Brush ham with glaze last 30 minutes of baking. Serve extra glaze as sauce.



© 1986 H. J. Heinz Co.

and One Honey of an Offer

FREE* Sue Bee Honey

*and a 50¢ coupon for Golden Star Ham by Armour *with proofs of purchase*

To receive your coupon good for one FREE Sue Bee Honey Table Server, or $1.00 toward purchase of any Sue Bee Honey product. .PLUS a 50¢ store coupon for Golden Star Ham by Armour...send this certificate along with these three proofs of purchase: the Certificate of Satisfaction from any Golden Star Ham by Armour; the UPC seal from Heinz 57 Sauce; and the cash register receipt with Sue Bee Honey price circled and UPC number written on it.



MAIL TO: **SUE BEE HONEY OFFER**
P.O. Box NB 590, El Paso, TX 79977

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Offer limited to one per family, person or organization. This official mail-in certificate must accompany request. Facsimilies or reproductions of certificate or proofs of purchase not accepted. Please allow 6-8 weeks for delivery. Offer void where prohibited or otherwise restricted by law. Sales tax must be paid by customer. OFFER EXPIRES 6/30/87

MAIL-IN CERTIFICATE

Lesson One is programmed for the way a 5-year-old thinks.

Programs make learning fun for kids 4 to 8.

10 learning activities help kids learn math, spelling, music and more.

Easy-to-follow instruction/lesson book.

Lesson One™

Available wherever toys or learning electronics are sold in U.S. and Canada.



A "pre-comp with keyboa electronic display a musical effects

FOOD GIFTS

continued

CANDIED CITRUS PEEL

2 large grapefruits *or* 4 large oranges
1½ cups sugar
¾ cup water
Sugar

With the point of a sharp paring knife score grapefruit or orange peel into 4 lengthwise sections. Loosen peel from fruit, leaving white pith membrane attached to peel. Place peel in 3-quart saucepan; add water to cover. Bring to boiling. Remove from heat. Let stand 10 minutes; drain. Repeat boiling, standing, and draining with fresh water 3 times. Cool peel. Cut peel into strips 4 to 5 inches long and ⅛ to ¼ inch wide. In same saucepan combine sugar and the ¾ cup water. Bring to boiling, stirring to dissolve sugar. Add peel. Cook over medium-low heat, stirring occasionally, 20 to 25 minutes or till peel is translucent. Drain thoroughly; cool 20 minutes or till lukewarm. Roll peel in sugar. For a curly strip, twist peel *or* wrap around a dowel or pencil till dry (see photo, *right*). Place on wire racks several hours or overnight. Store tightly covered. Makes about 4 cups peel, 32 servings.

Nutrition information per serving: 41 cal., 11 g carbo.



Wrap the peel around a dowel.

OLD-TIME POPCORN BALLS

10 cups popped popcorn (about 1 cup unpopped)
1 cup sugar
¼ cup light corn syrup
½ teaspoon vinegar
¼ teaspoon salt
½ teaspoon vanilla

Remove all unpopped kernels from popped corn. Put popcorn in a large baking pan; keep warm in a 300° oven.

Butter the sides of a heavy 1-quart saucepan. In saucepan combine sugar, corn syrup, vinegar, salt, and ¾ cup *water*. Cook over medium-high heat to boiling, stirring constantly with a wooden spoon to dissolve sugar. Avoid splashing mixture on sides of pan. Clip candy thermometer to side of pan. Cook over medium heat, stirring occasionally, till thermometer registers 270°, soft-crack stage. Mixture should boil at a moderate, steady rate over entire surface. It will take 30 to 35 minutes to dissolve sugar and reach soft-crack.

Remove from the heat; stir in vanilla. Slowly pour mixture evenly over hot popcorn. Stir just till mixed. Butter hands. Working quickly, scoop up small amounts of the popcorn mixture. Shape with buttered hands into 1- to 1½-inch balls. (*Or,* scoop up larger amounts of popcorn and shape into 3-inch balls.) For popcorn ball ornaments, as you are shaping the balls, include the two cut ends of a 6-inch piece of ribbon, forming a loop. (*Or,* make garland by shaping the 1- to 1½-inch balls around a long piece of ribbon at 2- to 3-inch intervals.) Makes about twenty 1- to 1½-inch balls or eight to ten 3-inch balls.

Note: Use balls with ribbon for decoration only and not for eating. The ribbon may contain nonedible dye.

Nutrition information per small ball: 61 cal., 0 g pro., 15 g carbo., 0 g fat, 0 mg chol., 30 mg sodium.



JUST WHAT YOU ALWAYS WANTED. SECONDS.

It used to be, one serving of gravy was all you could hope for. But with Lawry's® new Seasoning Blends, you'll have enough for seconds. And then some.

What more could you ask for?

Six varieties, for one thing. In Mushroom, Turkey, Chicken, Onion or Brown creamy style gravies. Plus there's a tempting Au Jus. And now each comes in a new tear-apart double pack.

And that's not all. Because there are some things we've left out of our gravies. Things like artificial flavors and colors.

Which is how we account for the homemade taste.

So no matter which you choose, you'll be glad there's more of it.

LAWRY'S



©1986 Lawry's Foods, Inc


The grass is always greener



No detergent mows down grass stains better than Tide. In Liquid, Regular Scent, or Unscented Powder, Tide won't quit on some of your toughest stains.

Clothes come clean because Tide won't quit.

on the other side

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

HOLIDAY ALMANAC

Page 22: Mantel—William H. Jackson Co., 3 E. 47th St., New York, NY 10017. **Lace**—H.K. Co., 21 W. 38th St., New York, NY 10018. **Dolphin candlesticks**—Viking Glass, Box 29, New Martinsville, WV 26155. **Candles, short candlesticks** — TAG, 1476 Merchandise Mart, Chicago, IL 60654. **Tall crystal candlesticks** — Toscany Imports, Ltd., 225 Fifth Ave., New York, NY 10010. **Ribbon**—C.M. Offray & Son, Inc., 261 Madison Ave., New York, NY 10016.

Page 24: Crystal bowl—Toscany (address above). **Gift wrap**—Hallmark, 2501 McGee, Box 580, Kansas City, MO 64141. **Ribbon**—C.M. Offray & Son, Inc. (address above). **Bear, horn ornaments**—Lillian Vernon, 510 S. Fulton Ave., Mount Vernon, NY 10550. **Napkin**—Creative Resources, Inc., 24 W. 57th St., New York, NY 10019.

Page 26: Ribbon—C.M. Offray & Son, Inc. (address above). (***Right***): **Dinnerware** "Baronesse"— Hutschenreuther Corp., 41 Madison Ave., New York, NY 10010. **Flatware** "Golden Kingswood"—Oneida Silversmiths, Ltd., Consumer Service Dept., Oneida, NY 13421. **Stemware**—Waterford Crystal, 225 Fifth Ave., New York, NY 10010. **Candlesticks**—TAG (address above). **Tablecloth, napkins**—Pratesi Linens, 829 Madison Ave., New York, NY 10021. (***Bottom***): **Dinnerware** "Lavinia"—Royal Worcester Spode USA, 41 Madison Ave., New York, NY 10010. **Liner**—Viking Glass (address above). **Flatware**—Reed & Barton, 144 W. Britannia St., Taunton, MA 02780.

COMING HOME TO CHRISTMAS: HOMETOWN CELEBRATION

Pages 50–51: Gold cord—Conso Products Co., Hwy. 176 Bypass, Union, SC 29379. **Gift wrap**—Hallmark Cards, P.O. Box 580, Kansas City, MO 64141. **Plaid gift wrap**—Corrinne Burke's Country Things, New Paltz, NY 12561. **Ribbons**—C.M. Offray and Son, Inc., 261 Madison Ave., New York, NY 10016. **Flexible flyer sled**—Blazon Flexible Flyer, P.O. Box 1296, 100 Tubb Ave., West Point, MS 39773.

Pages 52–53: Hearth stool—Plain n' Fancy, Inc., P.O. Box 756, Jensen Beach, FL 33457. **Hardanger for sampler**—Hansi Haus, 35 Fairfield Pl., West Caldwell, NJ 07006. **Red fabric on pillow and stool**—Kappie Originals Ltd., 801 East St., Frederick, MD 21701. **Embroidery floss**—DMC, 107 Trumbull, Elizabeth, NJ 07206. **Crewel yarn**—Johnson Creative Arts, 445 Main St., West Townsend, MA 81474. **Plaid gift wrap**—Corrine Burke's Country Things (address above).

Pages 54–55: Hurricanes—Crown Corning, 3041 Tanager Ave., Los Angeles, CA 90040. **Crystal** "Julliard"—Oneida Silversmiths, Ltd., Consumer Service Dept., Oneida, NY 13421. **Sherbets** "Racine"—Hutschenreuther, 41 Madison Ave., New York, NY 10010. **Dinnerware** "Majestic Blue" — Coalport/Wedgwood, 41 Madison Ave., New York, NY 10010. **Cream soups, plates** "Consul Cobalt" — Royal Worcester Spode, 26 Kennedy Blvd., East Brunswick, NJ 08816. **Flatware** "Marly"—Christofle Pavillon, 680 Madison Ave., New York, NY 10022. **Paper doilies**—Doily Carte, 340 W. Huron, Chicago, IL 60610. **Christmas plates**—Bing and Grondahl, North Lawn Ave., Elmsford, NY 10523. **Fabrics on table** "Petra"—Laura Ashley, Raintree Designs, 979 Third Ave., New York, NY 10022.

Pages 56–57: Clear glass balls—Studio Art Glass, 3765 Briarwood Ave., Mahtomedi, MN 55115. **Pastel-striped glass balls**—available from The Silver Nutmeg, Limestone Plaza, Fayetteville, NY 13066. **China pomanders**—Karen Carson Creations, P.O. Box 14297, Customer Service Dept., Dayton, OH 45414. **Woven pillows**—Mystic Valley Traders, available from The Silver Nutmeg (address above). **China dolls** models "GK1002," "GK1004" — Gorham, 333 Adelaide Ave., Providence, RI 02907. **Victorian dollhouse**—The Enchanted Dollhouse, Manchester Center, VT 05255. **Splint baskets**—KV Designs, Rte. 1, Box 125D, Brook Park, MN 55007. **Glass bull's-eye window ornaments**—available from The Silver Nutmeg (address above). **Pewter goblets**—Will Jones, 4624 Marlborough Dr., San Diego, CA 92116. **Ceramic Della Robbia wreath** — Ballard Designs, 2148-J Hills Ave.,

CREAMERY BUTTER
WHOLE GRAIN FLOUR
FARM FRESH EGGS
IMPORTED SPICES
WHIPPING CREAM.

WHY STOP NOW?



SUN-MAID® AMERICA'S FAVORITE RAISIN.

Atlanta, GA 30318. **Candlesticks**—Riedel, 41 Madison Avenue, New York, NY 10010. **Plates on mantel**—Herend, 1524 Spring Hill Rd., P.O. Box 9226, McLean, VA 22101. **Soup tureen**—Herend (address above). **Pastel plates**—MacKenzie-Child, Ltd., available from The Silver Nutmeg (address above).

Pages 58–59: Lace trim—Wm. E. Wright Co., South St., West Warren, MA 01092. **Outdoor tree lights**—General Electric Co., Lela Park, Cleveland, OH 44112. **HO scale houses**—International Hobby Corp., 350 E. Tioga St., Philadelphia, PA 19134. **Floral ribbon**—Gear Country Cottage Collection, C.M. Offray and Son, Inc. (address above). **Embroidery floss**—DMC (address above). **Baby doll**—The Middleton Doll Co., P.O. Box 4, Coolville, OH 45723. **Silver frames**—Towle, 144 Addison Avenue, Boston, MA 02128.

A FARMHOUSE CHRISTMAS

Pages 62–63: Lace trims—Heritage Imports, Box 328, 713 E. First St., Pella, IA 50219.

Pages 66–67: Lace—Heritage Imports (address above). **Swedish sheaves**—Golden Grain Farms, New Sweden, ME 04762.

WOODLAND HOLIDAYS

Pages 68–69: White birch chair—The Adirondack Store, 109 Saranac Avenue, Lake Placid, NY 12946. **Red blanket, hand-painted fish stoneware**—The Adirondack Store (address above). **Knives** "Staghorn"—House of Prill, 77 Fayette, Perth Amboy, NJ 08861. **Crystal** "Gravuren," "Nostalgie"— Riedel, 41 Madison Avenue, New York, NY 10010. **Glass bowl** "Titan"—Riedel (address above). **Antique oil paintings**—The Adirondack Store (address above). **Candlesticks** "Mirage," "Magic," "Leuchter Pentagon"—Riedel (address above). **Printed ribbon**—Design Circle Ltd., 22 Norma Ln., Dix Hills, NY 11746.

Pages 70–71: Goblets "Kurfurst"—Hutschenreuther, 41 Madison Avenue, New York, NY 10010. **Miniature twig chairs**—Wood-Lot Farms, Rte. 1, Shady, NY 12479. For 14 plans including love seat, chaise, child and adult chair, send $12.50. **Birch bark baskets**—Squaw Bay Baskets, 1020 W. Cedar, Chippewa Falls, WI 54729. **Red blanket basket**—The Adirondack Store (address above). **Yarn for beaded sweater**—Aarlan Royal, 128 Smith Pl., Cambridge, MA 02138. **Twig frame**—Wood-Lot Farms (address above). **Candlesticks**—Riedel (address above). **Crystal decanters**—Edinburgh Crystal, 41 Madison Avenue, New York, NY 10010. **White birch chair**—The Adirondack Store (address above). **3-ply Persian yarn**—Johnson Creative Arts, 445 Main St., West Townsend, MA 01474.

HOLIDAY FAVORITES UPDATED

Page 72: Salad plate, small platter "Misty"—Noritake Co., Inc., 41 Madison Avenue, New York, NY 10010.

Page 73: Meat platter "Royal Provencial"—Oneida Silversmiths, Ltd., Consumer Service Dept., Oneida, NY 13421. **Pie server**—F.B. Rogers Silver Co., Inc., Taunton, MA 02780. **Serving fork**—Gorham, Div. of Textron, 333 Adelaide Avenue, Providence, RI 02927.

Page 75 (*top*): Platter "Fiori White"—Villeroy & Boch Tableware Ltd., 41 Madison Avenue, New York, NY 10010. **(*Bottom left*): Plate** "Champagne"—Hutschenreuther Corp., 100 Shaw Rd., North Branford, CT 06471.

Page 76 (*top*): Platter "Facette Gold"—Villeroy & Boch Tableware Ltd. (address above). **(*Bottom*): Soup bowl, plate** "Allura"—Mikasa, 25 Enterprise Avenue, Secaucus, NJ 07094. **Page 77 (*top*): Fork**—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780. **(*Bottom left*): Platter** "Aragone"—Villeroy & Boch Tableware Ltd. (address above). **(*Bottom right*): Gravy boat**—Baumgarten's, 544 Armour Cir., NE, Atlanta, GA 30324.

Page 78 (*top left*): Bowl—Rosenthal USA Ltd., 6626 Metropolitan Avenue, Middle Village, NY 11379. **(*Bottom*): Platter**—Charles Martine Imports, Inc., 225 Fifth Avenue, New York, NY 10010. **Cup** "Atlantis"—Block China Corp., 11 E. 26th St., New York, NY 10010.

Page 79 (*top*): Platter "Chateau"—Villeroy & Boch Tableware Ltd. (address above). **Server**—Carvel Hall, 260 Merrimac St., Newburyport, MA 01950. **(*Bottom left*): Platter**—Rosenthal USA Ltd. (address above). **(*Bottom right*): Plate** "Blanche"—Hutschenreuther Corp. (address above). **Server**—International Silver Co., 500 Research Pkwy., Meriden, CT 06450.

PRIZE TESTED RECIPES

Page 103 (*left*): Plate "Bennington"—Oxford Hall Silversmiths, Ltd., 225 Fifth Avenue, New York, NY 10010. **(*Right*): Plate** "Swan Lake"—Kosta Boda USA Ltd., 4 Sperry Rd., Fairfield, NJ 07006.

Page 104: (*right*): Baking dish—Conran's, 145 Huguenot St., New Rochelle, NY 10801.



Ho Ho Homemade Pumpkin Pie.
Make it a new tradition.

During the holidays nothing says you really care like your own fresh-from-the-oven homemade Pumpkin Pie. Make it easy with



America's favorite recipe. You'll find it right on the label of America's favorite canned pumpkin . . . pure, natural Libby's Pumpkin.

Order Libby's "Great Pumpkin Cookbook." Over 140 recipes in colorful hardcover. See details on the label.

continued from page 49

INDEX OF INSTRUCTIONS
(for all Christmas crafts shown on pages 49–71)

Hometown Celebration
Picket fence, page 51 121
Checkerboard quilt, page 51 121
Patchwork star pillow, page 51 123
Knit stockings, page 53..... 123
Fireboard, page 53..... 124
Crewel pillow, page 53..... 124
Christmas sampler, page 52..... 128
Cross-stitch pillow, page 52..... 128
Hearth stool, page 52..... 131
Fitted tablecloth, page 54..... 131
Star quilt, page 56..... 131
Goat family, page 56..... 131
Floral wreath, page 56..... 134
Swan cradle, page 58 134
Miniature picket fence, page 58 136
Nightgowns, page 58..... 136
Patchwork frames, page 59..... 136
Heart frame, page 59..... 136

A Farmhouse Christmas
Snowflake place mats, page 61..... 138
Rag baskets, page 61..... 138
Quilt pot holders, page 60 138
Doll quilts, page 62..... 138
Child's furniture, page 62..... 138
Pig family, page 64..... 140
Push-along ram, page 64..... 140
Horse, page 64 140
Pull-along cow, page 65 140
Wooden riding horse, page 64..... 140
Quilt ornaments, page 62..... 142
Family album, page 66 142
Country doll, page 67..... 142

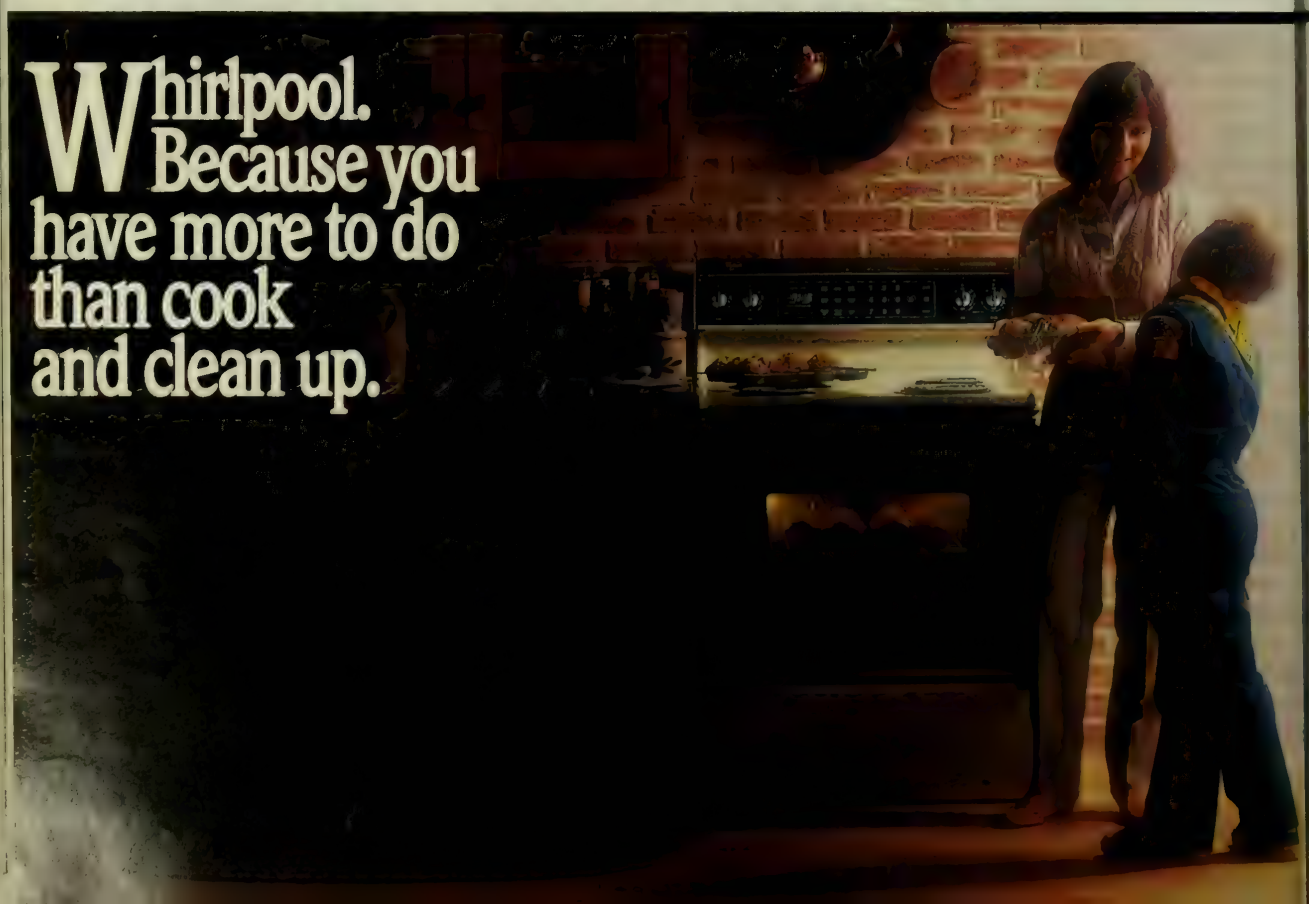
Woodland New Year's
Moss and bark wreath, page 70..... 144
Cross-stitch napkin, page 69 146
Velvet stars, page 68..... 146
Beaded stocking, page 70..... 146
Twig chairs, page 70 147
Beaded sweater, page 70..... 149
Eskimo dolls, page 71..... 149
Twig frame, page 71..... 150
Twig candlesticks, page 71 150
Needlepoint pillow, page 71 150

DESIGNERS
(for all Christmas crafts shown on pages 49–71)

Hometown Celebration
Pages 50–51: Picket fence: Jim Williams. Patchwork star pillow: Susan Knight.
Pages 52–53: Random-knit stockings: Dixie Falls. Fireboard and crewel pillow: Janet Harrington. Christmas sampler, cross-stitch pillow, and hearth stool: Dixie Falls.
Pages 56–57: Goat family: Phyllis Dunstan. Floral wreath: Jim Williams.
Pages 58–59: Swan cradle, miniature picket fence, heart frame: Jim Williams. Nightgowns: Margaret Sindelar. Patchwork frames: Susan Knight.

A Farmhouse Christmas
Pages 60–61: Snowflake place mats: Beth Bohac. Rag baskets: Susan Welsh. Quilt pot holders: Rebecca Jerdee.
Pages 62–63: Doll quilts, child's furniture: Rebecca Jerdee.
Pages 64–65: Pig family, push-along ram, horse, wooden riding horse, pull-along cow: Jim Williams.
Pages 66–67: Family album, miniature quilt ornaments: Rebecca Jerdee. Doll clothes ornaments: Phyllis Dunstan. Dried-apple wreaths: Sandi Moran. Country doll: Salley Mavor.

Woodland New Year's
Pages 68–69: Twig stars: Rebecca Jerdee.
Pages 70–71: Moss and bark woodland wreath: Jan Hollebrands. Velvet stars: Ciba Vaughan. Miniature twig chairs, twig frame, and twig candlesticks: Abby Ruoff. Beaded North woods sweater: Dixie Falls. Eskimo doll family: Salley Mavor.



PICKET FENCE, page 51

To order fence project plan, see page 153.

Materials: Eight 44-in.-long ½×¾-in. pine for rails; four 8-ft. lengths of pine lattice for fencing; four 12½-in.-long 4×4s for fence posts; eight 5-in.-square pine boards; 4 decorative finials; finishing nails, screws.

Instructions: On two adajacent sides of each 4×4 fence post, drill and chisel out holes to fit ½×¾-in. rails. Holes should be ¾ in. from top and bottom of post. *Note:* Holes on posts should be 6½ in. apart.

Nail 5-in. pine boards to bottoms of posts. Screw finials to center of 5-in. pine boards for tops; nail.

Sketch picket design referring to photograph on *page 51.* Transfer to sixty 12-in. lengths of lattice for fencing. Cut pickets and drill holes in each.

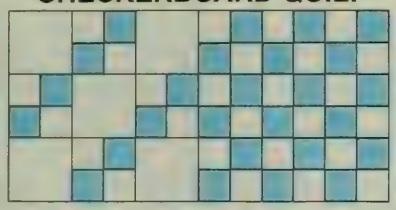
Lay rail pairs 6½ in. apart. Space 15 pieces of fencing evenly along rails beginning and ending 2¼ in. from ends. Let bottom edge protrude ¾ in. beyond bottom rail; nail in place.

Paint white; let dry. To assemble, insert fence sections into corner posts.

CHECKERBOARD QUILT, page 51

Materials: 3 yd. 45-in.-wide red print fabric; 4¼ yd. 45-in.-wide white fabric; 2¼ yd. 45-in.-wide backing; 79×90-in. piece quilt batting; sewing and quilting thread; water-erasable marking pen; template material.

CHECKERBOARD QUILT



Instructions: Finished size: approximately 77×87½ in. Prewash all fabrics. Make templates for the following pieces: small red and small white squares—1¾ in. square; large white squares—3½ in. square.

Cut following pieces, adding ¼-in. seam allowances: 546 small red squares, 546 small white squares, 105 large white squares.

Cut following border pieces, adding ¼-in. seam allowances to all sides: two 3⅝×77-in. and two 3⅝×87½-in. from red; two 3½×70-in. and two 3½×80½-in. from white.

Note: There are two different blocks used: 36-patch and 9-patch.

For 36-patch blocks, arrange 18 red squares and 18 small white squares in checkerboard fashion. See diagram (*left*) for placement detail. Sew together, pressing seams in one direction. Repeat 20 times. Set blocks aside.

For 9-patch blocks, first stitch small checkerboard blocks by arranging 2 red and 2 small white blocks as shown in diagram (*left*). Repeat 83 times.

Join small checkerboard blocks to large white squares as shown in diagram. Repeat 20 times, forming 21 9-patch blocks.

Assemble quilt top by sewing together 7 rows of 6 blocks in alternating fashion, beginning with 9-patch block and forming large checkerboard design. See diagram (*left*) for detail. Press seams.

Add white border to quilt top, piecing as necessary and mitering at corners. Add red border to outer edges of white border in same manner.

Cut and piece quilt backing to fit top. Layer backing, batting, and top; baste together using ⅜-in. seam. Trim batting and backing seam allowances.

Turn under seam allowance of red border to form binding, rolling under raw edges. Slip-stitch in place.

Hand- or machine-quilt in 1¼-in. diagonal diamond pattern or as desired.

continued

Slaving over a hot stove went out of style years ago. But serving hot meals never will. That's why Whirlpool® ranges and ovens are designed for easy cooking and easy clean-up. So you can spend more time entertaining the troops, and still enjoy delicious, home-cooked meals.

Cleaning made easy by Whirlpool.
You don't look forward to cleaning up. So our Spillguard™ cooktops have raised edges to help contain spills. And they lift up so you can clean underneath easily. Our smooth oven interiors are easy to clean. And Whirlpool self-cleaning ovens in gas or electric models even take care of this job for you. It just doesn't get any easier than that.

The right features for easy cooking.
Surface elements on our electric ranges heat up and cool down fast. And you aren't limited to only four or five heat settings. You can adjust anywhere from lukewarm to boiling hot. All our controls are easy to use, especially our newest electronic touch controls.

A promise of quality we stand behind.
Every Whirlpool appliance is backed by our promise of good, honest quality. It's a promise we've kept for 75 years, and we support it with programs like our toll-free, 24-hour Cool-Line® telephone service to help you with problems or questions. Just call 800-253-1301. It's one more way we can make your world a little easier.

Whirlpool
Home Appliances
Making your world a little easier.

"I've asked for Meow Mix once, I've asked for it a thousand times."

Of the hundreds of cat foods, there's only one worth repeating myself for.
Meow Mix® brand cat food.

Because it has the three flavors cats love most, tuna, liver, and chicken.

So if variety is what you're looking for in a cat food, Meow Mix is yours for the asking.

Meow Mix tastes so good cats ask for it by name.



Purina®

Helping pets live longer, healthier lives™

© Ralston Purina Company, 1986

continued

PATCHWORK STAR PILLOWS, page 51

To order full-size quilt and pillow pattern, see page 153.

Materials: 1 yd. 45-in.-wide red print fabric for top pieces, pillow backing, and ruffle; ⅛ yd. 45-in.-wide white print; ⅛ yd. 45-in.-wide white fabric; 13-in.-square quilt batting and backing; polyester fiberfill; sewing and quilting thread; water-erasable marking pen; template material.

Instructions: Finished size: approximately 12 in. square, excluding ruffle.

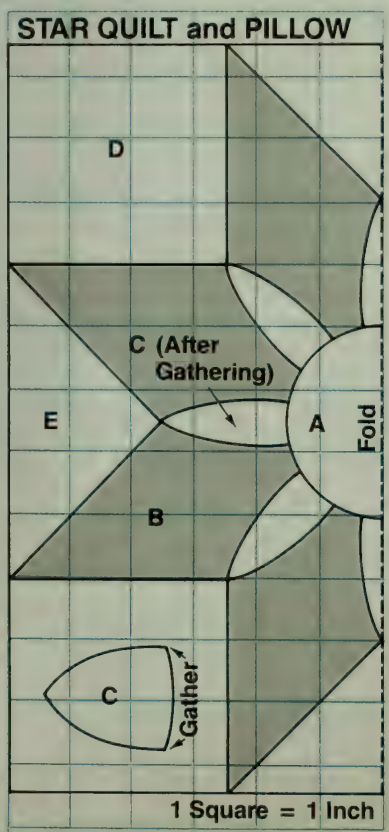
Enlarge pattern (*below*) and make cardboard or plastic templates for each pattern piece. Add ¼-in. seam allowances to each piece.

From red print fabric cut 1 of piece A and 8 of piece B. From white print fabric, cut 8 of piece C. From white, cut 4 of D and E.

Note: Inside edge of C pieces will be gathered to fit around center.

To assemble pillow top, follow directions for making a quilt block for the *Star Quilt* on *page 131.* Press pillow top; layer top, batting, and backing. Baste together; hand- or machine-quilt.

Assemble quilted top into pillow; adding 2½-in. ruffle and contrasting piping if desired.



KNIT STOCKINGS, page 53

Materials: Size seven 16-in. circular needle; size eight 16-in. circular needle; 1 set double-pointed needles; bright colored 4-ply acrylic yarn; tapestry needle.

Instructions: *Gauge: 5 sts = 1 in.*

Starting at top with No. 7 circular needle, cast on 60 sts and join. Place marker for beg of round. This marks center back of stocking. Work in k-1, p-1 ribbing for 1¼ in. Change to No. 8 circular needle. Work in stripe pattern of 2 rounds of each color. Repeat stripe sequence or continue to add new colors until piece measures 11 in.

Heel: With same color as last stripe, k 15 sts, place marker, turn; p back 30 sts, place marker, turn; k 29 sts, turn; p 28 sts, turn; k 27 sts, turn; p 26 sts, turn. Continue in this manner until there are 8 sts remaining (4 sts on each side of center back of round marker). End after a purl row.

Turn; k 9, turn; p 10, turn; k 11, turn; p 12, turn; k 13, turn; continue in same manner until all 30 sts of heel have been worked; on last purl row, purl 15 (to center back of heel marker). Break yarn. With next color, turn and beg

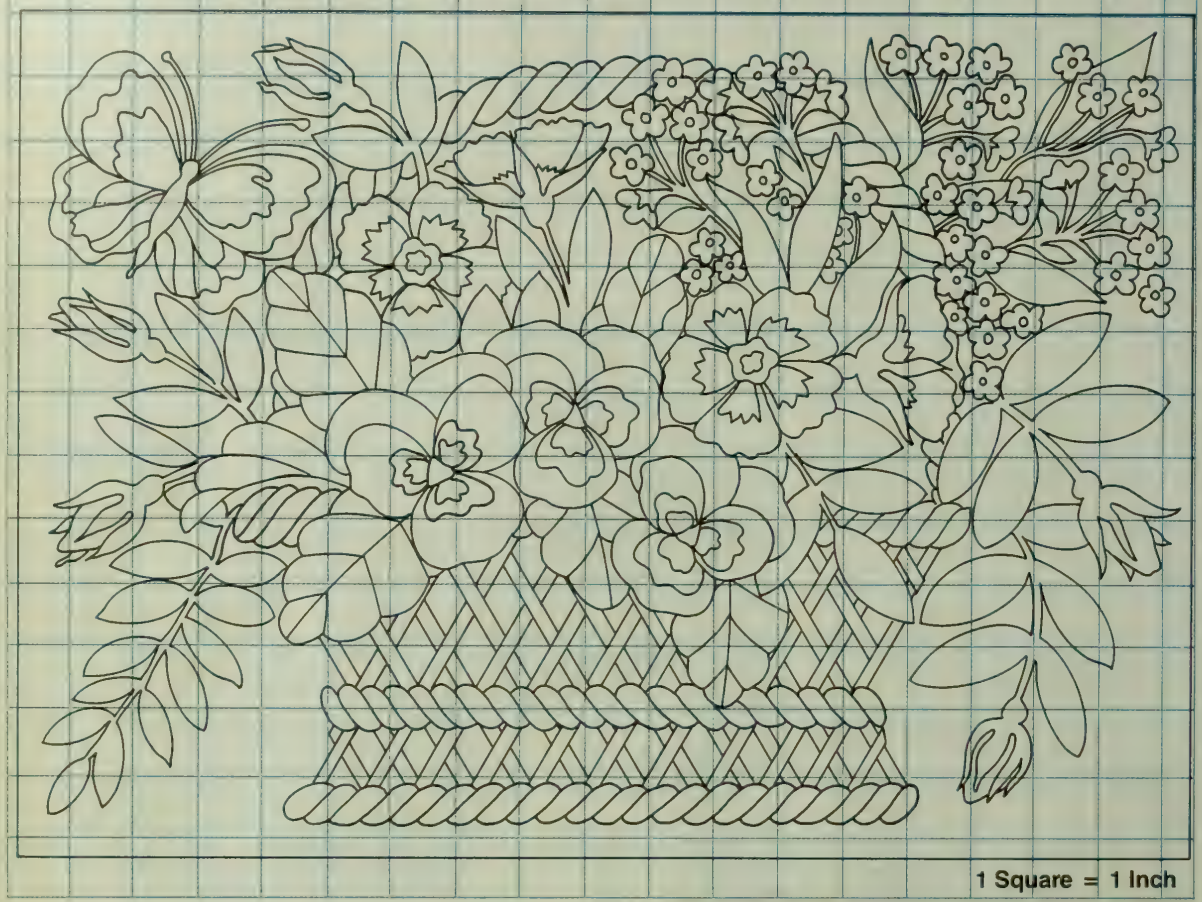
continued



©1985 Liggett Group Inc.

continued

BASKET OF FLOWERS PILLOW/FIREBOARD



working in full rounds again, removing heel markers.

Work even in rounds changing color every 2 rounds until piece measures 6½ in. in from end of heel. End after complete stripe.

Toe: K next round in next color. Continue with same color for entire toe. Divide sts onto double-pointed needles.

Dec Rnd 1: * K 12, k 2 tog, k 2, slip 1, k 1, psso, k 12, repeat from *.

Rnd 2 and all other even-numbered rounds: knit.

Dec Rnd 2: * K 11, k 2 tog, k 2, slip 1, k 1, psso, k 11; repeat from *.

Dec Rnd 3: * K 10, k 2 tog, k 2, slip 1, k 1, psso, k 10; repeat from *.

Continue in this fashion having 2 less stitches between decreases until there is a total of 20 sts on needles. End after an even round.

K first 5 sts, put next 10 sts on one needle without working, put last 5 sts on first needle with other 5 sts.

Weave toe of stocking together. Weave in all yarn ends and steam very lightly into shape.

FIREBOARD, page 53

To order fireboard project plan, see page 153.

Materials: Random widths of 1-in. pine lumber to cover fireplace opening; 1×4 pine and cove molding for framing; 1×2s for back bracing; nails; green, purple, pink, white, brown, and gold paint; artist's brush; permanent black marker for outlines.

Instructions: *Note:* Measure fireplace opening. Fireboard should exceed opening by 3–4 in. Cut boards to desired length, laying side by side to achieve necessary height; cut three 1×2 bracings to same height. Nail boards to bracings, placing one in center and others at ends. Frame top and sides of boards with cove molding and 1×4s, mitering at corners.

Paint fireboard a base coat in desired color. Enlarge pattern (*above*) to size desired; center, and transfer to boards. Refer to photograph on *page 53* for colors or paint as desired. Outline design with permanent felt tip marker to define the pattern.

CREWEL PILLOW, page 53

To order crewel pillow iron-on transfer, see page 153.

Materials: 18×24-in. piece of green wool; scraps of 3-ply Persian yarn in the following colors: purple, light purple, pink, light pink, yellow, light yellow, light blue, black, white, brown, gold, gray, dark green, green, and light green; 1 yd. backing and ruffle fabric; 2½ yd. contrasting piping.

Instructions: Enlarge pattern (*above*) to scale and transfer to cloth. Using 1 strand of Persian wool, work flowers, leaves, and butterfly in satin stitches. Work rosebuds in long and short stitches, forget-me-nots in lazy daisy stitches with French-knot centers and chain-stitch stems. Work flower and leaf stems in backstitch. Wicker basket is 6 strands of yarn twisted and couched to cloth; solid sections are satin stitches outlined with backstitches.

When stitchery is complete, steam with medium-hot iron and a damp press cloth. Assemble pillow as desired.

continued

Fisher-Price knows that the most important thing about shaving is closeness.

There's something special about those moments a father and son share together.

That's why Fisher-Price® created a shaving kit just for kids. It comes with a realistic shaver that sounds like dad's. Plus a mirror, toothbrush case, child-size comb, a key ring with pretend nail clippers, and a large travel bag to put everything in.

The Fisher-Price Shaving Kit. Now a boy doesn't have to wait to grow up to be just like dad.



Fisher-Price Shaving Kit.

©1986 Fisher Price, Division of The Quaker Oats Company, East Aurora, New York 14052

continued

Christmas Sampler pattern continues on *page 129*. Shaded area is an overlap of the design



continue

"Now big nutrition comes in small cans for your small dog."

us who love smaller-
eds are so taken with
e looks and cuddly
at we often underestimate
ious nutritional needs.
hy I couldn't



ier about Kal Kan's
ince size cans.

BREEDS:
; your dog's small size
. Remember his origins!
riers, for example, were
e rodent hunters.
y breeds were developed
hdogs.
gh we prize them
; housepets and loving
ions, small breeds
completely lost
cient instincts.
e extremely active
going, very
n, and very loyal.

BUNDLES OF ENERGY:
No matter what breed he is, your small dog packs a lot of energy into his little body. To maintain proper muscle tone, he requires more nutrition per pound of body weight than large dogs do.

It's as if they have engines that are revved a little higher than usual. You'll understand why they thrive on the highest quality of fuel—meat!

NEW SMALL CANS, BIG NUTRITION:
That's why I'm committed to feeding Kal Kan.® No other canned product I've seen can beat it for quality and consistency. The meat looks better, even smells better, and I know Kal Kan®has the full complement of vitamins and minerals my dogs require.

And now Kal Kan's new smaller-sized cans and new minced textures are the perfect size and consistency for their



hungry little terrier mouths.

GREAT RESULTS:
I'm delighted by the results I get from Kal Kan.® It gives my feisty, adorable little Norwich Terriers every ounce of nutrition they deserve.

Top Breeder of
champion Norwich Terriers.



ow in handy
6 oz. cans.



Now in four minced varieties.

KAL KAN.® Recommended by top breeders.®

continued

CHRISTMAS SAMPLER, page 52

To order Christmas sampler kit, see page 153.

Materials: 16×18-in. piece of 14-count ivory Aida cloth: DMC embroidery floss: 10 skeins of red No. 347; 1 skein of ivory No. 712.

Instructions: Finished size of sampler is approximately 10⅜×12 in.

Use 3 strands of floss to work stitches over 1 thread of fabric. Referring to chart, *pages 126* and *129*, begin cross-stitching at upper left corner 3¾ in. from both top and left edges of fabric. Work heart border all around.

Note: The chart shows only 2 sides of the border. Rotate chart to work border on remaining sides. Work corner motif in all 4 corners.

Stitch inside sampler motifs. Backstitch mouse's tail, candle flames, and "Merry Christmas" wording in red. Use ivory long stitches for picture frame wire above the bed and sleigh reins; backstitch windowpanes. Pad finished stitchery and frame as desired.

CROSS-STITCH PILLOW, page 52

To order cross-stitch pillow kit, see page 153.

Materials: 13½×13½-in. piece of red 18-count Kappie cloth; DMC embroidery floss: 2 skeins ivory No. 712; ½ yd. 44-in.-wide green wool for ruffle and backing; 2½ yd. red double-fold tape for ruffle edging; 1¼ yd. narrow cotton cording; contrasting fabric to cover cording; polyester fiberfill; graph paper; felt tip markers.

Instructions: Finished size of pill excluding ruffle, is about 9½×9½ i

Locate center of girl and tree des (shaded square) in chart on *pages* and *129*. Trace chart onto graph pa with felt tip markers. Adjust border top and left sides as necessary to evenly around the design area. Refe photograph on *page 52* for detail.

Locate center of cloth to begin stit ing at shaded square. Cross-stitch, ing 4 strands of floss to work stitc over 2 threads of cloth. Work can flames in backstitch.

When stitching is complete, ligh steam and press. Trim piece to meas 10½×10½ in., centering design.

Assemble pillow, adding piping, r fle and edging as desired.

continu

THE MIXER SERIOUS COOKS ARE ATTACHED TO.



Just look at all the ways a KitchenAid® mixer can turn recip into reality. Its complete line of opti attachments lets you do almost every job in the kitchen without b ing and storing separate appliand

For quality, performance a durability, more serious cooks ch a KitchenAid mixer than any oth Its exterior is all metal, no plastic. motor is heavy-duty. And it's buil so well, it's often handed down fr mother to daughter.

With a premium KitchenAi mixer, all you have to do is attach your imagination.

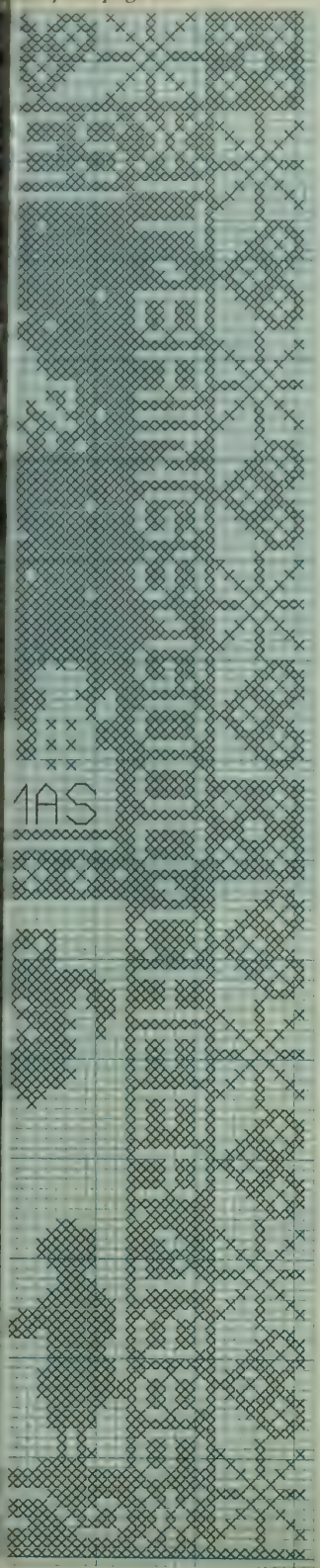
KitchenAi



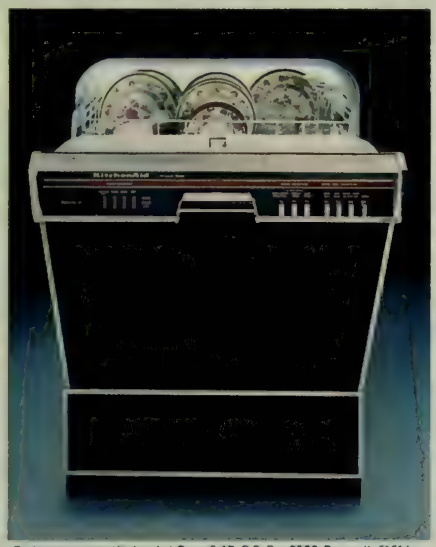
For literature write KitchenAid Dept C 1M, PO Box 3500 Peoria IL 61614

KITCHENAID® FOR THE WAY IT'S MADE.™

ued from page 126



GIVES DISHES THE SILENT TREATMENT.



Now America's best dishwasher eliminates bothersome noise. The KitchenAid® Superba has an exclusive Whisper Quiet System so effective that you can talk on the kitchen phone or entertain guests and scarcely know the dishwasher is running.

It also eliminates the messy chore of rinsing your dishes off before loading. An exclusive Triple Filtration System with a hard-food disposer grinds up food. So dishes go straight from the table to the dishwasher without handrinsing.

And it's built with the KitchenAid quality which means unparalleled durability.

See the incomparable KitchenAid Superba.

KitchenAid

For literature write KitchenAid, Dept. C-1D, P.O. Box 3900, Peoria, IL 61614

KITCHENAID® FOR THE WAY IT'S MADE.™

©1986, Hollywood Brands.

CAN YOU MAKE IT TO YOUR NEXT PAYDAY?™

The lowest. The not-so-lowest.



3mg



5mg

4mg 5mg 7mg

Now Menthol is lowest.

By U.S. Gov't. testing method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

NOW. THE LOWEST OF ALL BRANDS.

Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method

SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar", 0.3 mg. nicotine av. per cigarette by FTC method.

ued

TH STOOL, page 52

er stool cover kit, see page 153.

rials: 10×10-in. piece of red 18-Kappie cloth; DMC embroidery 2 skeins of ivory No. 712; graph ; hearth stool with a 6⅜×6⅜-in. available at crafts shops).

uctions: Finished size of stitched is approximately 5⅝×6 in.

erring to chart on *page 126,* trans- owflake design to graph paper. t outer border to fit design. *Note:* 2 open spaces between inner and borders. See photograph *on page* detail.

ate center of chart and center of to begin stitching. Use 4 strands s to work stitches over 2 threads th. When stitching is complete, y steam and press.

ıter stool insert on wrong side of ı. Fold fabric to back, trimming s cloth, and staple in place. Place in stool following manufactur- irections.

D TABLECLOTH, page 54

rials: Fabric to cover table and 13 inches below, allowing for in- d pleats at corners, if desired; con- ng piping to border table.

uctions: Cut fabric in same di- ions as tabletop, adding ½-in. allowances. Baste piping to top seam allowance.

t skirt fabric 13 inches wide and enough to go completely around , adding enough for inverted s at corners. Piece as necessary. sides together, stitch skirt to top, ing at corners. Narrowly hem.

QUILT, page 56

der quilt pattern, see page 153.

erials: 4½ yd. 45-in.-wide white c for quilt top; 5½ yd. 45-in.-wide w fabric for quilt top and binding; d. 45-in.-wide fabric for quilt back- 80×92-in. piece of quilt batting; ıg and quilting thread; water-eras- marking pen; template material.

uctions: Finished size: 78×90 in. ewash all fabrics. Add ¼-in. seam ances to all pieces. Cut two 72-in. and two 2½×90-in. strips orders from yellow fabric.

ılarge quilt pattern on *page 123* make templates for each quilt pat- piece. *Note:* Inside edge of piece C oe gathered.

r each block, cut 1 A, 8 F, 8 C, 4 D, 4 E. Using yellow fabric for A and ces and white fabric for C, D, and ces, trace templates and cut pieces *12 quilt blocks.* Mark seams with r-erasable pen on center circle e A) for ease in piecing.

assemble quilt blocks, sew s B and C together to form a star an open center, then add pieces D E between the star points to make uare. Gather inside edge of the C pieces on the seam line. Position center piece A by matching marked seam lines and seams of pieced section. Adjust gathers to fit if necessary. Sew or appliqué center circle in place.

With blocks pieced, assemble quilt top by sewing together 7 rows of 6 blocks. Join rows, add borders; press.

Prepare quilt backing. Layer backing, batting, and pieced quilt top and baste together. Quilt as desired. Trim edges and bind with yellow bias or straight binding.

GOAT FAMILY, page 56

To order full-size Goat Family patterns, see page 153.

Materials: For each goat body: ⅝-yd. fur fabric; 2 squares gray felt for hooves and horns; 1 square white felt for muzzles and insides of ears; 2 round black buttons with shank (⅝-in. for adult, ½-in. for baby); black pearl cotton; polyester fiberfill; white carpet thread; scrap of long-fiber gray fur for Papa.

For clothing: ⅜ yd. fabric of each: chintz for Mama's bib, velveteen for Papa's vest and Junior's collar, cotton for shirt and vest lining; ⅛ yd satin; 1 yd. 6-in.-wide double-edged lace; 1⅛ yd. 1/16-in. wide ribbon; 3 silver buttons; ¾ yd. narrow soutache trim; glue.

Instructions: Approximate finished size: Adults 21 in.; baby 18 in.

Enlarge pattern pieces on *page 132* to scale for adults and baby goat.

Body: Cut all pieces except felt ears and horns. Use ¼-in. seam allowances on all pieces. Right sides together, sew fronts along center front seam. Sew hooves to ends of legs for both front and back body sections.

Right sides together, sew front to back, leaving an opening for turning. Clip seams and turn right side out. Firmly stuff all 4 hooves and legs. With carpet thread, hand-sew across all 4 legs along dotted lines. Stuff remainder of body and slip-stitch closed.

Head: With right sides together, sew front to back, leaving opening for turning. Clip and turn right side out. Stuff firmly and stitch closed.

Sew lower muzzle to upper muzzle, matching dots. Clip; turn right side out and stuff firmly. Position muzzle on head; whipstitch in place. Using double strand of pearl cotton, stitch mouth on muzzle. Attach eyes 1 in. above muzzle.

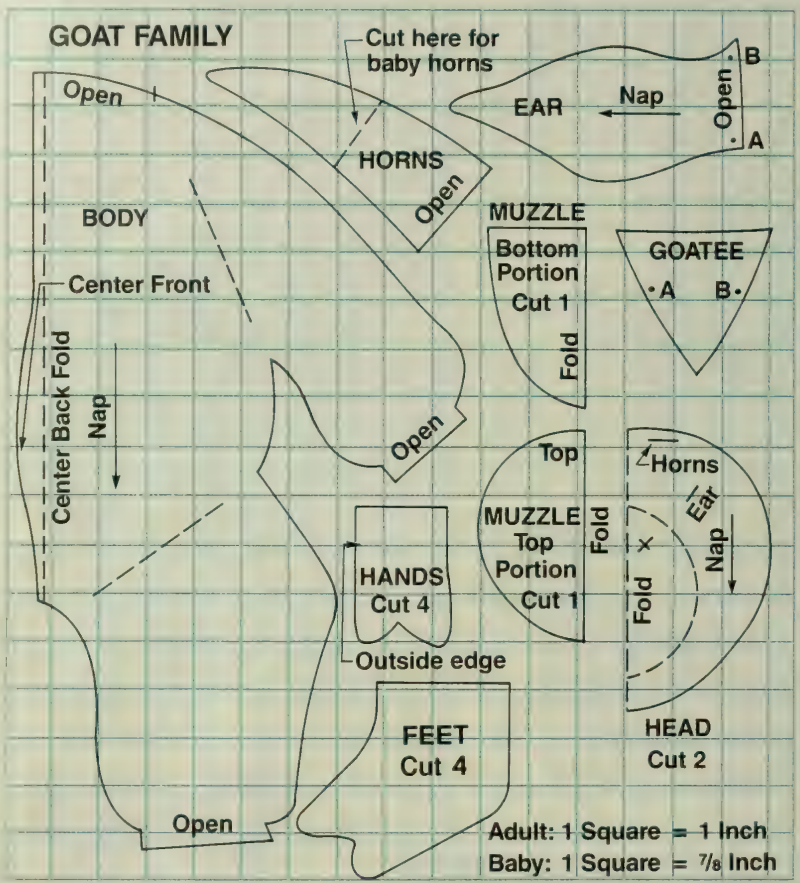
Cut felt ear slightly larger than pattern piece. Sew to fur ear, right sides together, with edges even. Clip and turn. Fold corners together on felt side and tack to create curved shape. Sew ears to head using carpet thread.

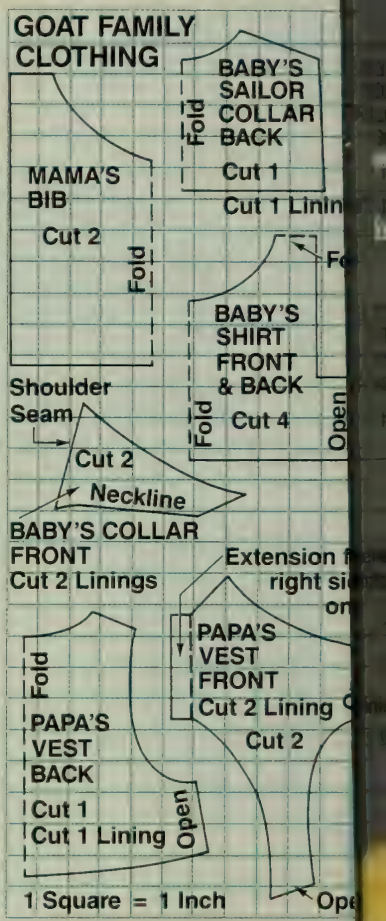
For Mama, blush cheeks and ears with powdered rouge.

continued



continued





For Papa, cut narrow strip of gray fur for ear hair and glue in place. For whiskers, whipstitch sides A and B together, right sides out. Stitch in place with seam to back.

Trace horn pattern onto felt. Sew along line through double thickness of fabric. Trim excess; turn and stuff. Turn raw edges under ¼ in. and stitch horns in place.

Attach head to body, using double strand of carpet thread. *Note:* Top half of head should extend above body.

Mama's clothes: Cut 2 ties, 3½×22-in. Fold each tie in half lengthwise, right sides together. Sew across one end and along long edge; turn and press. Stitch raw end of tie to shoulder edge, pleating tie to fit.

Cut satin sash 3½ in. by width of fabric. Fold in half lengthwise; stitch across one end and along long edge. Turn and press; sew opening closed, tucking in raw edges. Fold in half crosswise. Place folded edge between Xs on left side of bib. Sew in place.

Pin bib lining to bib front, right sides together. Allow ties and sash to hang out bottom. Sew bib to lining, between dots. Clip, turn and press.

Cut 3½×30-in. strip for bib ruffle. Narrowly hem along one long edge and both ends. Gather or pleat to bottom edge of bib front only, right sides together. Turn under raw edge of lining; slip-stitch over raw edge of ruffle.

Tie bib to Mama at neckline. Tie sash at waist, ending with bow in front.

For collar, place ribbon down center of lace. Zigzag over ribbon using wide stitch. *Note:* Do not catch edge of ribbon in stitching. Gather lace toward center of ribbon. Tie around Mama's neck; trim ends. If desired, tack ribbon rosette to head between ears.

Papa's clothes: Right sides together, sew lining to back, leaving open between dots. Clip and turn. Sew lining to front pieces in same manner.

Sew front pieces to back at shoulder seams, taking care not to catch lining. Slip-stitch lining over seam, turning under raw edges. Sew side seams in same manner.

Cut 2 pieces velveteen 2¾×2½-in. for pockets. Fold in half width-wise, right sides together. Stitch across ends and along long edge, leaving opening for turning. Turn; sew opening closed and press. Hand-sew pockets onto vest.

Overlap vest fronts and sew on b tons, stitching through all layers keep vest in place.

To fashion bow tie, cut a 3×20- rectangle from remnant of Mama's b fabric. Fold in half lengthwise; stitc leaving opening for turning. Turn a press; tie and tack in place.

Junior's clothes: Sew shirt in sa manner as Papa's vest, omitting poc ets and buttons and leaving right si seam open. Place shirt on goat. Overla open side to fit goat. Slip-stitch si seam, turning under raw edges to ke shirt in place.

Sew front sections of collar to ba section. Prepare lining in same wa Right sides together, sew lining to c lar, leaving opening for turning. Cl and turn. Sew opening closed ar press. Glue braid around collar, ¼ i from edge. Slip collar around neck ar tack in place with points touching.

Cut 4×15½-in. strip of lining for ti Fold in half lengthwise, right sides t gether. Sew across ends and along lon edge, leaving opening for turnin Turn; stitch opening closed and pres Tie knot in center and tack in place.

continue


Indulge yourself.
For those who believe you can never be too soft on yourself, there's the Kleenex® Softique® Collection.
Lightly scented tissues tucked inside a bouquet for a box. Go ahead, indulge yourself.
Kleenex BRAND
Softique® Collection
FACIAL TISSUES
Kleenex BRAND TISSUES

"Because it's gentle and predictable."

"And good for the whole family, too."

More and more families are choosing gentle, predictable Feen-a-mint Pills, and Feen-a-mint Gum, for relief of constipation. Gum slowly releases its mild stimulant as you chew, so it goes into your system gradually. And for extra gentleness, Pills combine our effective stimulant with the softening agent doctors recommend most.

Feen-a-mint LAXATIVE PILLS

Feen-a-mint LAXATIVE GUM

Use as directe

CRAFTS

continued

FLORAL WREATHS, page 56

Materials: Purchased 6- to 8-in. twig wreaths; silk flowers such as carnation, peony, sweet pea, daisy, ivy, etc. (all available from crafts or florist's supply store); florist's wire; wire cutters.

Instructions: Using wreath as base, wire flowers to wreath, trimming stems as necessary. For best effect, create focal point of larger flowers in one area. Work out from these with smaller flowers and trailing items like ivy or sweet peas. Tuck stems into wreath or behind blossoms; fasten securely with wire.

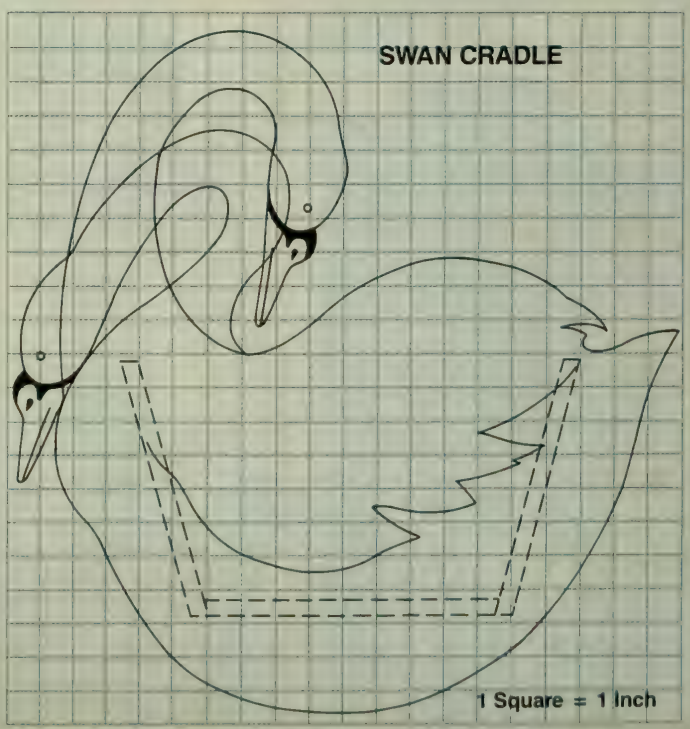
SWAN CRADLE, page 58

To order full-size project plan, see page 153.

Materials: 4×4-ft. piece of ½-in. plywood; two 25-in.-long ½-in. dowels; wood glue; nails; plastic eyes (available in crafts supply stores); white, black, and orange paint.

Instructions: Enlarge pattern for cradle head and foot (*right*); transfer to plywood and cut out. Fill edges and sand lightly. Cut two 6½×25-in. pieces for sides; angle bottom edges 15 degrees. Cut a 9×25-in. piece for bottom; angle sides 15 degrees. Glue and nail sides to bottom; attach swan head- and foot-

continued on page 136



YOU TAKE YOUR CHOICE. WE'LL TAKE OFF $150.



Both chairs available in 4 colors shown.

Berkline Wallaway® Recliners. Special offer for the holidays.

Clip this coupon and head for the nearest Berkline dealer listed below. Save $150 on a quality Berkline Wallaway recliner that regularly has a suggested retail price of $549. The Featherglide® mechanism lets you fully recline in complete comfort within 3" of the wall. Choose handsome contemporary or elegant traditional styling, each available in four colors. Exquisite Herculon® velvet for long wear and easy care.

BERKLINE®

Present this coupon to one of the dealers listed below.

SAVE $150

On a Berkline Wallaway® Recliner

This coupon entitles the bearer to $150 off the regular retail price of either of the two Berkline Wallway® Recliners pictured in this advertisement. Offer good only in stores listed below. Void where taxed, licensed, restricted or prohibited. Not redeemable for cash. Offer expires 1/31/87.

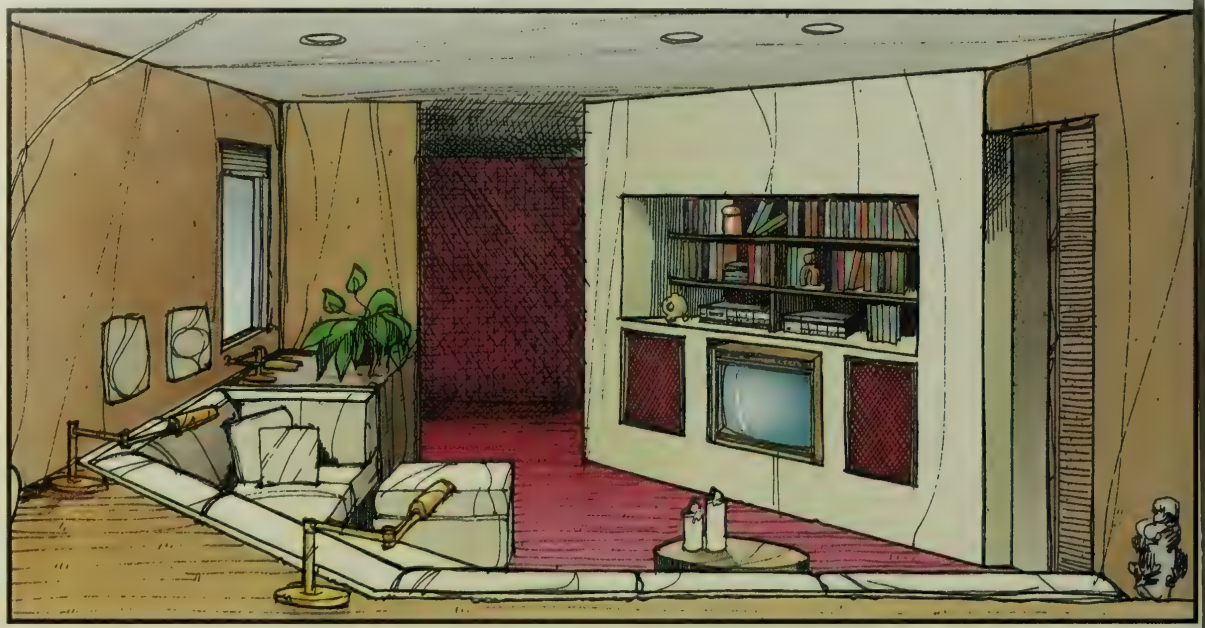
BERKLINE®

BHG1286

CALIFORNIA

ARROYO GRANDE—Arroyo Grande Furniture
BAKERSFIELD—The Recliner Shop
BLYTHE—Imperial Furniture Store
BUENA PARK—Charles E. Walker, Interiors
CALEXICO—Imperial Furniture Store
COVINA—Cal-Mart Furniture
EL CENTRO—Imperial Furniture Store
EL TORO—A-1 Wholesale Mattress & Furniture
FOUNTAIN VALLEY—Wicker & Rattan Discount
FRESNO—Gottschalks Department Stores
GROVER CITY—Lawson Furniture
HOLLISTER—Black-Cooper Furniture Co.
INDIO—Imperial Furniture Store
LANCASTER—Fields Furn.
LEMOORE—J. Anthony Interiors
LONG BEACH—Howard's Interiors
MADERA—47th Place Carpert & Furniture
MODESTO—The Depot Furniture
MONROVIA—Discount Furniture Mart
NAPA—Yoder Furniture
PORTERVILLE—Furniture Gallery
RIDGECREST—Hamel's Fine Home Furnishings
SAN PEDRO—American Furniture Guild
SOUTH SAN FRANCISCO—Giorgi Brothers
TURLOCK—VRH Furniture
VAN NUYS—Adrays
VISALIA—The Furniture Center
WALNUT—Eastside Home Furnishings
WILLITS—Willits Furniture Center

PRIZEWINNING MEDIA ROOM DESIGN

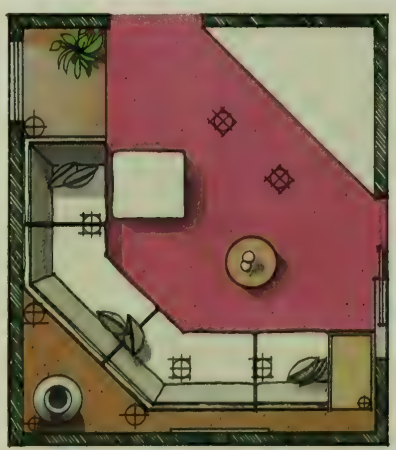


A good-looking electronic storage unit keeps the TV, VCR, and other gear neatly and safely stowed.

Living in today's high-tech world presents a whole range of decorating problems, namely—what to do with all your electronic stuff? Patricia Hatfield, a winner of RCA's "Living With Video" competition, provides an answer with this prizewinning media room design. Follow her lead for creating your own great-looking video area.

POSITION TV FIRST

Take a tip from this scheme when planning your media room. Arrange the TV first, then design the rest of the room around it. In this space, the television is the main attraction. Cleverly stowed in a triangular unit that houses speakers, VCR, stereo, and other electronic paraphernalia, the TV is the room's focal point.



This 12×15-foot TV room gains an expansive look from diagonal furniture and television placement.

GIVE ELECTRONIC GEAR ITS OWN PLACE

All sorts of electronic gear is kept tidily in place in this built-in storage unit. The piece also hides the inevitable mess of wires and plugs. The placement of speakers and the set is deliberate—both are positioned at eye and ear level for enhanced viewing and listening.

ARRANGE FURNITURE ON THE DIAGONAL

Both television and seating are set on the diagonal. This practical layout visually enlarges the modest room (only 12×15 feet). The reason? Simple geometry—a diagonal is the longest line within a rectangle.

The arrangement also brings the modular pieces and the television close together while still leaving plenty of space for traffic paths. The room-wrapping seating follows the same angle as the TV for comfortable and easy viewing (no more neck turning!) and provides the maximum sitting room in minimal space.

AIM FOR VERSATILITY

When the TV is off, this space doesn't close down. The seating arrangement is ideal for talking or curling up with a book. Just turn on the reading lamps for on-the-spot lighting.

Drawings and design by Patricia Hatfield
Courtesy of RCA

Got a craving for Sure Shot, Top Dog, Premeditatedly Outrageous Texas Chili?



™

"Then you're talking Carroll Shelby's Original Texas Brand chili mix. The tastiest bowl of red you ever ate! Just fire up your stove, brown some ground beef, add tomato sauce and let 'er simmer. Then comes the good stuff in the bag. Carroll Shelby's Texas blend of spices. Onion, oregano, ground chili peppers, garlic, paprika. And there's a separate packet of special cayenne pepper. If you like chili hot, slap in a lot! If you want it tame, pull back the rein! Are we communicatin'? Are we talking Texas chili, authentic as whiskers on a cactus? Well, just rustle yourself up a batch and taste it. You'll see. When you say Carroll Shelby's Original Texas Brand chili —you said a mouthful!"

© 1986 Carroll Shelby's Original Texas Chili Company

INSTANT GETAWAYS

A Chaise, a Chair, a Bit of Flair

More than from grand scale or formal attire, getaways get their surefire appeal from soft-edged comfort. An overstuffed chaise or time-tested chair can be the great beginning. Next comes the odd, unexpected mix of pattern, texture, and object that speaks personal style. Find an unused corner and try this recipe. You could shape the getaway that becomes your favorite place.

▶ FLORALS AND FESTOONS

A misty floral wall covering, reminiscent of impressionist paintings, sets the mood for this romantic second-floor retreat.

Gently eased into the sharp angles (and snug appeal) of a cozy, under-the-eaves corner, a hand-painted three-panel screen echoes the background's delicate floral design.

Attention to every detail gives the small, potentially overlooked corner its especially soft and comforting character. Invitingly plump to begin with, the chaise longue is fattened with pastel-colored pillows and a body-soothing, hand-loomed lap throw. A softly swagged upholstery skirt provides the smugly Victorian touch of elegance.

A knowing mix of old and new fittingly finishes the decor. The contemporary brass floor lamp and glass-topped table pair comfortably with the delicate clef-arm chair.

Green plants, a balloon shade, and fresh flowers are all it takes to complete the setting, adding a lush and aromatic accent.

▲ Photographer: D. Randolph Foulds. Design: Simonne Duval Interiors. Location: Marblehead, Mass. Showhouse. Field editor: Estelle Bond Guralnick.

▶ Photographer: D. Randolph Founds. Design: Suzanne Interiors. Location: Marblehead, Mass. Showhouse. Field editor: Estelle Bond Guralnick.





◀ WEAVING A THEME

Antique wicker furniture establishes the mood of this quaint bedroom reading corner, and a fresh, ribbon-tied floral fabric gives the spot added style.

Edged in the same miniprint as the chair cushions, the floor-length tablecloth showcases the gardenlike theme. With careful tending to clever variations, flowers bloom on accent pillows as well as on a showstopping folk-art fireboard that's inventively used as wall-mounted art. Books, framed family photos, and a plant finish the setting.

REMEMBER, YOU HAVE ONLY 30 BAKING DAYS LEFT TILL CHRISTMAS.



1. Surprise your in-laws with handmade pumpkin pies. (One size fits all mouths.)



2. The man in your life will go nuts over your fruitcake.



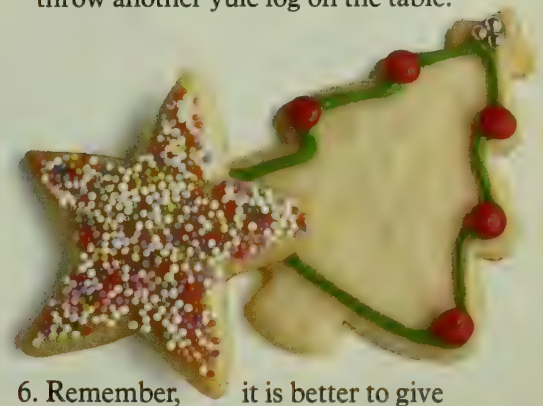
3. When the postman rings twice, open the door and give him some gingerbread cookies.



4. To keep the party going, throw another yule log on the table.



5. When your husband's bowling team comes caroling, give them your cranberry bread pudding. It'll keep them quiet for a while.



6. Remember, it is better to give than to receive. So bake a few extra sugar cookies and give them to yourself.

If you hurry and write to us, we'll send you recipes for the holiday baking season.

Just mail a self-addressed, stamped envelope to "Recipes," C&H Sugar Co., One California St., Dept. B, San Francisco, CA 94111.

The recipes are free. We just wish you'd remember our pure cane sugar from Hawaii when you're baking.

And while we're wishing, we'd also like to wish you a Merry Christmas.

C&H

MEANS YOU MADE IT YOURSELF.

NEW NEW NEW
from Better Homes and Gardens®...

Make it fast and easy with MICROWAVE RECIPES!

◇ If you have a microwave oven, there's a *brand-new* publication just for you: *Microwave Recipes*. Each annual edition brings you dozens of delicious recipes — from great main dishes to favorite fast desserts.

◇ Don't miss this chance to get more from your microwave — pick up your copy of *Microwave Recipes* at your local newsstand today!

On sale October 21, 1986





DON'T HOARD YOUR GOLD.

Be good. Give Almond Roca® Buttercrunch this Christmas, and get an abundance of appreciation. Luscious almond buttercrunch, creamy chocolate and fresh almonds wrapped in elegant gold foil. It's the premium American confection enjoyed the world over. THE INTERNATIONAL GOLD STANDARD



HIGH MARKS FOR

Low-Salt Entrées

Next time you reach for a salt shaker, think again. The link between sodium and high blood pressure, heart attack, and stroke make it worthwhile to cut back on salt. Health professionals recommend intakes of 1,100 to 3,300 milligrams of sodium per day—that's not much when you consider 1 teaspoon of salt has 2,300 milligrams. Watch for sneaky carriers of sodium such as some condiments, cheeses, and processed foods. Read labels to tally the sodium content of foods. Also, look for the many low-sodium and sodium-reduced products. Here are two main dishes to get you started toward cutting your sodium intake.

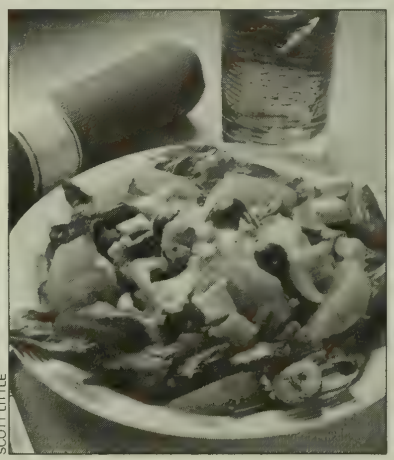
VEGETABLE LASAGNA

- 1 cup sliced fresh mushrooms
- 1 medium green pepper, finely chopped (1 cup)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon cooking oil
- 1 14½-ounce can salt-reduced tomatoes, cut up
- 1 8-ounce can salt-reduced tomato sauce
- 1 teaspoon dried thyme, crushed
- 1 teaspoon dried basil, crushed
- 1 teaspoon dried oregano, crushed
- ¼ teaspoon celery seed
- 2 bay leaves
- 8 ounces lasagna noodles
- 2 cups loose-pack frozen mixed broccoli, cauliflower, and carrot
- 1 beaten egg
- 1 15-ounce carton ricotta cheese
- 1 cup shredded *or* crumbled farmer cheese (4 ounces)

Cook the mushrooms, pepper, onion, and garlic in hot oil till tender. Stir in the *undrained* tomatoes, tomato sauce, seasonings, and ½ teaspoon *pepper*. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes. Remove from heat; discard bay leaves.

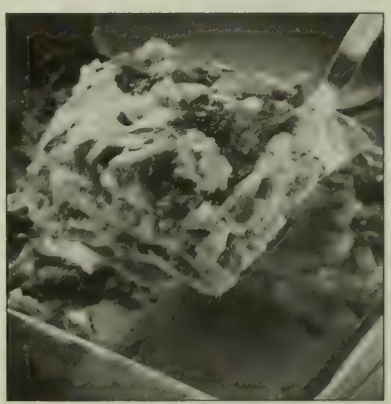
Meanwhile, cook noodles according to package directions, *omitting* salt; drain. Cook vegetables according to package directions, *omitting* salt; drain. Cut up large pieces. Combine egg, ricotta, and *half* of the farmer cheese.

In a 12x7½x2-inch baking dish layer *one-third* of the noodles, *one-third* of the cheese mixture, *one-third* of the vegetables, and *one-third* of the tomato mixture. Repeat layers twice. Cover with foil. Bake in 375° oven 40 minutes. Remove foil; sprinkle with remaining farmer cheese. Bake 10 minutes more or till cheese is melted. Let stand 10 minutes. Makes 6 to 8 servings.



SCOTT LITTLE

Here's a big-flavor, low-calorie salad.



What a lasagna! It's low in salt and fat.

Microwave directions: In 1½-quart microwave-safe casserole combine first five ingredients. Micro-cook, covered, on 100% power (HIGH) 3 to 4 minutes or till vegetables are crisp-tender, stirring once. Add *undrained* tomatoes, tomato sauce, seasonings, and ½ teaspoon *pepper*. Cover with waxed paper. Micro-cook 8 minutes, stirring twice. Remove bay leaves. Cook lasagna and vegetables conventionally.

Assemble lasagna in a microwave-safe 12x7½x2-inch baking dish as directed. Micro-cook, covered, 15 to 17 minutes or till hot, rotating dish twice. Top with remaining farmer cheese. Let stand for 10 minutes.

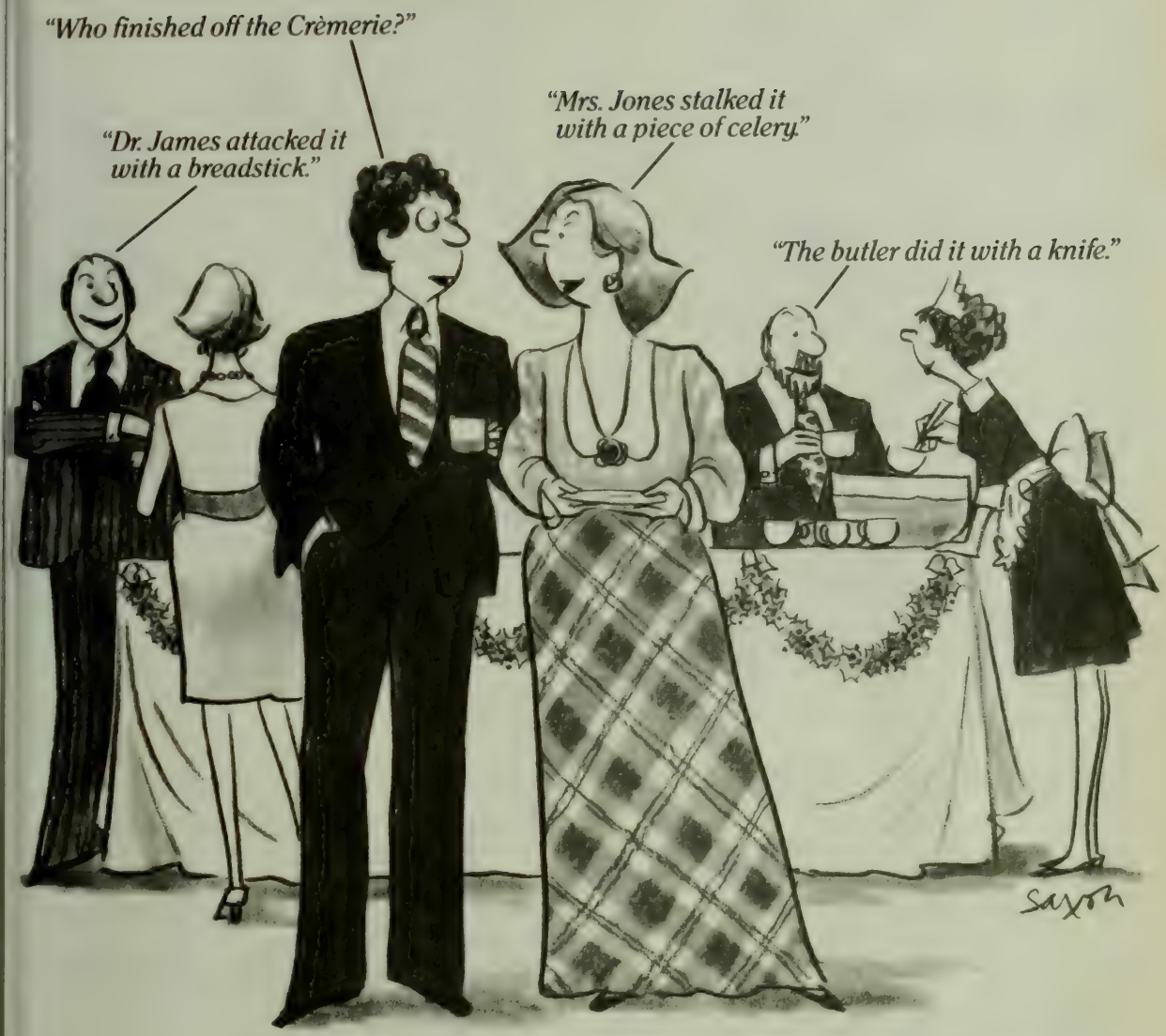
Nutrition info. per serving: 415 cal., 22 g pro., 42 g carbo., 18 g fat, 122 mg chol., 185 mg sodium. U.S. RDA: 75% vit. A, 103% vit. C, 20% thiamine, 29% riboflavin, 17% niacin, 25% calcium, 20% iron, 31% phosphorus.

CREAMY CHICKEN SALAD

- 1 medium orange
- ⅓ cup plain low-fat yogurt
- 1 teaspoon honey
- ½ teaspoon poppy seed
- 1 cup cubed cooked chicken *or* turkey
- ½ cup seedless grapes, halved
- ¼ cup chopped pecans
- 2 tablespoons sliced celery
- Torn fresh spinach

For dressing: Finely shred *½ teaspoon* peel from orange. Peel and section orange over a bowl to catch juice. Reserve *1 teaspoon* juice. Set sections aside. Combine peel, reserved juice, yogurt, honey, and poppy seed. Cover and chill. Toss together orange sections, chicken, grapes, pecans, and celery. Spoon onto spinach-lined plates. Spoon *1 tablespoon* dressing atop each. Cover and chill remaining dressing. Serves 2.

Nutrition info. per serving: 338 cal., 29 g pro., 28 g carbo., 14 g fat, 58 mg chol., 154 mg sodium. U.S. RDA: 184% vit. A, 154% vit. C, 25% thiamine, 25% riboflavin, 47% niacin, 20% calcium, 28% iron, 34% phosphorus.



Everyone wants to finish off new Crèmerie, the triple creme appetizer cheese.

New Crèmerie triple creme cream cheese from Philadelphia Brand. Rich. Creamy. Tempting. Blended with selected herbs and spices. Choose from French Onion. Herb and Garlic. Garden Vegetable. And Garden Herb. You'll find Crèmerie next to the Philadelphia Brand Cream Cheese in your grocer's dairy case. Serve Crèmerie soon. Watch it disappear.



New Crèmerie triple creme appetizer cheese from Philadelphia Brand. Now disappearing at the finest occasions.

Available in limited areas. © 1986 Kraft, Inc.

TWO OUNCES OF SHEER POWER.



© 1986 No Nonsense Fashions, Inc. Made with DuPont nylon.

Lots of women have a secret these days. Their dresses fit smoothly. Their tummies are trim. They don't jiggle. A girdle? Never!



They get their control from two ounces of sheer power—No nonsense® Control Top panty hose.

See those ribs? When you wear No nonsense Control Top, they work to hold you in firmly, but ever so gently. You're never aware of any tightness, but you find your clothes seem to fit more smoothly. You look better. And that means you feel better!

But that feeling doesn't come from the ribbed panty alone. Control Top also has that No nonsense tapered fit which shapes itself perfectly from ankle to waist for a sleek, smooth fit.

Yes, a leading competitor has a control top panty hose too. But they don't have a ribbed panty . . . Or that great No nonsense fit!



that's **No nonsense®**

DECORATING

AN ARTFUL CHARMER

Fine furniture and handsome artwork can lay the groundwork for an elegant and inviting room. But in the end, a quiet ambience will depend more on how the various pieces fit together than on the strength of any single element.

PRETTY PRINTS ALL IN A ROW

A picture-perfect balance of furniture and accessories gives this bedroom its restful elegance. Two magnificent Irish brass beds, heirlooms from the homeowner's family, establish the peaceful symmetry.

Strategically placed, a series of framed antique prints visually connects the two beds, repeating the rectangular form of the paired head- and footboards. A larger botanical print, about equal in length to the vertically stacked prints, carries the strong horizontal line around the corner. The formal artwork helps maintain the room's traditional tone.

SOFTENING TOUCHES

In pleasing harmony with the room's old-fashioned air, delicate crocheted bedspreads, handmade by the owner's grandmother, add needed softness.

A traditional mini-print wall covering and formal damask draperies give just a hint of a soft olive color, enhancing but not competing with the glorious brass of the ornate beds.



ROSS CHAPPLE

A pair of regal beds take center stage in this elegant bedroom.

Painted the same muted green as the wallpaper and draperies, the fireplace mantel enforces the color theme without stealing any attention from the two beds.

Design: Richard Taylor, Taylor/Siegmeister Assoc.
Field editor: Eileen Deymier

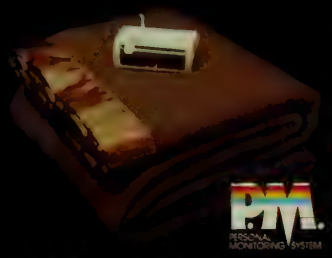


Body heat.

He's warm by nature.
She isn't.
During the night, her feet get cold. His chest gets hot. And a night chill fills the room. Yet they never notice.

They sleep through the night undisturbed. Because their Slumber Rest blanket senses and responds to all these changes. Sending more warmth to her feet, less to his chest, simultaneously. And warming up all over when the room is too cold.

Yet all they know is comfort. To them, body heat is a sensation. To Slumber Rest, it is a science.



The P.M. Personal Monitoring System is the **brain behind the blanket,** which adjusts to both body and room temperatures. Each tiny section independently senses where warmth is needed. And where it isn't.

Soft, warm and completely washable, the Slumber Rest P.M. System blanket gives you personalized sleeping comfort. And uncompromising luxury. Available at fine department stores. For more information, write Slumber Rest P.M. Personal Monitoring System, P.O. Box 59266, Chicago, IL 60659.

SLUMBER REST™
BLANKETS

BI-NELL BLANKET
*Du Pont Certification Mark

™Slumber Rest. P.M. Personal Monitoring.
©1985 Northern Electric Company.
An Allegheny International Company.

MULTIPURPOSE ROOM DIVIDERS

YOU CAN DIVIDE AND CONQUER YOUR OPEN SPACES

DO OPEN FLOOR PLANS leave you with mixed emotions? You can define those flowing spaces without boxing them in with a solid wall.

OPEN OR CLOSED PLAN?

Today's new housing almost always includes some open spaces where walls would have gone before. The benefits are legion: open floor plans make small houses seem bigger, encourage communication between rooms, and allow heat and light to flow more freely.

Enclosed rooms have their advantages, too. Specific activities can be concentrated in one place, making it easier to furnish and use the space for its intended purpose. With room dividers, you can have both interconnection between spaces *and* separate identities for special purposes.

WALL WITH NICHES

Make a partition wall double as a classy display case. This one (*right*) shows off collectibles while it provides a visual connection between the living and dining rooms.

The niches fit between the studs in the divider wall, with 2×4s top and bottom to form the boxes. A marble shelf juts out below, helping to compose the arrangement and to provide a serving spot in the small dining room.

GREAT-ROOM DIVIDED

This 30×17-foot great-room had no activity zones before the homeowners added a custom room-divider system (*right*). The unit defines living areas without cutting off the free flow of air and light. The lower section holds stereo equipment (the wiring feeds in from the room below).

Wall with niches—Design: Michael Painter
Field editor: Helen Heitkamp
Great-room divider—Design: Jill Van Tosh
Field editor: Ruth L. Reiter



ERNEST BRAUN

▲ Various-size cutouts form intriguing boxes in a plain white wall.



◀ Sectioning the room creates instant wall space that can be used from both sides.

▼ Cabinet doors open to reveal a custom bar.



RICK TAYLOR

START A FRESH FOSTER FARMS® TRADITION.



This holiday, show your family the delicious difference a fresh turkey makes, especially when it's from Foster Farms, the West's most popular fresh poultry. Foster Farms whole turkey is always fresh, never frozen. So it's naturally moist, tender and delicious. And it's absolutely free of hormones and preservatives. Your family deserves the best. And with a Foster Farms fresh turkey, you know that's exactly what you're giving them.

GET CENTER-STAGE IMPACT FROM A STARRING-ROLE RUG



PHOTOGRAPHS BILL MARIS. DESIGN ROBERT LEWIS. FIELD EDITOR, BONNIE MAHARAM

A knockout rug stars in an airy sitting room. The job of the other furnishings? To make the rug look great!

Creating a knock-your-socks-off focal point can be as easy as just plopping a great rug on a wood floor. The trick is in setting up one item to steal the show. The rest of the furnishings should play supporting roles.

A RICHLY COLORED, pattern-filled rug dominates this contemporary sitting room. Because the rug is so vibrant, the rest of room is kept subtle to enhance it.

Off-white armchairs and a chaise appear pristine above the bright carpet. Colorful dhurrie pillows act as links between the seating pieces and floor covering.

Even the clear coffee table is content to play second fiddle. If the table were solid instead of transparent acrylic, not enough of the carpet would show for it to make a statement.

The room's other strong element, the fireplace, adds subtle character, but its sandy hue softens its impact.

When you have a great rug like this, keep the rest of the room pattern free; otherwise, the space becomes too busy. Here, plain white walls and untreated windows keep your eye on the floor.

MAKE A FOCAL-POINT

Before planning a room, determine what the point of interest will be. If you have a natural focal point such as a fireplace or a picture window framing a view, terrific! If not, make your own with:

- A wall unit housing a TV and other electronic gear.
- A bold and colorful rug.
- A stunning painting.
- An imposing furniture piece, such as an immense armoire.

After picking the focal-point, orient the rest of the furnishings to it.

Available in limited areas.

1 lb.	*de gros morceaux de pommes de terre saines*
1 lb.	*de blanc de poulet bien tendre*
¼ cup	*de fromage suisse*
¼ cup	*de bacon canadien*
¼ cup	*de pâte à frire et de chapelure*
2 cups	*de brocoli*
	Huile de soja
1 cup	*de carottes*
½ cup	*de haricots verts*
Dash	*Epices*
Dash	*Assaisonnement*
Pinch	*Aïl*
	Oignons
	ainsi que d'autres ingredients

INTRODUCING CANDLE LITE® DINNERS
FROM WEIGHT WATCHERS.
SIX GOURMET DISHES FROM AROUND THE WORLD.

© Weight Watchers International, Inc. 1985.





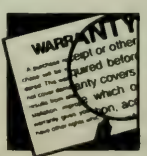
No one prepares Chicken Cordon Bleu the way we do.



FURNISHINGS

WHAT'S IN A WARRANTY?

If something goes wrong with a household purchase, the kind of service you can expect depends largely on the type of warranty the product carries.



TYPES OF WARRANTIES

Full Warranties provide for complete repair or replacement of defective items, including removal and installation if necessary, for a specified time period. If a warranted product fails, you can expect free repair or replacement without undue delay or hardship. Even a full warranty can exclude certain parts; a sofa might have a 20-year warranty on the springs, a one-year warranty on the frame and no warranty on the fabric.

Limited Warranties may have a variety of restrictions. Defective parts may be covered, but not the cost of the labor to replace them. You might have to return heavy objects to the store for service. And, instead of repair or replacement, the warranty might only allow credit toward another purchase.

Implied Warranties, according to state laws, come with all products. Putting it simply, products are required to do what they're supposed to do. A reclining chair must recline, for example. As easy as it sounds, implied warranties are often the hardest to enforce. The seller can get out of one by selling a product "as is" or by stating in writing that no warranty exists.

LIGHT YEARS AHEAD.

Introducing Dorman's® Light. Years ahead of any other light cheese because it's got taste no other can catch up to.

Ninety years experience gives us the know-how to make delicious cheeses that are good for you. Our Light Swiss has 90% less salt but with all the wonderful nutty flavor you'd expect. Slim Jack™ is mild and creamy. And Chedda-DeLite™ is mildly sharp. Yet each is low in sodium and has less fat. Our Lo-Chol® and Low Sodium Muenster complete your choice of delicious Dorman's Light cheeses.

Isn't it time you saw the light? Dorman's Light.



Dorman's. Fine cheese specialists since 1896.

The 8:12 to the office in Traverse City, Michigan. Home of the best pies in the world.



In Traverse City, Michigan, Keith Charters weighs anchor every morning and heads off for work. And the Chef Pierre Pie Company still makes pies the way your grandmother used to. With special attention to the fruit. And pastry dough made in small batches, for crusts that are tender, flaky and crisp—never soggy or doughy.

Take our pumpkin pie, for example. We use pumpkin, eggs, and a secret mix of nutmeg, sugar and spice. For a miracle that melts in your mouth.

Our pies come ready to bake yourself or handily pre-baked to warm in a regular or microwave oven. Look in your grocer's freezer.

Chef Pierre. The best pie you can buy.





INEXPENSIVE HOME SECURITY SYSTEM PROTECTS YOU AGAINST UNINVITED GUESTS.

Let's call burglars, second-story-men, and sneak thieves by their right name: ghouls. Who but such foul things would invade the sanctity of your home, often under the cloak of darkness, when you're asleep, vulnerable, defenseless?

That's why we made the Schlage Keepsafer™ security system positively ghoul-proof.

Equipped with virtually every feature found in the most sophisticated systems, the Keepsafer can be operated at the touch of a button, and offers an optional emergency dialer which automatically alerts authorities the instant your home is entered by any one or any *thing*.

In fact, the only sophisticated feature you won't find in our system is a monstrous price.

What's more, the Keepsafer is wireless. By the mere turn of a screwdriver you can do the job yourself, protecting your budget against an even bigger bite.

Rest assured, with the Schlage Keepsafer, your money and your life are safeguarded, because ghouls won't rush in where wise men fear to tread.



SCHLAGE

The affordable Schlage Keepsafer. You couldn't find a security system like this if your life depended on it.

Available at home centers, hardware stores and locksmiths nationwide.

© 1986 Schlage Lock Company



Sea Legs masquerading as crab claws in a dip that'll grab people's attention.





Sea Legs masquerading as chunks of lobster, skewered or baked in a rich, buttery, cheesy puff pastry.



Sea Legs masquerading as lobster meat in stuffed pasta shells and unforgettable mini-quiche mouthfuls.

Masquerade Party.



Sea Legs masquerading as sliced lobster tails and crab legs with Cajun dip. Simple. Delicious.

© 1986 The Berelson Company





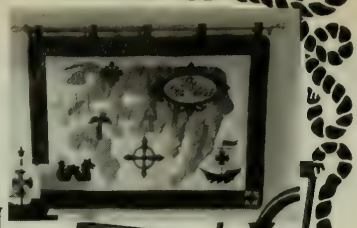
Sea Legs masquerading as delectable mouthfuls of crabmeat on lettuce, or on rounds of cucumber and pumpernickel with cream cheese.
For recipes write Sea Legs, P.O. Box 2753, San Francisco, CA 94126-2753.

If you're having a party this holiday season, invite Sea Legs® brand. It comes disguised as crab and lobster, but Sea Legs is really choice Alaskan fish blended with real crab or lobster.

In the fresh seafood section, pre-cooked and ready to party.

Sea·Legs

Ships Quilt and Old Map Wall Hanging



Exclusive Design . . . Attractively Priced

Only from Better Homes and Gardens® can you get this easy-sew Sailing Ships Bedroom Ensemble.

MAKE THE QUILT TRULY YOURS!
Your Exclusive Ships Quilt Pattern contains twelve different full size motifs for old time sailing vessels. Add your own personal touches by choosing the fabrics and colors suited to your taste. When completed, you'll display a breathtaking 83″ x 97″ quilt you made yourself! Any of the block designs also make suitable pillow tops.

OLD MAP WALL HANGING CREATES PERFECT FINAL TOUCH
Complete your ensemble with our exciting 24″ x 37″ Old Map Wall Hanging Pattern. When finished, this lovely piece can also be hung over the bed to serve as a fabric headboard.

COMPLETE, EASY-TO-USE PATTERNS
Whether you order just the quilt, just the wall hanging, or the complete ensemble, you'll receive full-color pictures of the completed projects, instructions that will guide you easily through the design and stitching, and directions for both machine and hand quilting and appliquéing.

100% MONEY-BACK GUARANTEE
If you are not satisfied with your purchase, return it to us for a full 100% Money-Back Refund! We'll even re-imburse your shipping and handling charges.

AFFORDABLE PRICES

No. 01360 Ships Quilt Pattern $14.99
Add $3.00 for shipping and handling.
No. 01379 Old Map Wall Hanging Pattern $7.99
Add $1.50 for shipping and handling.

HOW TO ORDER

1. Specify item(s) desired. Include shipping, handling, and sales tax.*
2. Send name, address, order, and check or money order to:

Better Homes and Gardens SHOPPING SERVICE

Locust at 17th
Dept. 27C, Box 374
Des Moines, IA 50336

*TAX NOTE: We are required to collect and pay **STATE** taxes in Arizona, Connecticut, Florida, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, New Mexico, Pennsylvania, and Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, New York, Ohio, Tennessee, Texas, Virginia, and Washington.

CREDIT CARD USERS CALL TOLL FREE 800-247-5099!
In Iowa, call collect, 515-284-2856. (Toll Free not available in Alaska or Hawaii.)

DECORATING

Fashionable Face-Lift for Furniture



Seven coats of black lacquer brought these once-blond '50s chairs back to life.

Hiding behind this stylish contemporary room setting is a dowdy blond dining room set. Find it and you've unlocked the secret to a fun and inexpensive furniture face-lift. In their former life, these glossy black chairs smacked of 1950s kitsch. Found at a resale shop, the blond chairs were lacquered black and paired with a chrome-and-glass table for one of the hottest looks in decorating.

Painted by the owner, the chairs look professionally finished. You can create the classy lacquer look yourself, using high-gloss enamel, aerosol paint, or a colored base paint topped with a clear overcoat like varnish or polyurethane. Any kind of wood will do, provided the surface is clean, smooth, and properly prepared. For the less ambitious, neighborhood body shops are an alternative.

Recycled chic

Whatever the method, the results are dramatic. Covered in fashionable striped canvas, these recycled chairs become suitable company for splashy art and theatrical lighting. An antique chest, similarly finished, shows off another important face-lift feature. By lacquering mismatched pieces, you can create an instant ensemble from the forgotten or misbegotten past.

Photograph: Jessie Walker. Design: Mel Crum


If you love someone, give him a pat.
Butter brings out every delicious detail of everything you make. And, it has no more calories than margarine. So when you cook for the one you love, do something special. Give him a pat. And cook with butter.
REAL BUTTER
REAL
© 1986 CMAB

"I'M READY."



As more and more people are beginning to find themselves ready for the unusually satisfying taste of Wasa Crispbread, we can't help but wonder about the rest of you.

Could it be you just don't know what to make of Wasa?

After all, Wasa is not only healthy but considerably more versatile than ordinary crackers; it's clearly crunchier and lower in calories than soft bread; it's even an excellent source of natural fiber—an important health consideration these days.

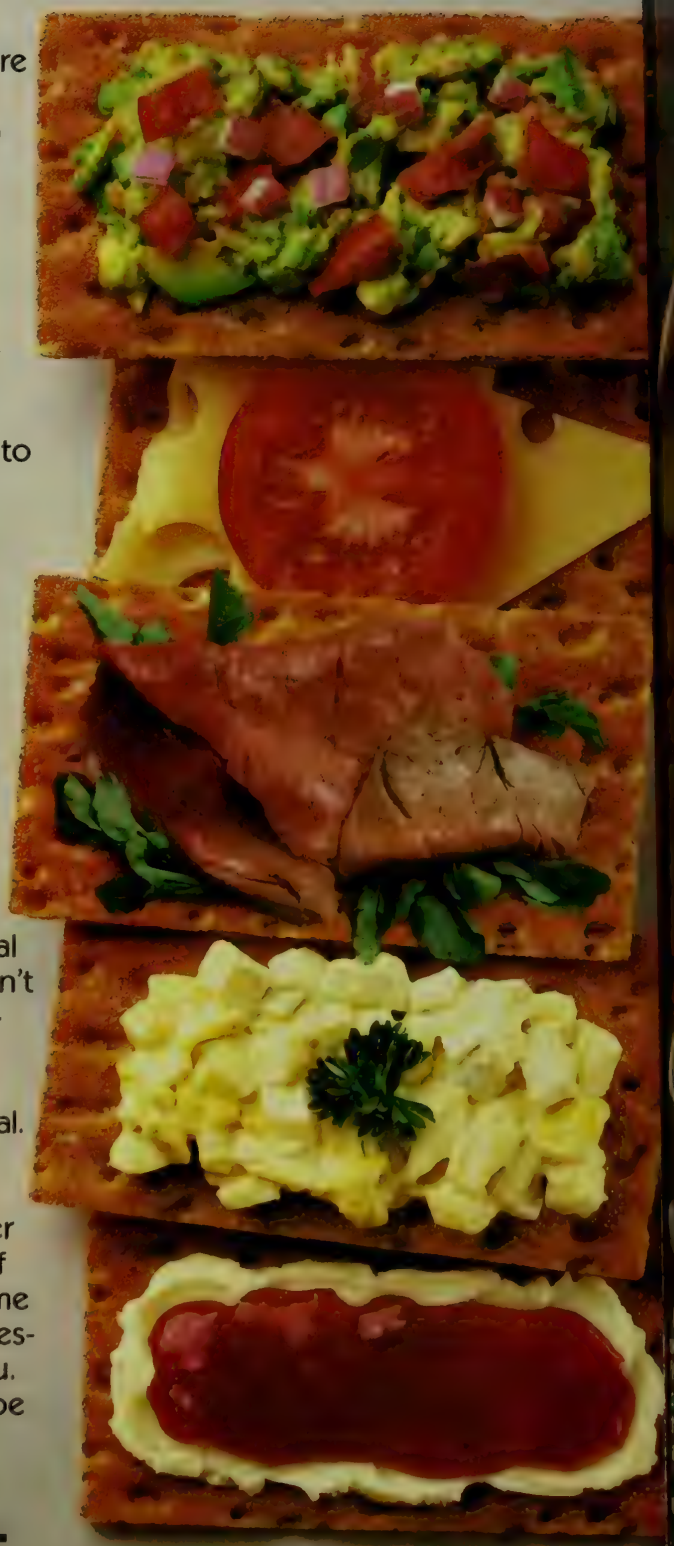
And there is certainly no end to a Wasa's uses—whether it's an early morning breakfast with butter or jam, a light lunch with chicken or tuna salad or a late night snack alone or with cheese, Wasa Crispbread is tasty, healthful and satisfying.

It's no wonder we're developing a loyal and steadfast following. Of course, Wasa isn't exactly jumping off the shelves, you understand. There's no shortage of folks who continue to resist trying something that is (admittedly) a little different, a touch unusual.

But we do understand. And we don't want to rush you.

So look, when you're ready (whenever that may be), you'll find a fresh selection of Wasa Lite Rye, Breakfast, Golden Rye, Sesame Wheat, Fiber Plus, Hearty Rye and Savory Sesame Crispbread in the store waiting for you.

For some of you, we figure we could be in for a long wait.



SOME PEOPLE MAY NEVER BE READY FOR WASA CRISPBREAD.



tray magnifique.

It's elementary French. Rich, creamy Rondelé before
al as an appetizer, with the meal as a complement
fter the meal with fruit. What else but Rondelé is
cious on a cracker as on a potato, as welcome in an
te as in a sandwich, as scrumptious with fresh vege-
as with fresh fruit?

Whatever you put on your tray, Rondelé makes it a
ore magnifique. And that logic, mes amis, is très simple.

35¢ STORE COUPON



35¢ OFF ON RONDELÉ SPICED CHEESE. 35¢

MR. GROCER: INOFOOD CORP. will redeem this coupon for 35¢ plus 8¢ handling if you receive it on the sale of Rondelé 4 oz. cheese in Garlic & Herbs, French Onion, Pepper or Garden Vegetables and on Rondelé 6½ oz. Garlic & Herbs. INOFOOD CORP. reserves the right to request that you submit satisfactory evidence in support of the above. Coupon may not be assigned or transferred. Customer must pay sales tax, if any. Void where prohibited, taxed or restricted by law. Good only in the U.S.A. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons. For redemption of properly received and handled coupons, mail to INOFOOD CORP., P.O. Box 1652, Clinton, Iowa 52734. Limit one per purchase. Good only on presentation to grocer on purchase of Rondelé 4 oz. or 6½ oz. Any other use constitutes fraud.

70153 100691 *Expires 7-15-87*

"Our lives are not complete unless we have made a contribution to humanity..."

PCC Children and Youth Services, Inc. is a non-profit agency, offering special education classes and counseling services to emotionally and behaviorally disturbed children and youth.

Join us at the Festival of Trees and help support this unique center.

FESTIVAL OF TREES

November 25–December 1, 1986

Hyatt Rickeys

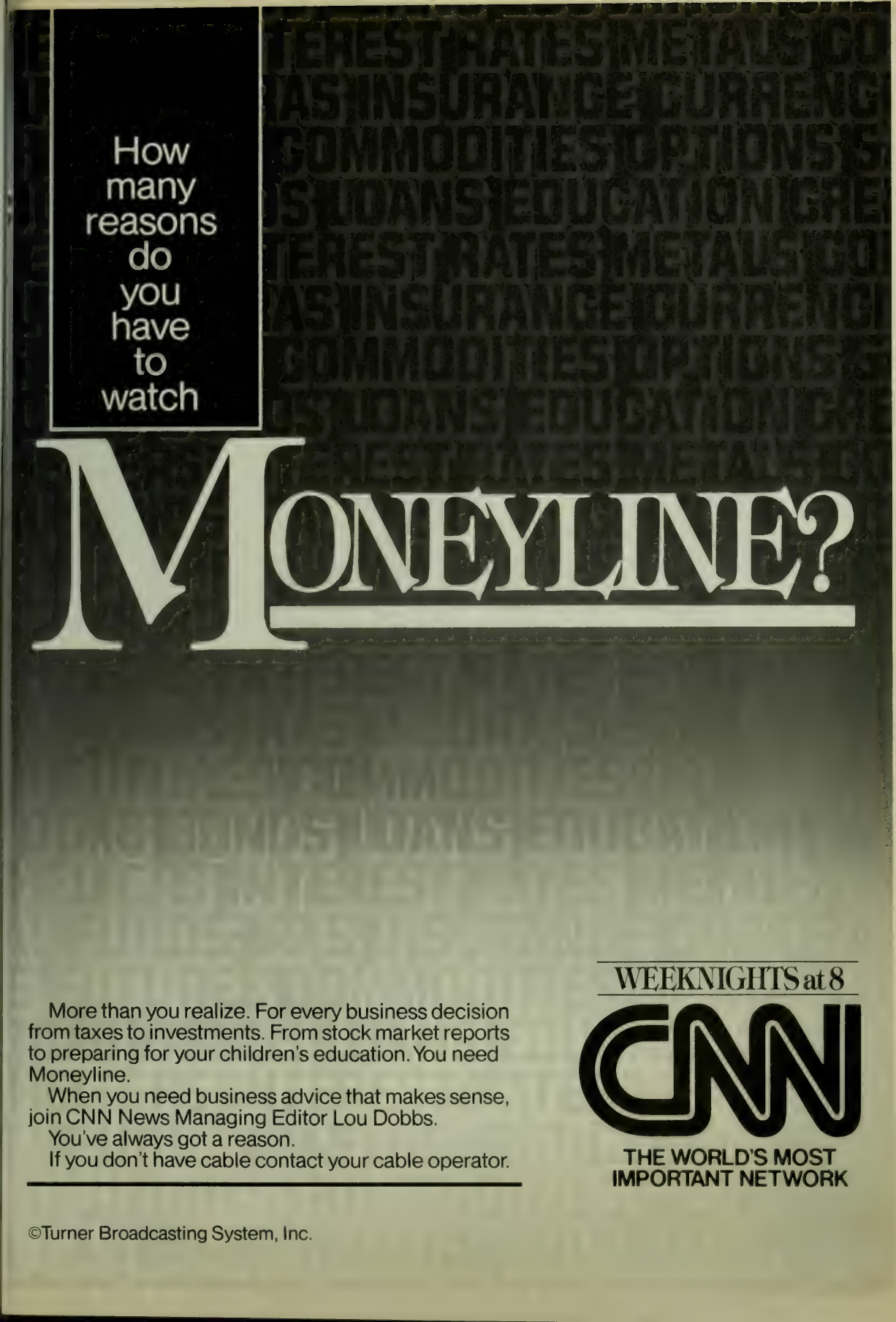
4219 El Camino Real

Palo Alto, CA



Special Events include:
Preview Party, Brunch Fashion Show, Afternoon Tea, Christmas Tree Ball, Children's Party, Yuletide Shoppes and Holiday Entertainment.

Information: 415 854-4810,
Peninsula Children's Center
Charter Auxiliary


How many reasons do you have to watch
MONEYLINE?
More than you realize. For every business decision from taxes to investments. From stock market reports to preparing for your children's education. You need Moneyline.
When you need business advice that makes sense, join CNN News Managing Editor Lou Dobbs.
You've always got a reason.
If you don't have cable contact your cable operator.
WEEKNIGHTS at 8
CNN
THE WORLD'S MOST IMPORTANT NETWORK
©Turner Broadcasting System, Inc.



First you'll notice the beauty of the wood. You'll want to touch it ... and you will. Rich, satiny smooth. You'll run your hand over a second cabinet with the same result.

You're experiencing the Wood-Mode difference ... a difference you can feel.

Providing you this quality difference requires a great deal more time; a lot of individual care and attention to detail. But, because we take the time and the care, our hand-rubbed finishes—which include oil rubbing, steel wool polishing and sheepskin buffing—have set a standard for the world.

In fact, Wood-Mode's multi-step finishing process of hand-applied wiping stains, sealers, catalyzed varnishes, oven baking and hand-rubbing result in a cabinetry finish unsurpassed in beauty, durability and toughness. It won't chip, peel or waterspot.

This and other quality Wood-Mode features are detailed in our new full color catalogues available at your nearest Wood-Mode showroom. Or, send $5.00 to Wood-Mode Cabinetry, Department MN, Kreamer, PA 17833.

WOOD-MODE®

Fine Custom Cabinetry

Albany
House of Kitchens
1325 Solano Ave.
Albany, CA 94706
415-525-9576

Los Gatos
Pacific Kitchens
7 N. Santa Cruz Ave.
Los Gatos, CA 95030
408-395-1944

Oakland
Federal Building Co.
3630 Park Blvd.
Oakland, CA 94610
415-482-0300

San Jose
Pacific Kitchens
1110 Meridian Ave.
San Jose, CA 95125
408-723-7073

Sonoma
Design Cabinet Showroom
800 W. Napa St.
Sonoma, CA 95476
707-938-5087

Lafayette
Plus Kitchens
250 Lafayette Circle
Lafayette, CA 94549
415-283-5005

Millbrae
Kitchens, Baths & Cabinets
1795 El Camino Real
Millbrae, CA 94030
415-952-6323

San Francisco
Floorcraft
470 Bayshore Blvd.
San Francisco, CA 94124
415-824-4056

San Rafael
Lamperti Inc.
1241 Anderson Dr.
San Rafael, CA 94901
415-454-1623

Sunnyvale
International Kitchen Exchange
1175 A East Homestead Rd.
Sunnyvale, CA 94087
408-296-3055

JUST OUT!

FOR HOME AND FAMILY

By Steven Coulter and Nancy Hall

• ABOUT THESE PRODUCTS •
Check your favorite stores for these new and helpful products, or write to the manufacturer for a list of retail sources near you. Please don't send a check or request an order form from the company. The suggested retail prices listed may vary by store and area of the country.



Stow a hot curling iron.

TRAVELING DUO

New convenience and safety.

For the busy woman, two companies have created products that make life a little easier.

The Curling Iron Cooler® functions at home or on the road. A special insulating material stores a hot curling iron immediately, without worry of burned furniture or clothes. The cushioned padding protects the iron for traveling.

• **Curling Iron Coolers Storage Sleeve,** about $13. Needle Creek Design Inc., Dept. BH, 5837 Beverly Circle, E, Hanover Park, IL 60103.

The Sunbeam Monitor Curling Iron heats in 60 seconds with two heat settings. It also turns itself off if you forget: If the clamp bar hasn't been used in 15 minutes, the built-in electronic brain shuts the unit down for you.

• **Monitor Curling Iron,** about $30. Sunbeam Appliance Co., 1333 Butterfield Rd., Downers Grove, IL 60515.



Two images from one VCR.

VCR MULTIPLYING

Eliminate complicated wiring.

Have you ever wanted to use your VCR in another part of your house, but didn't want to mess with reconnecting all those wires to the TV? VCR-Rabbit solves the problem for you. This compact transmitter system sends the VCR signal to any TV in your home. Just attach the transmitter to the VCR, and connect a receiver unit—using the thin electrical wire provided—to any TV in another room. The remote unit shown here, with small signal windows, lets you use your VCR remote to operate the system from any location where there's a Rabbit. Or, a less expensive model requires going to the VCR to activate the system.

You can use the Rabbit with VHS or Beta recorders or videodiscs.

• **VCR-Rabbit Remote,** about $80. Rabbit Systems, Inc., Dept. BH, 233 Wilshire Blvd., Santa Monica, CA 90401.

MINI SPEAKER

Enjoy this unit indoors or out.

Share the stereo sound from your portable radio or cassette player. Plug Koss Sound Cells into your radio jack and the dual transducers built into this speaker provide distortion-free listening. This 2×3×1-inch unit goes anywhere with you.

• **Sound Cells,** about $10. Koss Corp., Dept. BH 4129 N. Port Washington Ave., Milwaukee, WI 53212.



Portable stereo.

continued from page 134
boards, referring to pattern and photograph on *page 134* for placement.

Nail dowel rails in place. Paint cradle, adding details. Drill holes and set eyes in place on each side of swans.

MINIATURE PICKET FENCE, page 51
Materials: Crafts sticks (available at crafts supply stores); fine-gauge wire; white paint.
Instructions: Trim 1 in. off ends of crafts sticks; drill hole centered in remaining rounded end for decoration if desired. *Note:* Align several crafts sticks on top of one another to make the drilling go faster.

Cut 4 lengths of wire 15–18 in. long. Pair wires, twisting ends together. Insert stick between wires so one pair of wires is near top of stick and one is near bottom. Twist wires and insert next stick. Repeat until fence is of desired length, adding to wires by twisting on a new length as necessary. Spray white.

NIGHTGOWNS, page 59
Note: Yardages and cutting directions are given for size Small. Changes for sizes Medium and Large are given in parentheses.
Materials: 1¼ (1¾, 2½) yd. 45-in.-wide flannel; 3½ (4, 5) yd. 2-in.-wide flat lace; 2½ (3, 4) yd. ⅝-in.-wide flat lace; 1 yd. ¼-in.-wide elastic; 1 (1¼, 1½) yd. single-fold bias tape; 2 yd. ⅛-in.-wide ribbon in two colors; thread.
Instructions: Cut the following pieces: two 6½×15¾- (7½×18¾-, 8½×20¼-) in. front and back panels; two 6½×11¼- (7½×14¼-, 8½×15½-) in. side panels; two 13×14- (16×17½-, 19×23-) in. sleeves; one 45×8¾- (60×12¾-, 70×21¾-) in. ruffle, piecing fabric as needed.

Mark center top of side panel. Fold sleeve panel in half lengthwise, right sides together. Sew underarm seam with ½-in. seam allowance, starting at wrist and ending 3¼ (3¾, 4¼) in. from shoulder edge. Sew underarm to side panel matching ending stitching of sleeve to center top of side panel.

Press under ¼ in. along sides of side panel and shoulder of sleeve. Lap wide lace over pressed edges and sew close to pressed edges and ¼ in. away.

Press under ¼ in. on side edges of front and back panels. Press under ½ in. on top edges; stitch in place.

Join to side and sleeve panels by lapping lace over fronts and backs and sewing close to edge and ¼ in. away, keeping bottom edges even.

Cut lace to measure bottom edge, allowing ½-in. seam. Sew short ends of lace together. Piece skirt if necessary. Press under ½ in. at top of skirt. Gather skirt to fit lace; sew close to fold and ¼ in. away. Press under ¼ in. at bottom edge of nightgown. Lap remaining edge of lace over pressed edge; stitch close to fold and ¼ in. away.

Press under 1 in. at wrist. Lap bias tape over raw edge and stitch in place. Topstitch bias tape to wrong side of sleeve to form casing, leaving opening for elastic. Cut elastic to wrist measure and insert into casing. Sew ends of elastic; sew casing shut. Attach narrow lace edging to folded edge with topstitching.

Press under ¼ in. of bottom edge of skirt. Attach narrow lace edging with topstitching, turning under raw edges.

On wrong side of front and back panels, machine-zigzag stretched elastic just below hem stitching.

Tie bows from two lengths of narrow ribbon. Trim to desired length and tack to sleeves and front neckline.

PATCHWORK FRAMES, page 59
Note: Materials are listed for large frame. Changes for small frame are given in parentheses.
Materials: ½ (¼) yd. green print fabric; ¼ (¼) yd. beige print fabric; scraps of blue print and brown print fabric; ½ (⅓) yd. muslin; ½ (¼) yd. 1-in.-thick batting; two 17×14½- (8×8-) in. pieces cardboard; mat knife; masking tape; glue; water-erasable marker.
Instructions: Finished size of large patchwork frame is approximately 17×14½ in.; small frame is approximately 8 in. square.

For large frame, cut 1-in. square templates from plastic or cardboard; for small frame, cut ½-in. square templates. Add ¼-in. seam allowances to all pieces of fabric cut from templates. All other fabric measurements include seam allowances.

Using appropriate template, cut 16 squares of brown fabric and 20 squares of blue fabric; set aside.

For large frame, cut four 1½×11½-in. strips and four 1½×9-in. strips from green; cut two 1½×11½-in. strips and two 1½×9-in. strips from beige. From muslin cut two 3×17-in. strips and two 3×14½-in. strips and one 11½×9-in. piece.

For small frame, cut eight 1×5½-in. strips from green; cut four 1×5½-in. strips from beige. From muslin, cut four 1¾×8-in. strips and one 5½-in. square piece.

Sew 4 brown squares and 5 blue squares together to form square checkerboard pattern. Refer to photograph on *page 59* for detail. Press. Repeat 3 times; set aside.

Sew green strip to each long edge of beige strips. Press seams. Sew pieced square to each end of both long green and beige pieces. Press.

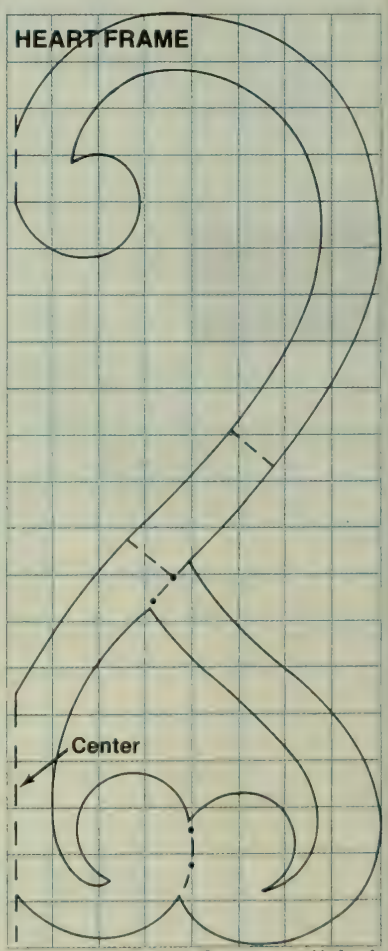
Sew short green and beige strips to each pieced square, forming rectangular shape of frame. Refer to photograph on *page 59* for placement.

Sew muslin strips to each outer edge of frame. Press under ¼ in. of outer edges. Attach pieced fabric to muslin center. Slit muslin center from corner to corner diagonally.

Using mat knife, cut 11×8½-in. hole from center of one large cardboard piece; cut 5-in. square hole in center of small cardboard. Pad cardboard with several layers of batting to form thick base. Glue batting in place.

Stretch pieced fabric over batting, pulling center muslin pieces to back. Secure with tape and glue; trim away excess. Stretch outer muslin pieces to back, mitering corners and tucking raw edges under. Whipstitch in place. Mount desired picture with tape.

Cut remaining piece of cardboard slightly smaller than frame. Cover with muslin or fabric, wrapping raw edges to inside; whipstitch to back of frame.



HEART FRAME, page 59
To order project plan, see page 153.
Materials: One 9×11-in. and one 4×9-in. piece of 1-in.-thick mahogany; 8-in. squares of cardboard and hardboard; 8½-in. squares of fabric and quilt batting; jigsaw; rabbeting bit; router; sandpaper; small screws; stain or varnish; graph paper; graphite paper.

continued

Create a holiday sensation with Duncan Hines & a bowl full of cherries.



Cherry Christmas Tree Cake

Serves 30.

Duncan Hines.

Duncan Hines' special moistness and your special touch create a holiday sensation, the centerpiece of a joyous season.

2 packages Duncan Hines Butter Recipe Golden Cake Mix
6 eggs
1 cup softened butter or margarine
1⅓ cups orange juice
Grated peel of 2 oranges
3 21-oz. cans Cherry pie filling
2 or 3 cans Duncan Hines Vanilla Frosting
You will need 2 cans to frost cake and 1 can (optional) for decorative frosting.
¾ cup powdered sugar (optional)

Note: The assembled cake pictured is 9" x 26" long. If you do not have a platter or tray that size, cover heavy cardboard with aluminum foil. For a smaller party (15 servings), bake and decorate a 9" x 13" cake using half of the ingredients listed above.

1. Preheat oven to 375°F. Grease and flour a 9" x 13" x 2" pan.
2. Combine in large bowl: 1 package cake mix, 3 eggs, ½ cup butter, ⅔ cup orange juice. Mix at medium speed for 4 minutes. Stir in grated peel of 1 orange. Pour into prepared pan.
3. Bake for 35 to 40 minutes. Cake is done when toothpick inserted in center comes out clean.
4. Cool for 15 minutes, then remove cake from pan.
5. To bake second cake repeat steps 1 through 4.
6. Place completely cooled cakes upside-down and end-to-end on platter. Spread 2 cans frosting on top and sides. Draw a tree shape and border in frosting as shown. Optional: mix can of frosting with ¾ cup sifted powdered sugar and pipe decorative border around top and bottom edges of cake.
7. Place a colander or strainer in a large bowl, pour in cherries and stir to drain (do *not* rinse). Using a spoon or fork, fill in tree and border with tightly packed rows of cherries.

© 1990 THE PROCTER & GAMBLE COMPANY

continued

Instructions: Enlarge pattern on *page 136* onto graph paper, flopping it along center line. Mark dash and dot-dash lines on right half only. Solid lines represent pattern for frame; broken lines will be used when making a back brace.

With graphite paper, transfer pattern to mahogany. Cut out design with a jigsaw. Use rabbeting bit to make a ⅜-in. groove in the back of frame for mat and picture. Rout all edges, sanding until smooth.

For back brace, you will need to alter the full pattern. Cut enlarged pattern in half. Discard left side, leaving only portion shown in pattern on *page 136.*

On enlarged pattern, cut away short lower right leg of frame between dot-dash lines so that only the tall, question-mark-shaped portion remains. Fold pattern so the two dotted lines meet. This will shorten the piece to the proper height for the back brace.

Trace this altered pattern onto mahogany; cut out with a jigsaw. Rout and sand smooth. Stain or varnish the frame and back brace as desired.

To make a mat for your photograph, cut a piece of heavy cardboard to fit inside frame. Slip board behind frame and lightly sketch a 1-in. margin of cardboard along sides. Cut out inner shape from cardboard.

Cut a piece of batting and fabric same size as mat, adding ½-in. seam allowances to inner and outer fabric edges. Glue batting to mat.

Lay fabric over padding, clip seam allowance along curves, and turn excess fabric under mat edges. Tape or glue fabric to back to secure.

Position photograph and mat in place. Cut hardboard to fit into frame. Lay it atop mat; hold in place with small screws.

Center brace against back of frame so that wide curve is at bottom. Glue top in place, leaving bottom free.

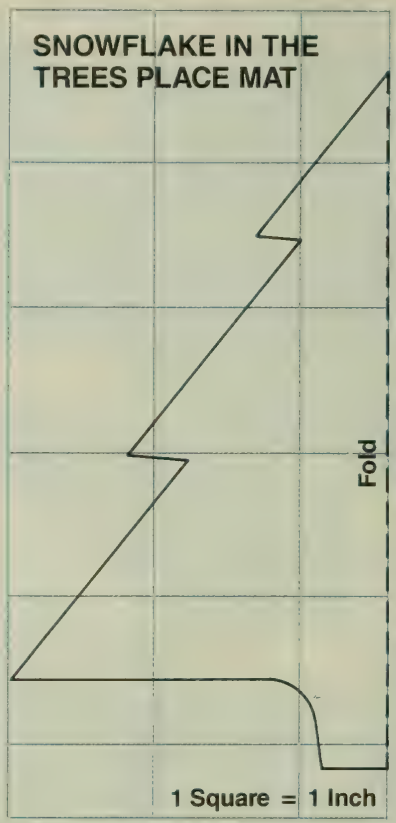
SNOWFLAKE PLACE MATS, page 61

Materials: 1 yd. quilted fabric; 1 yd. backing fabric; ⅜ yd. each green and blue-green fabric; 2 yd. tear-away interfacing; ½ yd. fabric for bias binding or 6 yd. bias tape.

Instructions: Cut four 17-in. circles from quilted fabric, backing, and interfacing. Enlarge pattern (*above right*). Cut 16 trees each from green and blue-green fabric. Baste interfacing to wrong side of quilted circles.

Place 4 trees of each color in a circle on each quilted piece, alternating colors. Bottom branches should touch and tops should be approximately 2¼ in. from center. See photograph on *page 61* for detail. Machine-appliqué in place using narrow zigzag stitch and matching thread.

Baste backing to top, wrong sides together. Trim evenly.



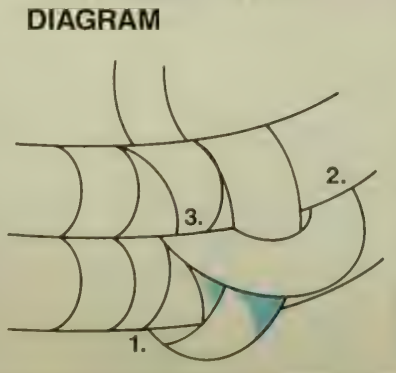
Machine-quilt ⅛ in. from inner and outer edges of trees. Bind edges with contrasting bias binding.

RAG BASKETS, page 61

Materials: 12 yd. paper core, available at crafts and weaving stores; 3 yd. fabric in assorted colors.

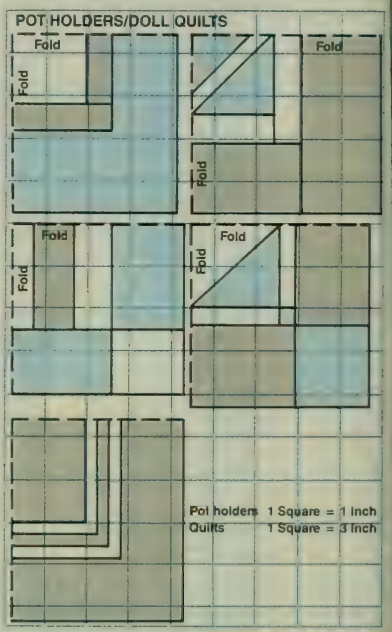
Instructions: Finished size approximately 12-in. diameter. Tear fabric into 2-in.-wide strips. Begin wrapping fabric strips around paper core, coiling core into flat disk as you wrap.

Tie coils at beginning and at 2-inch intervals. To tie, refer to diagram (*below*). Wrap fabric from upper row to lower row on outside of basket (1).



Use table knife to push fabric strip between coils, coming from back to front on right-hand side of knot (2). Pull fabric tightly and push to inside of basket on left of knot (3). Pull tightly and continue wrapping upper row. Knot should be on the outside.

Overlap ends of fabric strips when changing colors. Continue coiling to form 7-in. circle. Gradually curve rows to form bowl shape. To end, wrap upper row to lower row for 2 in.; tuck end of cloth between rows.



QUILT POT HOLDERS, page 60, and DOLL QUILTS, page 62

Materials: Brightly colored fabric scraps; batting; thread; cardboard or plastic for templates; graph paper.

Instructions: Approximate finished size, 8×8 in. (24×24 in.). Enlarge patterns (*above*) to size for desired project, flopping to complete total design. Cut templates from cardboard or plastic. Cut fabric, adding seam allowances.

Assemble pieced top according to pattern (*above*), working from center out. Refer to photograph on *page 62* for detail. Baste batting to outer edges of quilt top, wrong sides together.

Cut backing to fit top, adding ½-in. seam allowances to all edges. Press under seam allowances, turning under raw edges. Pin backing in place. Turn seam allowances to right side of quilt, encasing raw edges. Slip-stitch in place, mitering corners. Hand- or machine-quilt through all layers as desired.

CHILD'S FURNITURE, page 62

To order furniture project plans, see page 153.

continued

Create a magic moment with Duncan Hines, peppermint & chocolate chips.



Mint Magic Brownies

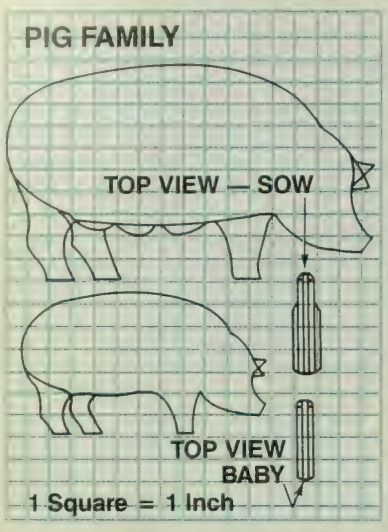
Makes 18 to 24 brownies.

There's magic in the rich, chocolate moistness of Duncan Hines' brownies—and in how deliciously they disappear.

1 Duncan Hines Mint Chocolate Brownie Mix
⅓ cup oil
⅓ cup water
2 eggs
2 8-oz. packages cream cheese, softened
½ cup powdered sugar, sifted
1 12-oz. package chocolate chips
½ cup peppermint stick pieces (optional)

1. Preheat oven to 350°F. Grease bottom only of a 9" x 9" x 2" or 9" x 13" x 2" pan.
2. Combine in large bowl: brownie mix, ⅓ cup oil, ⅓ cup water, 2 eggs. Stir with large spoon 50 strokes (1 minute) then spread into prepared pan.
3. Bake 38 to 41 minutes in 9" x 9" pan or 25 to 28 minutes in 9" x 13" pan. Cool completely.
4. Combine in medium bowl: 2 packages softened cream cheese, ½ cup powdered sugar. Beat at high speed for 3 minutes.
5. Spread cream cheese topping over cooled brownies. Sprinkle chocolate chips on top. If desired, dot with peppermint stick pieces.
6. (Optional) Place in 300°F. oven for 1 minute to soften chips.
7. Store in airtight container.

continued



PIG FAMILY, page 64

To order full-size barnyard animal patterns, see page 153.

Materials: *For sow:* Three 18-in.-long 1×10s for center body and head sections; two 14-in.-long 1×10s for body sides and legs. *For babies:* Three 12-in.-long 1×8s. In addition, scraps of clothesline for tails; ⅛-in. dowel; finishing nails; wood glue; pink, black, and gray acrylic paints; artist's brush.

Instructions: *Note:* Sow is made from 5 layers of wood; babies from 3 layers. Enlarge pattern (*above*) for sow and babies and transfer to wood.

For sow, cut 1 center body without ears and udders; cut 2 center bodies with ears and udders; cut 2 body side and leg pieces.

Glue and clamp 3 center body pieces together; let dry completely. Cut out center of inner layers to reduce weight. Attach body sides with nails and glue; clamp until dry. Sand lightly and round all edges.

Drill ⅛-in. holes for nipples; insert ½-in. pieces of dowel. Drill ⅜-in. hole for tail; glue in place. Paint pig as desired, adding spots and udder details.

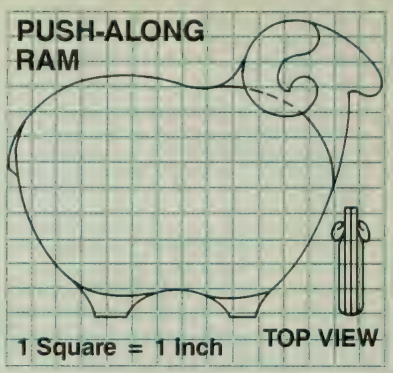
For babies: Cut 1 body center without ears and legs; cut 2 bodies with ears and legs. Glue and clamp pieces together. Finish as for sow.

PUSH-ALONG RAM, page 64

To order full-size barnyard animal patterns, see page 153.

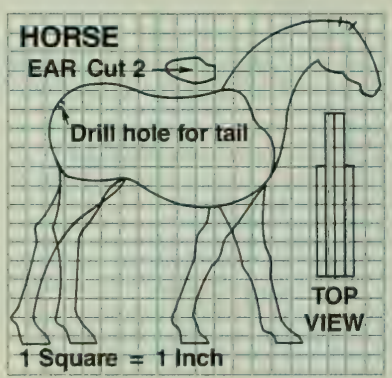
Materials: Two 16-in.-long 1×12s for head and inner body; two 13-in.-long 1×12s for body sides; 15-in.-long 1×8 for base; two 7½-in.-long 1×1s for axle casings; two 9-in. lengths of ¼-in. dowels for axles; four washers; finishing nails; wood glue; screws; white, tan, black, brown, purple, green, and blue-green acrylic paints; artist's brush.

Instructions: *Note:* Ram is made from



4 layers of wood. Enlarge pattern (*above*) onto paper and transfer to wood. Cut out body pieces. *Note:* Cut center out of body piece to reduce weight. Glue sides to center piece; clamp and let dry. Sand; round edges.

Cut horns from scrap wood; sand, and round edges. Angle top side of horns to fit head. Glue and nail in place. Assemble base as for cow; attach ram with screws. Paint as desired.



HORSE, page 64

To order full-size barnyard animal patterns, see page 153.

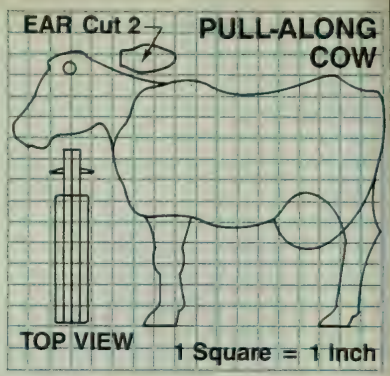
Materials: Two 19-in.-long 1×12s for head and body piece; four 14-in.-long 1×8s for body sides; manila rope for mane and tail; scrap of gray felt for ears; finishing nails; wood glue; black, white, and pink acrylic paints.

Instructions: *Note:* Horse is made from 4 layers of wood. Enlarge pattern pieces (*above*) and transfer to wood. Cut 2 head and body pieces from 1×12s; glue and clamp until dry. *Note:* Cut center out of body piece to reduce weight.

For sides, transfer pattern to two 14-in.-long 1×8s lying side by side with vertical grain. Cut out; nail, glue, and clamp to body. Sand lightly; round edges. Repeat for other side.

Drill nine ⅜-in. holes for mane. Cut 4-in. lengths of rope; glue into holes. Drill a ½-in. hole for tail. Cut two 10-in. lengths of rope; glue in place; unravel.

Mix several shades of gray paint. Paint horse lightest shade; let dry. Sponge on darker shades for dappled effect. Add nose, eye, and hoof details.



PULL-ALONG COW, page 65

To order full-size barnyard animal patterns, see page 153.

Materials: 19-in.-long 2×12 for head and body center; two 14-in.-long 1×12s for body sides; 15-in.-long 1×8 for base; two 7½-in.-long 1×1s for axle casings; ¼-in. and ½-in. dowels; wood glue; 11-in. length of manila rope; 4 washers; scraps of black felt for ears; screw eye; four screws; finishing nails; colored cord; 1-in.-diameter bead; black, white; blue-green, purple, and pink acrylic paints; artist's brush.

Instructions: *Note:* Cow is made from 3 layers of wood. Enlarge pattern (*above*) onto paper and transfer to wood. Cut body parts out. *Note:* Cut center from head and inner body piece to reduce weight. Glue sides to inner body piece; clamp and allow to dry. Sand lightly and round all edges.

Drill holes in udder for ¼-in. dowels. Cut four 1½-in.-long dowels. Round ends and glue in udder. Cut one 4-in.-long piece from ½-in. dowel for horns; file ends, tapering and smoothing. Drill hole through head for horns; position and glue. Drill hole for tail; glue in place, and unravel end.

For base, cut out or dado trough into 1×1 axle casings to fit ¼-in. dowels. Glue and nail to base 2 in. in from ends.

Cut four 3-in. circles for wheels from scraps; drill centers to receive dowel axle. Insert dowels into axle casings; add washers as spacers; glue on wheels. Attach cow to base with screws.

Paint cow and base referring to photograph on *page 65.* Add felt ears, screw eye at center front of base, and pull cord, knotted to hold bead.

WOODEN RIDING HORSE, page 64

To order project plan, see page 153.

Materials: Pine boards in the following dimensions: 1⅛×11×24 in. long for body; 1⅛×9×23 in. long for head; two 1⅛×5×8 in. for saddle; scraps of 1×8 pine for wheels; 7½-in.-long ¾-in. dowel for handles; two 3¾-in.-long 1⅛-in. dowels; ¼-in. axle stock; axle sleeve; eight ¼-in. washers; four axle caps; 3½-in. butt hinge; 6-penny finishing nails; wood glue and filler.

continued

Create seasonal cheer with Duncan Hines & festive candied fruit.



Festive Fruit Ring

Duncan Hines' special moistness and colorful fruits—a delicious way to begin this season of good cheer.

Serves 12 to 16.

1 Duncan Hines Deluxe Spice Cake Mix
12 ounces whole candied cherries
8 ounces candied or dried pineapple rings
½ cup finely chopped walnuts
1 (3½ oz.) package instant vanilla pudding mix
4 eggs
⅓ cup oil
1 teaspoon cinnamon
½ teaspoon ground cloves
½ teaspoon ground nutmeg
½ teaspoon ground ginger
1 cup orange juice
2 Tablespoons lemon juice
1½ cups sifted powdered sugar

1. Preheat oven to 350°F. Grease and flour a 10-inch Bundt or tube pan.
2. Set aside 6 whole cherries and 2 pineapple rings for decoration. Finely chop remaining cherries and pineapple.
3. Combine in a large bowl: cake mix, chopped fruit, ½ cup chopped walnuts, pudding mix, 4 eggs, ⅓ cup oil, 1 tsp. cinnamon, ½ tsp. cloves, ½ tsp. nutmeg, ½ tsp. ginger, 1 cup orange juice. Mix at medium speed for 2 minutes. Pour into prepared pan.
4. Bake for 45 to 55 minutes. Cake is done when toothpick inserted in center comes out clean.
5. Cool on rack for 25 minutes then remove from pan. Cool completely.
6. Mix 2 Tbs. lemon juice with 1½ cups sifted powdered sugar. Drizzle over cool cake. Halve the 6 cherries and place them on cake. Cut leaf shapes out of pineapple rings and place around cherries. Store in airtight container.

continued

Instructions: Enlarge pattern pieces (*right*) onto paper and transfer to boards. Cut and sand all pieces.

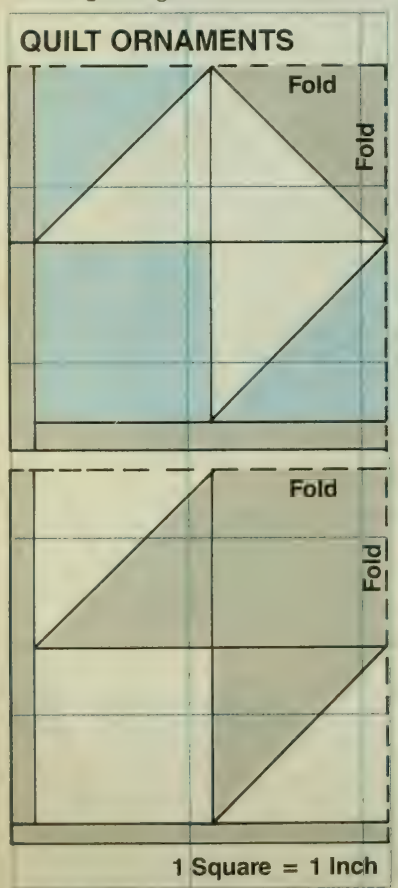
Taper fronts of saddle pieces to ½ in.; glue and nail in place. Referring to pattern (*right*), drill ¾-in. hole for handles; insert dowel. Anchor with nail, going through neck into dowel.

Cut slots in body and head pieces to fit hinge, referring to pattern for placement. Round edges to ½-in. radius for ease in turning.

Insert hinge; drill through wood into hinge, missing predrilled holes. Clip 6-penny finishing nails to ⅞ in. Drive into holes to secure hinge. Fill slot around hinge with wood filler.

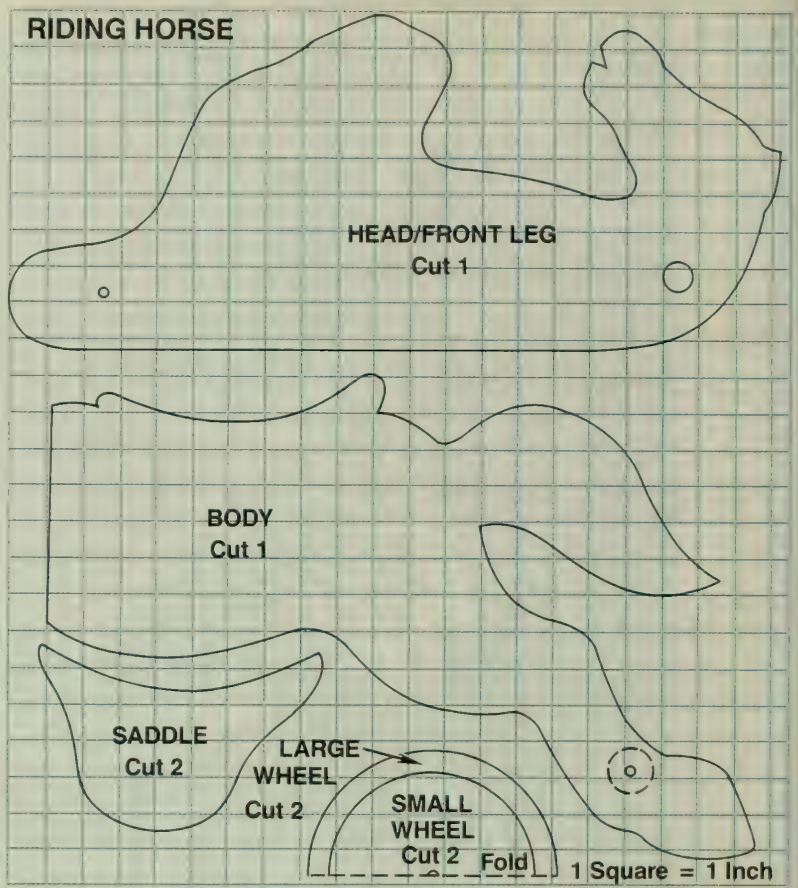
Drill ¼-in. holes through legs, referring to pattern for placement. Drill through centers of wheels and lengthwise through 1⅛-in. dowels for axles. Insert axle sleeves into leg holes.

For front leg, insert 3¼-in. axle. Add 2 washers as spacers, then wheels and axle caps. Repeat for back legs, using 10¾-in. dowels. To finish, sand lightly, rounding all edges. Coat with varnish.



QUILTS ORNAMENTS, page 62

Materials: Fabric scraps; batting; thread; cardboard or plastic for templates; graph paper.



Instructions: Approximate finished size, 4½ × 4½ in. Enlarge patterns (*left*) to full size, flopping to complete entire design. Cut templates from cardboard or plastic. Cut fabric, adding seam allowances to each piece.

Assemble quilt top according to pattern, working from center out. Baste batting to outer edges of quilt top, wrong sides together.

Cut backing to fit quilt top, adding ⅜-in. seam allowances. Press under seam allowances, turning under raw edges. Pin backing in place. Turn seam allowances to right side of quilt, encasing raw edges. Slip-stitch in place.

Hand- or machine-quilt through all layers as desired.

FAMILY ALBUM, page 66

Materials: Purchased photo album; velveteen to cover album; lining fabric for inside covers; lace; ribbon; old pictures; crafts or white glue.

Instructions: Cut velveteen to fit outside of photo album, allowing enough to turn approximately 1 in. to inside. Glue securely in place.

Cut centers from lace to fit pictures. Finish cut edges to prevent raveling.

Glue pictures onto cover. Position lace over pictures and glue in place.

Glue narrow bands of velveteen or ribbon over outer edges of lace, turning to inside at top and bottom.

Cut lining to fit, covering raw edges of velveteen. Glue or slip-stitch in place, folding raw edges to inside.

Add bows or other trims as desired.

COUNTRY DOLL, page 67

To order country doll kit, see page 153.

Materials: ½ yd. cotton fabric for face and body; ½ yd. white cotton for legs, panties, and bonnet; black felt for boots; six ¼-in. beads or buttons; embroidery floss in tan, blue, white, pink, and black; yarn for hair; polyester fiberfill; ½ yd. each of coordinating fabrics for dress and pinafore; 1 yd. ¼-in. elastic; ½ yd. lace for bonnet; 1 yd. ¼-in. ribbon for bonnet; four ½-in. buttons for pinafore; powdered rouge.

Instructions: Approximate finished size is 24 in.

Enlarge pattern pieces on *page 144* for doll and clothes. Cut out all pattern pieces using ¼-in. seam allowances.

For doll: Transfer face pattern on *page 144* to right side of face. Embroider features onto face with floss; color cheeks with rouge if desired.

continued

Create tasteful gifts with Duncan Hines, pumpkin & spice.



Pumpkin Nut Bread

Duncan Hines®

Makes 1 loaf.

Give a special gift with the inviting aroma of pumpkin and spice and the moist, delicious taste of Duncan Hines.

1 Duncan Hines "Home Recipe" Nut Bread Mix
1 egg
¾ cup water
½ cup canned pumpkin
2 teaspoons cinnamon
¾ teaspoon nutmeg
¼ teaspoon ground cloves

Gift-giving note: To bake 3 loaves (as shown in our photograph) you will need to triple this recipe. One 16-ounce can of pumpkin will yield three ½ cups. If you do not choose to bake 3 loaves at once, the extra pumpkin can be pre-measured and frozen for later use.

1. Preheat oven to 375°F. Grease and flour bottom only of a 9" x 5" or 8" x 4" loaf pan.

2. Combine in large bowl: bread mix, 1 egg, ¾ cup water, ½ cup pumpkin, 2 tsp. cinnamon, ¾ tsp. nutmeg, ¼ tsp. cloves. Stir with spoon about 60 strokes until all ingredients are moistened. Pour into prepared pan.

3. Bake 45 to 55 minutes. Bread is done when toothpick inserted in the center comes out clean.

4. Cool 15 minutes, remove from pan. Let bread cool completely before slicing or wrapping. Store wrapped bread in refrigerator. To freeze bread, cool for 3 hours, then wrap securely and keep in freezer up to 3 months.

© 1986 The Procter & Gamble Company

continued

Stitch dart in body front. Sew arm sections together. Do not stitch across tops. Turn right side out. Baste arms to body front.

Sew face to chin. Stitch chin to body front at neckline.

Sew center seam of back. Sew body back to front and face, stitching across arms and leaving lower end open for stuffing. Turn right side out.

Sew leg sections together, leaving opening for stuffing at sides. Do not stitch across tops. Turn right side out. Stitch legs to body front.

Firmly stuff body and head. Turn under raw edges of lower body and slip-stitch closed. Stuff arms and legs; slip-stitch closed.

Hand-sew yarn to head, making loops over finger for curls.

For clothing: Gather top edge of lower front and lower back of dress. Sew upper front to lower front; repeat for back. Sew center back seam from lower edge to dot. Press seam allowances open to neckline; edge-stitch. Sew front to back at shoulders.

Narrowly hem straight edge of collar. Gather curved edge. Sew collar to neckline, adjusting gathers to fit. Front edges will meet at center front. Sew right side of neck binding to wrong side of neckline, having tie ends extending. Press up seam allowances of tie ends. Fold binding to right side, over seam allowances, turning under raw edges. Sew open edges of tie ends and neck binding. Knot ends on ties.

Narrowly hem lower edges of sleeves and dress. On wrong side, center 5-in. piece of elastic over line indicated on pattern. Stitch through center of elastic, stretching elastic as you stitch. Sew side and underarm seams.

For panties: Sew center front seam. Turn under ½ in. on leg and waist openings to form casings; sew in place. Insert 12 in. elastic into waistline casing and 3 in. into each leg casing. Sew center back seam, catching ends of elastic. Sew crotch seam, catching ends of elastic in stitching.

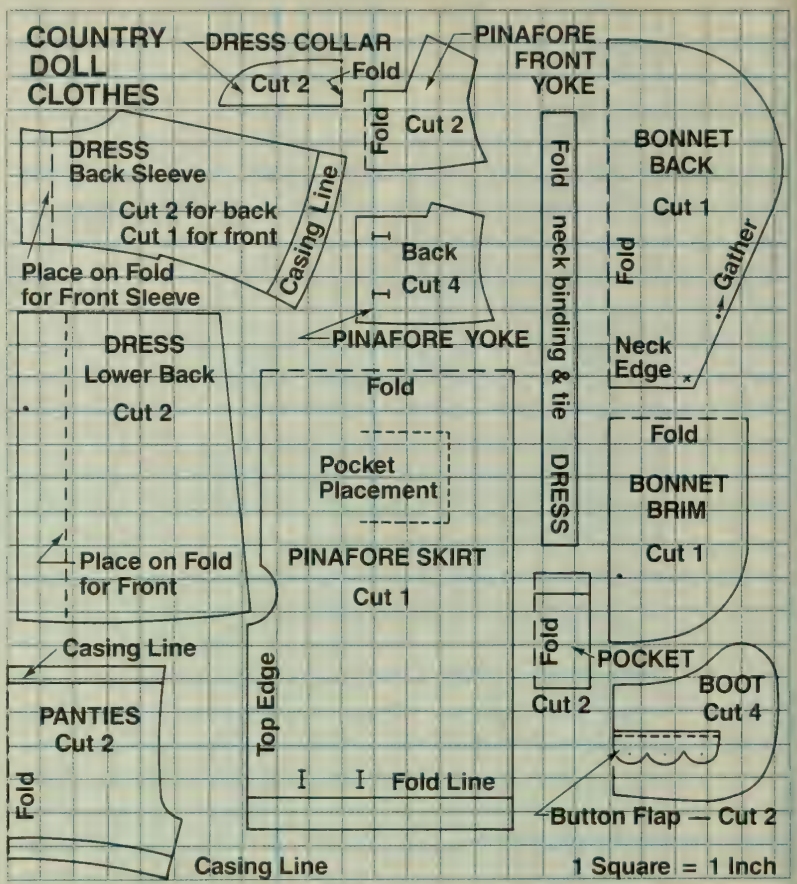
For boots: Use ⅛-in. seams for boots. Topstitch tab onto 2 outer boot pieces, as indicated on pattern. Sew buttons at dots, stitching through all layers.

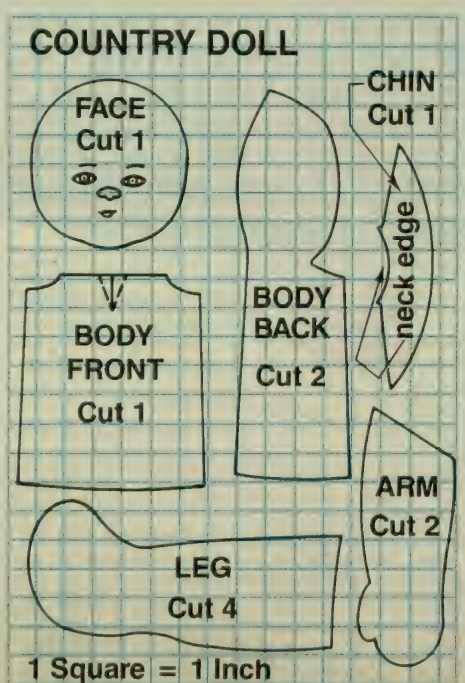
Sew inner boot pieces to outer boot pieces. Edge-stitch upper edges.

For bonnet: Narrowly hem neck edge of bonnet back. Gather remaining edge between dots.

Join curved edges of brim, right sides together. Clip seam; turn and press. Gather bonnet onto 1 brim piece, matching dots; keep other piece free. Press under ¼ in. of remaining edge of brim. Slip-stitch over gathering, encasing raw edges.

Topstitch lace to edge of brim, turning under raw edges. Cut ribbon in half. Loop 1 end of each piece and tack in place at X.





MOSS AND BARK WREATH, page 70

Materials: 14-in. straw wreath; natural materials gathered from woods and fields such as sphagnum moss, lichen, leaves, sticks and twigs, tree bark; wood glue or hot glue gun; straight pins; florist's wire.

Instructions: Glue and pin moss to top half of wreath form, covering straw. Cover wreath with scraps of tree bark, arranging pieces as though on a tree. Use a hot glue gun or strong commercial wood glue and pins to hold in place.

Wire may be needed to hold larger pieces in place. Cover edges, pins, and wire with moss. Glue and pin lichen onto bark.

Arrange twigs on top of wreath into a pleasing pattern. Glue in place, hiding ends under other pieces. Attach leaves with glue, if desired, onto wreath, using them to create a visual balance.

Add velvet beaded star (see *page 146*) or attach a ribbon bow with wire, if desired.

continued

Create a taste of heaven with Duncan Hines & semi-sweet chocolate.



Duncan Hines®

Chocolate Angel Swirl

Serves 12.

Dreams of a heavenly light Christmas will come true when you start with Duncan Hines light, delicious Angel Food Cake.

1 Duncan Hines Deluxe Angel Food Cake Mix
1⅓ cups water
8 squares (8 oz.) semi-sweet baking chocolate
4 Tablespoons butter or margarine
½ cup flaked coconut
10-inch tube pan

1. Finely grate 2 squares (2 oz.) of chocolate. Set aside in a cool place.
2. Preheat oven to 375°F. Prepare batter as directed on package.
3. Spoon one-fourth of batter into pan and spread evenly. Sprinkle one-third of grated chocolate (about 1½ Tbs.) over batter. Repeat this procedure two more times, top with remaining batter.
4. Bake, cool and remove cake from pan as directed on package.
5. Melt together in small saucepan stirring constantly over very low heat: 6 squares (6 oz.) chocolate and 4 Tbs. butter. Cool slightly, then drizzle over cake. Sprinkle coconut on top. Store loosely covered.

continued

CROSS-STITCH NAPKIN, page 69

To order cross-stitch chart, see page 153.

Materials: 1¼ yd. dark red even-weave fabric; DMC floss in following colors: No. 680 (gold), No. 830 (olive), No. 935 (dark olive), No. 437 (medium brown), No. 613 (light brown), No. 433 (dark brown), No. 645 (dark gray), No. 647 (medium gray), white, No. 415 (light gray), No. 310 (black), No. 543 (beige); gold and silver metallic threads.

Instructions: Cut fabric into four 18-in. squares; finish edges. Stitch motif into 1 corner of each napkin, using lower right portion of design on *page 150.* Refer to photograph on *page 71* for design and placement. Narrowly hem around edges of napkins.

VELVET STARS, page 69

Materials: Scraps of velveteen fabric in assorted colors; polyester fiberfill; large gold bead or ¼-in. gold button for center of each star; glass seed beads in assorted colors; 15 glass bugle beads for each star; very fine medium-length beading needles; polyester thread in matching colors; gold thread.

Instructions: Draw a star within a 5-in. circle to use as a pattern. Cut out template from cardboard or plastic. Trace star pattern onto wrong side of fabric, adding ¼-in. seam allowances. Right sides together, sew star front to back, leaving 1-in. opening for turning. Clip at points and angles, turn and stuff firmly. Slip-stitch closed.

Locate center of star. Run doubled thread from front to back several times, creating slight depression. Sew large gold bead or button at center.

Note: To sew beads to fabric, place 3–5 beads on a beading needle at a time. Slide beads into place and secure with small backstitch, going through 1 or 2 beads a second time. Do not pull thread too tightly or beads will pucker. Repeat until all beads in the row are secured.

Sew beads to velveteen in starburst design, using colors that contrast with the background fabric.

To keep design symmetrical, work from center of star out. Sew circle of beads around center bead. Sew second circle around first.

Work longer lines of beads along axis of each arm of star using 9 beads of desired color topped with 3 beads of a second color. Sew total of 10 long lines; referring to photograph on *page 70* for detail and placement.

Sew shorter lines of beads between longer lines, using 5 beads topped with 3 beads of second color.

Work small bird-foot motif in each point of star, referring to photograph for design. Start with stem of 5 beads. Form 3 "toes" using 1 bugle bead and 1 bead of contrasting color for each toe.

Sew single row of beads around perimeter of star along seam line.

BEADED STOCKING, page 70

To order needlepoint chart, see page 153.

Materials: 10×24-in. piece 14-ct. canvas; Paternayan yarn in following colors: No. 742 (gold), No. 643 (olive), No. 641 (dark olive), No. 431 (medium brown), No. 424 (light brown), No. 430 (dark brown), No. 200 (dark gray), No. 201 (medium gray), No. 260 (white), No. 203 (light gray), No. 220 (black), No. 445 (beige), No. 860 (background); gold and silver metallic threads; ¼ yd. fusible interfacing; ¾ yd. white wool; 1 yd. muslin; 2½ yd. gold rope trim; nylon thread; beading needle and thread; approximate number of beads: 1,500 plain black, 200 black faceted, 200 pearl white seed.

Instructions: Transfer lower right portion of design on *page 150* to graph paper. Repeat 3 times, placing motifs at an angle and having edges touching. See photograph on *page 70* for angle and placement of motifs. Center design



on needlepoint canvas and work the 4 motifs, using 2 strands of yarn. Stitch background, extending 16 stitches beyond uppermost point and 10 stitches beyond lowest point.

Note: Adjust border length to fit stocking by adding stitches, if needed.

When stitching is complete, steam with medium-hot iron and damp press cloth. Zigzag with narrow stitch around outer edge, barely catching last row of stitches. Trim canvas, leaving ½-in. seam allowance beyond design.

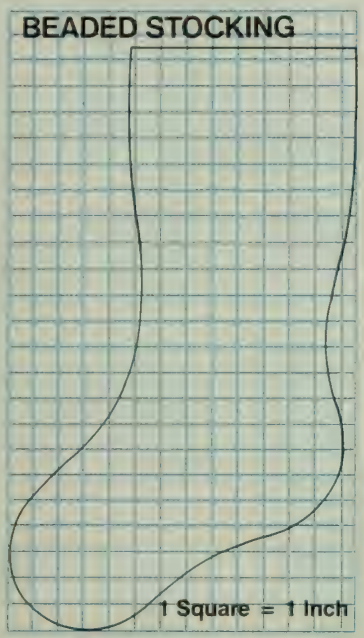
Press interfacing to muslin; cut to shape of needlepoint to form backing.

Sew ends of needlepoint with right sides together, forming circular cuff. Miter points of design and clip corners. Turn back lower edge seam allowance; tack into place using clear thread. Repeat for backing.

Hand-sew design and backing together at lower edge, wrong sides together. Baste upper edges together.

Enlarge stocking pattern (*right*). Cut stocking and lining pieces. Sew stocking side and bottom seams, right sides together. Clip curves; turn and press. Repeat for lining pieces, leaving 6-in. opening at bottom.

Slip cuff over stocking with wrong side of cuff facing right side of stocking. Baste in place along top edge, easing as necessary. Slip stocking and cuff into lining with right sides together and seams matching. Stitch around top, stitching through all layers. Clip and trim seam allowances.



Pull stocking through opening of lining. Sew lining closed and press to inside. With cuff turned upward, stitch through lining and wool, ¼ in. away from cuff seam. Turn cuff down.

Hand-sew roping around top of cuff and along seams of stocking.

Sew beaded fringe to bottom of cuff using 8 plain beads, 1 faceted bead, and 1 pearl white sead bead for each strand. Place strands 2 to 3 stitches apart.

TWIG CHAIRS, page 70

Materials: Pliable shoots from trees such as willow or alder; pruning shears; small handsaw; ruler or tape measure; 1-in. finishing nails; cedar shingles or wood scraps for seats; rubber bands.

Instructions: Gather an assortment of twigs, collecting more than will be needed. *Note:* To keep shoots supple, stand in a bucket of warm water.

Cut a 4½-in. square from shingle or scrap wood for seat. Cut out ¼-in. notches in corners for chair legs.

For ladder-back, cut twigs in the following amounts and sizes: two 10- to 11-in. back legs; two 10- to 11-in. front legs (arms); four 4-in. bottom braces; three 4-in. ladder-backs; one 6-in. top rail.

continued

E Y S



THE ONE GIFT THAT NOBODY CAN RESIST.

BAILEYS ORIGINAL IRISH CREAM.®

To send a gift of Baileys anywhere in the U.S., call 1-800-238-4373. Void where prohibited.



FIRST RESPONSE® Ovulation Predictor Test predicts the day you're most able to become pregnant.

FIRST RESPONSE® can be a big help when you want to have your baby.

That's because there is only one day in the month a woman can become pregnant—the day she ovulates. FIRST RESPONSE predicts that day in advance, so you and your husband will know when to try. This is very important if you're having difficulty conceiving a baby, or don't want to spend months trying.

FIRST RESPONSE® Ovulation Predictor Test is a simple, 20-minute urine test that accurately measures the hormone that triggers ovulation. An obvious color change tells you ovulation will occur in about 12 to 24 hours.

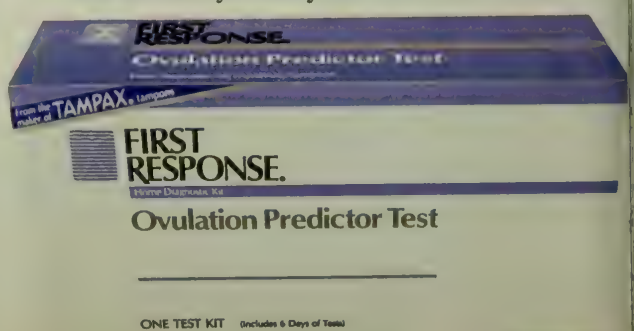
FIRST RESPONSE is far superior to the basal thermometer method that can only indicate ovulation has already occurred, which may be too late.

Each kit covers six consecutive days of testing for the month. If your cycle is irregular and you must test longer, a 3-Test Refill is available.

You can also depend on our medical information staff for answers to any questions you may have about the test. Our toll-free number is listed in every FIRST RESPONSE test kit.

FIRST RESPONSE Ovulation Predictor Test, from the maker of Tampax® tampons. It can make the difference between "hoping for" and "expecting" a baby.

You can always trust your FIRST RESPONSE.

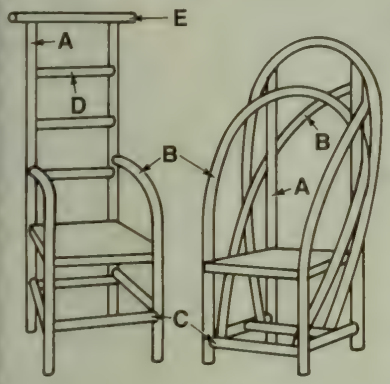


From the maker of TAMPAX® tampons

FIRST RESPONSE, TAMPAX and the Human Figure Design are registered trademarks of TAMBRANDS Inc., Lake Success, NY 11042 Pat. Pending © Tambrands Inc. 1986

continued

MINIATURE TWIG CHAIRS



Following pattern (*above*) nail back legs A to seat at back corner cutouts.

Nail front legs B to front corner cutouts; leave extended arms alone until braces are attached.

Fit braces C between legs and nail in place. *Slowly and carefully* bend arms and nail to back of chair. Add ladderbacks D, nailing from outside of back legs A. Lay top rail E in place and nail.

Wrap rubber bands around bottom of legs to secure until dry (5–10 days).

For wraparound armchair, cut twigs in the following amounts and sizes: two 10-in. back legs A; two 20- to 22-in. front leg/arm wrap; four 4-in. bottom braces; one 22-in. top arched rail.

Cut seat and add back legs A as for ladder-back. Nail front leg/arm wraps B to front corner cutouts. Nail braces C in place.

Gently and slowly bend arm wrap B up and around both back legs; secure with nail to seat side. Repeat for other side. Place top arched rail D inside bottom side braces; wrap over *top* of back legs. Nail in place from top. Rubberband legs until dry.

BEADED NORTH WOODS SWEATER, page 70

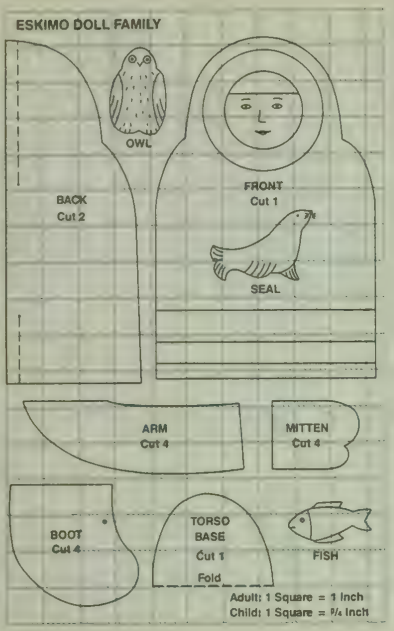
To order beaded sweater pattern and beads, see page 153.

ESKIMO DOLLS, page 71

To order full-size pattern, see page 153.

Materials: For each doll: ¼ yd. velveteen for body; scraps of velveteen in contrasting colors, including black for hair and brown for face; scraps of white pile fabric; 1 yd. decorative trim; scraps of fabric for appliqué; buttons or beads for appliqué; pink marker; black, white, brown, and red embroidery floss; polyester fiberfill.

Instructions: Finished size: Adults approximately 14 in.; child approximately 11 in. Enlarge pattern (*above*) to scale for adult and child dolls. Cut out all pieces. Cut two 5×4-in. pieces for adult legs, two 4¾×3¼-in. pieces for child legs, and 4×18-in. piece for skirt.



Appliqué hair to face. Embroider facial features; mark cheeks with pink marker. Appliqué face to front. Appliqué pile fabric around face for hood.

Appliqué motif onto front. For seal, attach bead nose; stitch whiskers and eye using embroidery stitches. For owl and fish, sew on bead or button eyes. For fish, use zigzag stitch for scales.

Sew center back seam from top to dot. Sew front to back along side seams and around head. For Father and Child, sew trim around body 2 in. from bottom edge; sew pile around bottom ½-in. from bottom edge.

Stitch center back seam from bottom to dot, leaving opening for turning and stuffing. For Mother, hem bottom edge of skirt; make shallow pleats every 1½ in. Stitch center back seam of skirt and stitch skirt in place; stitch trim around waist at top of skirt.

Sew bottom piece to bottom edges of body. Turn right side out and stuff firmly. Slip-stitch opening.

Sew mittens to arm pieces. Sew outer arm seam from shoulder to fingertips. Sew trim to edge of sleeve; sew pile below trim at wrist. Sew mitten seam. Turn and stuff hand. Blindstitch remainder of sleeve seam. Stuff arms and sew to body, turning under raw edges.

Sew boots from top to dot along front seam line. Sew boot to leg; sew trim at top of boot. Stitch remainder of boot seam and continue up back leg seam. Turn and stuff. Sew legs to body, turning under raw edges.

continued

FREE!



24 colorful pages of window and patio door facts.

Here's *the* window and patio door booklet for new homes, remodeling and window replacing. 24 pages of facts and figures in easy to understand question and answer format.

There are full-color photos for window ideas and sections on energy, window planning and new Andersen® High-Performance insulating glass. The complete Perma-Shield® product line is shown installed in homes.

Send me the "Window & Patio Door Answers From Andersen" booklet.
I plan to ☐ build ☐ remodel ☐ replace.
Mail to: Andersen Corporation, Box 12, Bayport, MN 55003.

Name _____ 002-1286
Address _____
City _____ State _____
Zip _____
Phone Area Code ( ) _____

Come home to quality.
Andersen®

86010 © 1986 Andersen Corp.

continued

TWIG FRAME, page 71

Materials: 12×17-in. mat with 8½×11-in. opening; 12×17-in. bark sheet; contact cement; two 22 in. (crosswise) and two 27 in. (lengthwise) twigs approximately 1 in. in diameter; four 50-in. willow branches approximately ½ inch in diameter; pencil; ruler or tape measure; hammer and nails; carpet tacks; brads; saber saw; handsaw; hole punch; chisel and mallet; sharp pocket penknife; electric drill with ⅛-in. bit and ¾-in. auger bit; scissors or mat knife; heavy books; 12×17 paper for template.

Instructions: *Note:* Use bark from recently fallen trees—do not peel from living trees. Stripping bark from live trees will result in the tree dying.

To peel the bark from the branch, score a deep line through the bark lengthwise with a sharp knife. Make 2 cuts around the log marking the section of bark to be removed. Place the tip of a chisel along the scored line and gently tap it with a mallet. Continue until the section of bark is removed. Press the bark pieces between heavy books until ready to use.

Spread right side of mat and wrong side of bark sheet with contact cement. Press sheet and mat together firmly, covering with paper or cloth for protection. Weight down with books or bricks; allow to dry. Trim and cut bark to fit mat, cutting opening with knife.

Using 12×17-in. paper as a template, lay the crosswise and lengthwise branches along the outer edges of the paper. See photograph on *page 71* for placement of branches. Notch branches at each intersection so that the corners are flush. From back, drill pilot hole at each intersection. Nail corners.

Tack mat to frame from back. Loop willow branches into oval shape. Lay in place on back of frame. Nail in place wherever branches cross.

TWIG CANDLESTICKS, page 71

Materials: Birch limbs 1½ to 3 in. in diameter; saw; sharp penknife; drill with ¾-in. auger bit.

Instructions: Cut birch limbs 2½ to 10 in. long. *Note*: Tops and bottoms must be perfectly flat. For scallop-top candlesticks, carve scallops around top rim with knife. For simple finish top, carve fine line around top rim to smooth off top layer of bark, and expose inner layer of bark.

Bore 1-in.-deep hole in top of candlestick. Insert candle.

NEEDLEPOINT PILLOW, page 71

To order needlepoint chart, see page 153.

Materials: 15×15-in. piece 14-ct. needlepoint canvas; 12×12-in. piece velveteen for backing; 1¼ yd. edging or looped fringe; polyester fiberfill; Paternayan yarn in the following colors: No. 742 (gold), No. 643 (olive), No. 641 (dark olive), No. 431 (medium brown), No. 424 (light brown), No. 430 (dark brown), No. 200 (dark gray), No. 201 (medium gray), No. 860 (background); rocaille beads in the following colors: white, gray, black, bronze metallic, silver metallic, clear or beige; beading needle and thread.

Instructions: Finished size of pillow is approximately 11×11 in.

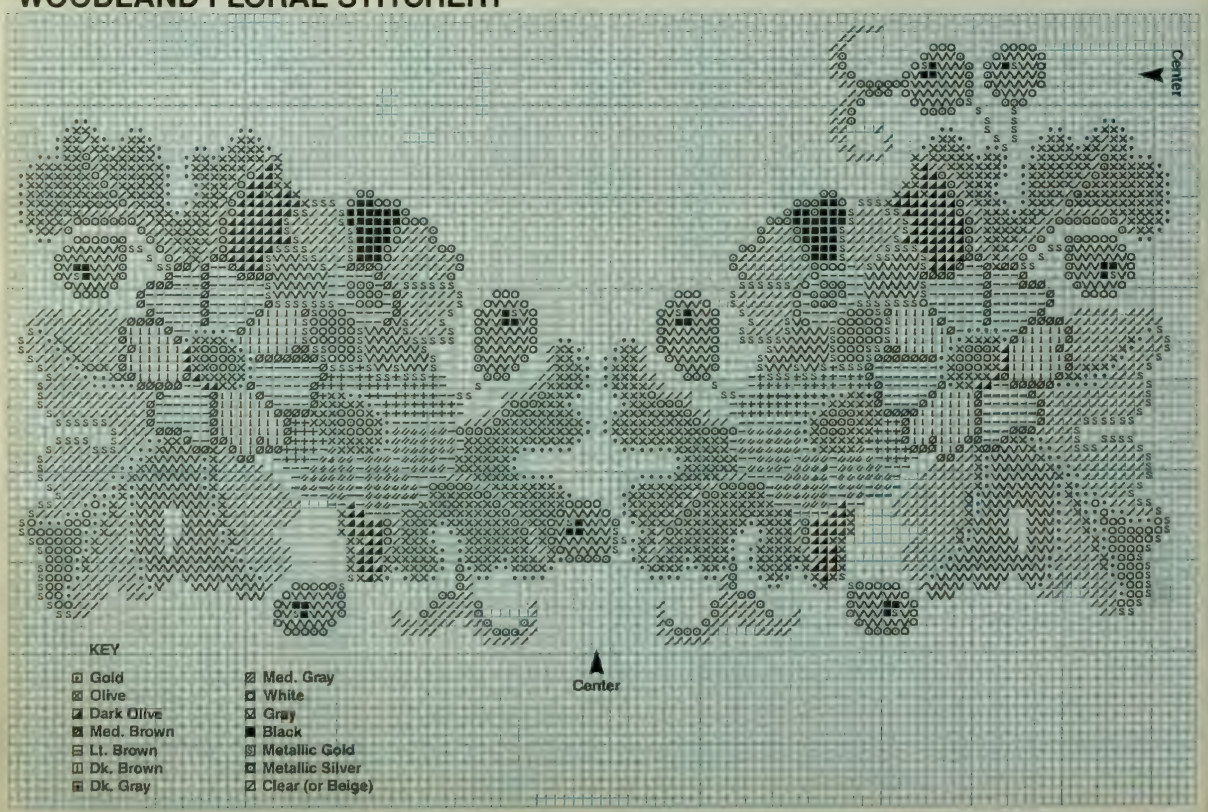
Transfer pattern (*below*) to graph paper with felt tip markers, flopping the design to complete the pillow motif.

Using 2 strands of yarn, work the design and background color. With beading needle and thread, fill in beaded areas of design, using the thread and beads as you would needlepoint yarn.

When stitching is complete, steam with medium-hot iron and damp press cloth, taking care not to damage beads.

Trim excess canvas, leaving ½-in. seam allowances. Cut backing to same size. Assemble pillow as desired.

WOODLAND FLORAL STITCHERY



Dare to be More.



SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

17 mg. "tar", 1.3 mg. nicotine av. per cigarette by FTC method.

You should eat this well.



If you could feed your family one food that would give them all the daily nutrition they need, you would. For one member of your family, you can do just that. With Purina® Dog Chow® Brand Dog Food. For nearly sixty years, Dog Chow has been nourishing dogs with 100% complete nutrition. And now Dog Chow is better than ever.

With New Dog Chow, there's even more nutrition in every bite.

Through research, we learned that it's not only what's in your dog's food that matters. It's how that food works in your dog.

We've reformulated Dog Chow so now we can guarantee that, with every bite, your dog will absorb even more of Dog Chow's protein and other essential nutrients into his body.

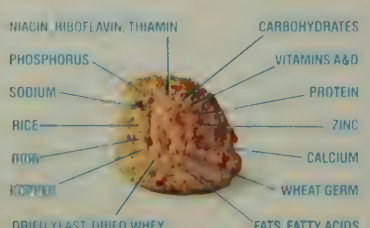
Dog Chow may look the same on the outside, but it doesn't work the same on the inside.

And that's where it counts.

So we've added more high quality ingredients like rice to make Dog Chow more digestible. That means with every bite of New Dog Chow, his body will absorb more nutrients that help give him energy, muscle tone, a thick, shiny coat and strong teeth and bones. What's more, higher digestibility means your dog will produce smaller, firmer stools. Of course, Dog Chow still contains no artificial flavors and colors, or added sugar.

THE INSIDE STORY

Your dog will get these high quality ingredients and nutrients in every serving.



That's why, when you feed your dog New Purina Dog Chow, you'll know you're doing your best. Because your dog will be getting the best Dog Chow ever.

And that says a lot.



Purina® Dog Chow® Helping dogs live longer lives®

BRAND DOG FOOD

© Ralston Purina Company, 1986

Better Homes and Gardens

Better Homes and Gardens® Family Shopping Service has selected the products shown below to help you re-create in your own home the ideas shown on our editorial pages.

You save time because we've done the shopping for you.

And you can be completely confident the kits, patterns, charts, woodworking plans, and cookware presented on this page are of the highest quality and meet our strict standards of excellence.

HOW TO ORDER

Coming Home to Christmas (page 49)







Kits, patterns, and charts for the projects shown in this issue were specially created for our readers and are exclusive *Better Homes and Gardens*® designs (not available in stores).

Kits Our **Country Doll Kit** (page 67) contains bleached and unbleached muslin (enough for the face and body, legs and bonnet), felt for booties, yarn for hair, floss for face, and full-size patterns for the doll and all of her clothing. Our **Beaded Northlands Sweater Kit** (page 70) includes complete directions and charts for the sweater plus 1,500 opaque white 4 mm beads, 240 opaque white 8 mm beads, and 215 opaque black seed beads. Also available as kits are our **Christmas Cross-Stitch Sampler** (page 52), our **Hearth Stool Cover** (page 52), and our **Cross-Stitch Pillow** (page 52). **Patterns** All ***Better Homes and Gardens***® patterns include full-size reproductions of the designs plus complete, easy-to-follow instructions for completing the projects. Choose from the **Star Quilt and Patchwork Star Pillow Pattern** (page 51 and 56), the **Crewel Pillow Iron-On Transfer Pattern** (page 53), the **Goat Family** (above and page 56), and the **Eskimo Dolls** (page 71). **Charts** Make our **Beaded Needlepoint Pillow** (page 71), our **Beaded Needlepoint Stocking** (page 70), and our **Cross-Stitch Napkin** (page 69) with this set of charts and instructions for all three projects.

Festive Holiday Cooking (page 72)

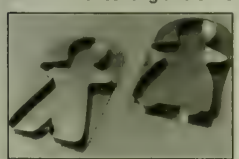
Each of these cookware items have been specially selected to help you duplicate the recipes in our *Festive Holiday Cooking* feature.



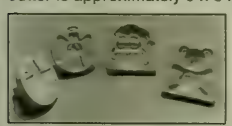
This **4½-cup Fish Mold** is used for our *Salmon Zucchini Pâté* on page 75.



Our *Boston Brown Bread Canapes* on page 74 were baked up in these special **Canape Bread Tubes.** The set of three includes flower, heart, and star shapes, each about 9 inches long and 3 inches in diameter.



These **Giant Gingerbread Cookie Cutters** were used to make the *Whole Wheat Ginger Cutouts* on page 60. Overall size of each tin-plate cutter is approximately 9 x 5 inches.



Make *Honey Cookies* like ours on page 78 with these porcelain **Cookie Stamps.** Each stamp is approximately 2 inches square and your set includes Santa, an Angel, a Star, and a Teddy Bear.

Hanukkah (page 28)



A Family Celebration Of Love and Tradition

Our set of six aluminum cutters features traditional Hanukkah shapes.

Woodworking



Use our professional quality woodworkers' blueprints to duplicate the **Child's Furniture** (at left and on page 62), the **Fireboard** (page 53), the **Wooden Riding Horse** (page 64), the **Farm Animal Toys** (page 64), and the **Hometown Christmas Projects** (Swan Cradle on page 58, Heart Frame on page 59, and Picket Fence on page 51). Each ***Better Homes and Gardens***® Project Plan includes detailed drawings or full-size patterns, lists of materials, construction tips, and complete step-by-step instructions.

Send check or money order to:

Better Homes and Gardens SHOPPING SERVICE

Locust at 17th
Dept. 27A, Box 374
Des Moines, IA 50336

Name _____
Address _____
City _____
State _____ Zip _____

Page	Description	Qty.	Price	Total
COMING HOME TO CHRISTMAS				
67	**No. 28155** Country Doll Kit		$17.95	
70	**No. 01458** Beaded Northlands Sweater Kit		$12.99	
52	**No. 28314** Christmas Cross-Stitch Sampler Kit		$15.99	
52	**No. 28315** Hearth Stool Cover Kit		$11.99	
52	**No. 28317** Hearth Stool Cover Kit with Stool		$47.99	
52	**No. 28316** Cross-Stitch Pillow Kit		$12.99	
56	**No. 01454** Goat Family Pattern		$7.99	
51, 56	**No. 01452** Star Quilt and Patchwork Star Pillow Pattern		$6.99	
53	**No. 01453** Crewel Pillow Iron-On Transfer Pattern		$7.99	
71	**No. 01455** Eskimo Dolls Pattern		$4.99	
71	**No. 01456** Chart Set for Beaded Needlepoint Pillow, Beaded Needlepoint Stocking, and Cross-Stitch Napkin		$7.99	
WOODWORKING PLANS				
62	**No. 50660** Child's Furniture Project Plan		$4.95	
53	**No. 50657** Fireboard Project Plan		$4.95	
64	**No. 50658** Wooden Riding Horse Project Plan		$4.95	
64, 65	**No. 50659** Farm Animal Toys Project Plan		$4.95	
51, 58, 59	**No. 50642** Hometown Christmas Project Plan (Swan Cradle, Heart Frame, Picket Fence)		$4.95	
FESTIVE HOLIDAY COOKING				
60	**No. 31237** Giant Gingerbread Girl Cookie Cutter		$14.99	
60	**No. 31238** Giant Gingerbread Boy Cookie Cutter		$14.99	
75	**No. 31234** 4½-Cup Fish Mold		$7.99	
74	**No. 31233** Canape Bread Tubes (Set of Three)		$17.99	
78	**No. 31235** Porcelain Cookie Stamps (Set of Four)		$11.99	
HANUKKAH				
28	**No. 31236** Holiday Cookie Cutters (Set of Six)		$4.99	

***TAX NOTE:** We are required to collect and pay **STATE** taxes in Arizona, Connecticut, Florida, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, New Mexico, Pennsylvania, Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, New York, Ohio, Tennessee, Texas, Virginia, Washington.

Total of Merchandise
Sales Tax *
Shipping/Handling **
GRAND TOTAL

****Shipping and Handling:**

For orders up to $5.00	$1.00
$5.01 to $10.00	$1.95
$10.01 to $20.00	$3.00
$20.01 to $30.00	$3.75
$30.01 to $50.00	$4.35
Over $50.00	$4.75

Credit Card Orders Speed Delivery! Fill in the lines below or **CALL TOLL FREE 800-247-5099.** In Iowa, call collect, 515-284-2856 (Toll Free not available in Alaska or Hawaii)

Credit
Card No. _____
Expiration Date
(Month/Year) _____

100% MONEY-BACK GUARANTEE if not completely satisfied!

Now learn to type without a typewriter.

More than a toy... teaches children and adults to master typewriters, word processors, and computers.

Step-by-step instruction—from basic finger positions to complete keyboard proficiency

Easy-to-follow instructions for anyone 9 and older—nothing else is needed.

Computerized drills, tes
games and sound effec



Type-right™

Available wherever toys or learning electronics are sold in U.S. and Canada.

VTECH Educatio Electroni

© 1986, Video Technology Industries, Northbrook, IL U.S.A./Video Technol (Canada) Ltd. Richmond,

TRAVEL

CARE-FREE HOLIDAY TRAVEL

Going home for the holidays? Here's how you can help make your journey smooth and safe.

- Mail gifts ahead, especially if you're traveling by air. If you do take presents along, wrap them after you arrive. They'll be easier to pack.
- Follow airline instructions about when to reconfirm reservations and when to arrive at the airport. The busy holiday season is the worst time to lose your reservation or miss a flight—there may not be room on another.
- If going by car, make sure your automobile is road ready. Check the car's electrical, brake, exhaust, and heating and cooling systems, tires, windshield wipers, and washer-fluid level.

Statement of Ownership, Management and Circulation (Required by 39 U.S.C. 3685)

1A. Title of Publication: Better Homes and Gardens.
1B. Publication No. 481930.
2. Date of Filing: September 12, 1986.
3. Frequency of Issue: Monthly.
3A. No. of Issues Published Annually: 12.
3B. Annual Subscription Price: $14.00.
4. Complete Mailing Address of Known Office of Publication: 1716 Locust Street, Des Moines, Polk, Iowa 50336.
5. Complete Mailing Address of the Headquarters of General Business Offices of the Publisher: 1716 Locust Street, Des Moines, IA 50336.
6. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor: Publisher: J. Wesley Silk, 750 Third Avenue, New York, NY 10017; Editor: David Jordan, 1716 Locust Street, Des Moines, IA 50336; Managing Editor: Kate Greer, 1716 Locust Street, Des Moines, IA 50336.
7. Owner: Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336. The Names and Addresses of Stockholders Owning or Holding 1 Percent or More of the Total Amount of Stock: Cede & Company, Box 20, Bowling Green Station, New York, NY 10004; Kray & Company, One Financial Plaza, 440 S. LaSalle Street, Chicago, IL 60605; Kray & Company, P.O. Box 10645, Newark, NJ 07101; Pearce & Pettit, c/o Wilmington Trust Company, P.O. Box 9746, Church Street Station, New York, NY 10249; Prop & Company, c/o Norwest Bank Des Moines, N.A., 666 Walnut Street, P.O. Box 837, Des Moines, IA 50304; The E. T. Meredith and Bohen families and family foundations own directly or beneficially through some of the nominees listed above, approximately 31% of the issued and outstanding stock of the corporation. Each nominee holds stock for one or more stockholders.
8. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities: None.

9. Item 9 of PS Form 3526 not applicable.

10. Extent and Nature of Circulation:

	Average No. Copies Each Issue During Preceding 12 Months	*Actual No. Copies of Single Issue Published Nearest to Filing Date*
A. Total No. Copies *(Net press run)*	8,673,242	8,731,817
B. Paid and/or Requested Circulation 1. Sales Through Dealers and Carriers, Street Vendors, and Counter Sales	564,895	570,000
2. Mail Subscriptions *(Paid and/or requested)*	7,487,065	7,533,705
C. Total Paid and/or Requested Circulation *(Sum of 10B1 and 10B2)*	8,051,960	8,103,705
D. Free Distribution by Mail, Carrier, or Other Means; Samples, Complimentary, and Other Free Copies	135,485	147,425
E. Total Distribution *(Sum of C and D)*	8,187,445	8,251,130
F. Copies Not Distributed 1. Office Use, Left Over, Unaccounted, Spoiled After Printing	691	687
2. Return From News Agents	485,106	480,000
G. Total *(Sum of E, F1, and 2—should equal net press run shown in A)*	8,673,242	8,731,817

11. I certify that the statements made by me above are correct and complete. *(Signed)* David Jordan, Editor

Some yard signs look like they could last for years.



Without our Home Marketing System, they may have to.

Selling a home today can be a complicated process. That's why, at Better Homes and Gardens® Real Estate Service, we developed a system for selling your home faster, easier, and at the best possible price.

The *Better Homes and Gardens* Home Marketing System* brings together all the elements that can make your home stand out from others on the market.

Find out how simple it would be to sell your home. Call your local Better Homes and Gardens member or call toll free **800-247-5050, ext. 101.** In Iowa, **800-532-1430, ext. 101.**

*Availability of services may vary. Each firm independently owned and operated.

Better Homes and Gardens® H·O·M·E MARKETING SYSTEM

SOLD

Better Homes and Gardens®

The better way to sell your home.™

© Copyright Meredith Corporation 1986.

P-80

27% Off All Wallpaper

VISA Shop Locally and MasterCard

Call in any pattern from any book

TOLL FREE 800 521-0650

In Michigan Call 800 482-2488

PHONE ORDERS ACCEPTED

- No Deposit
- No Shipping Charge
- Visa/MasterCard
- No Sales Tax (Except MI. Res.)
- Same Day Computer Processing

Post Wallcovering Distributors, Inc.

Hours: Mon.-Sat. 9:00 AM to 5:00 PM



AT HOME DENTAL CARE SET

Scientifically designed helps provide improved oral hygiene between visits to your dentist. Two stainless steel instruments included for precise care. 6½" curved handled mirror lets you see your teeth as your dentist does from every angle. 6" probe pick cleans between teeth removing plaque and impacted food. Better than brushing or flossing alone. 2 pc. set.

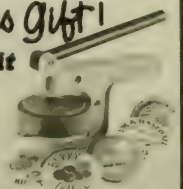
Only $9.97 plus $1 shpg.

Send Check or M.O. 20 day money back guarantee

HOLST, INC. Dept. BHD1286, 1118 W. Lake Box 370, Tawas City, MI 48764

THE Christmas Gift!

Badge A Minit



Making bright, colorful buttons with Badge-A-Minit is fast and easy. You can take any drawing, message, or photo and put it on a button. A Badge-A-Minit Starter Kit contains everything you need to make buttons for only $26.95. What a perfect Christmas gift!

To order a Starter Kit, send $26.95 plus $1.75 shipping (IL residents add $1.68 tax). Or send for FREE catalog. For kit delivery by Christmas order by Dec. 10. Badge-A-Minit, Dept. BHG-1286, 348 North 30th Rd., Box 800, La Salle, IL 61301 Phone (815) 224-2090



PERSONALIZED SEWING LABELS

Your originals deserve these washable woven rayon taffeta labels. Sew into knits, dresses. Eggshell background, rich red printing with multi-colored trim. Specify "hand made" or "made especially" and your name per set

We ship in 48 hours

•20 $4.95 •40 $7.95 •80 $11.95

GEMINI GIFTS Dept. 412-A, 5695 Xenon Way Arvada, Colorado 80002

AFFORDABLE LUXURY



A Four Seasons® Greenhouse Addition!

(Each Center Independently Owned & Operated)

Imagine opening up your home to the look and feel of the great outdoors with a Four Seasons® Greenhouse addition. Exclusive Four Seasons® features, including Heat Mirror™ glass (R-4) and insulated Super Shades™ (R-7), make your Four Seasons® addition as insulated as your house walls (R-11) but more exciting!

FOR DEALER NEAREST YOU AND FREE COLOR CATALOG CALL TOLL FREE DIAL 1-800-FOUR SEASONS

5005 Veterans Memorial Hwy Holbrook, NY 11741

FOUR SEASONS GREENHOUSES Design & Remodeling Centers

© 4/86 Four Seasons Marketing

LEVOLOR

LEVOLOR FOREVER NEVER WORRY AGAIN

UP TO 60% OFF Comparable Retail

LEVOLOR 1" Monaco Blinds And Other Window Treatments

Plus Custom Window Treatments From: LOUVER DRAPE DEL MAR • KIRSCH

FREE DELIVERY ON MOST WINDOW TREATMENTS ANYWHERE IN U.S.A. EXCEPT HAWAII & ALASKA

WALLPAPER SUPER SAVINGS ON NATIONAL BRANDS

CUSTOM WINDOWS & WALLS 32525 STEPHENSON HIGHWAY MADISON HGTS., MICHIGAN 48071

Call Toll Free 1-800-772-1947 In Michigan 1-313-585-3026

CUSTOM TABLE PADS SAVE 50%

By Buying Direct



$49.95 Reg. $99.95

5 Year Factory guarantee any normal size

This offer may expire without advance notice

Look under table and tell us any numbers that may appear

FACTORY DIRECT TABLE PAD CO.

Toll Free 1 (800) 428-4567 Indiana 1 (800) 433-3618

Better Homes and Gardens

Shopping editor's choice

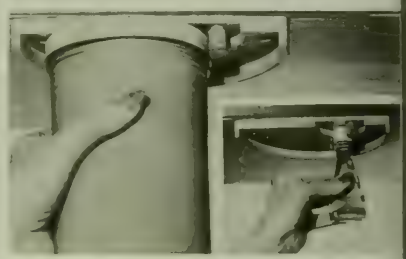
Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

By Ann Lively



Your favorite photo

Of baby, children or family available in pocket size. Order some for yourself and to give as gifts. Send Polaroid, color print or photo (up to 5" × 7") negative or slide—get 40 color pocket photos plus one free photo in plastic. Now you'll have enough to go around! $1.95 + 80¢ post. Add 20¢ for First Class. Roxanne Studios, Dept. BH-62, Box 1012, Long Island City, NY 11101.



Open lids easily

No more twisted wrists! No more frustration! Just slip your jar into the Un-Skru until it wedges; then turn the jar...quick, one-hand operation for lids ranging in size from ½" to 5" wide. Made of plastic with a steel "gripper." A wonderful kitchen aid. Send $7.50 plus $1 postage; 2 for $14.50 plus $1.45 postage. Order from Holst, Inc., Box 370, Dept. BHO-1286, 1118 West Lake, Tawas City, Michigan 48764.

Steady-riser recliner

Seat/arms raise as a unit, adding stability, provides additional standing and sitting assistance. Push button reclines automatically, raises feet to improve circulation. Customized comfort is provided in three sizes. Free week home trial. Brochure. Burke, Inc., Dept. BHG1286, Box 1064, Mission, KS 66202. 800-255-4147.





Button Making is Fun!

It's fast and easy to make 2¼" plastic-coated pin-back buttons with a Badge-A-Minit machine. Put your favorite motto, drawing or photo on a button. The Starter Kit contains everything you need to get started. $26.95 + $1.75 shpg. (IL res. add $1.68 tax.) Badge-A-Minit, Dept. BHGE-1286, 348 North 30th Rd., LaSalle, IL 61301 or phone (815) 224-2090.



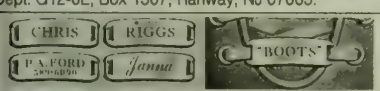
Golfer's lucky stymie marker

Get one for yourself and some to use as gifts for your favorite golfers. You can use this four-leaf clover (instead of a coin) to mark your place on the green...it brings a lucky putt". Made of solid brass. Golfer's name is expertly engraved (please print clearly). Send $5 each, postpaid (shipped in 2 days). Order from Elgin Engraving Co., Dept. BH12, 522-1 Stevens Court, Dundee, Illinois 60118.



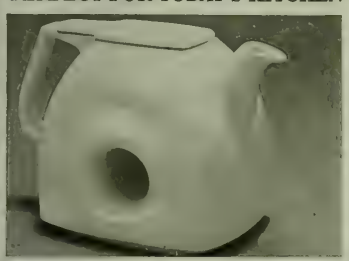
Rolling slack rack

Hang 12 pairs of pants under jackets and shirts in your closet. Twelve non-slip, vinyl-covered arms keep your slacks wrinkle free. Rack rolls out easily for slack selection. It is made of durable enameled steel with plastic roller. About 18" × 26" tall. Easy to assemble. $12.99 + $2.95 shp. 2 for $23 + $4.95 shp. Essex House, Dept. G12-6E, Box 1507, Rahway, NJ 07065.



What's new? SHOESTRING NAMEPLATES that fit snugly on the bottom rung of any shoe lace as shown at right. Lifetime solid brass only 1" x ¼", engraved any way you wish. Handsome, decorative (and they are neat ID's for joggers & children). Full price $2.50 each. Money back if not delighted. We ship in 2 days. Mail orders direct to ELGIN ENGRAVING CO., 522 Stevens Ct., Dept. 1, Dundee, Illinois 60118.

PERFECT FOR TODAY'S KITCHEN



THE MICROWAVE TEAPOT

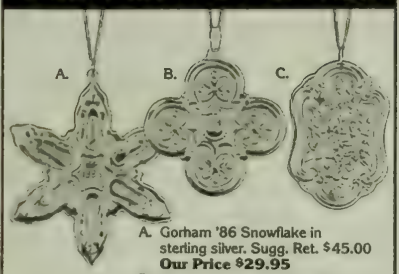
Brings water to a boil fast. Completely safe. Maximum microwave efficiency. Hole through center amplifies microwave process. Generous 48 oz. capacity. White ceramic. Perfect for tea, instant coffee, cocoa, soup mixes, etc. $30.00. Add $2.75 shipping & handling. NJ residents add 6% sales tax. Gift wrapped, add $1.75.

Satisfaction guaranteed. Phone orders (201) 852-4062. Check, M.O., VISA, MC, AMEX. UPS assures all orders received by 12/15 will arrive for Christmas. (Credit Card & M.O. only) Send for FREE color catalog. Incl. 25¢ postage & handling.

One of New Jersey's MOST INTERESTING Stores
The Sunshine Barn
Dept. A, Route 57, Hackettstown, NJ 07840

Call Ross-Simons TOLL-FREE 800-556-7376

Famous Name Christmas Collectibles at Savings

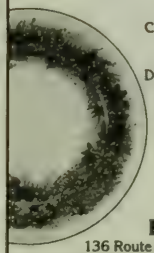


A. Gorham '86 Snowflake in sterling silver. Sugg. Ret. $45.00 **Our Price $29.95**

B. Reed & Barton '86 Cross in sterling silver. Sugg. Ret. $35.00 **Our Price $24.95**

C. Towle '86 Floral Medallion in sterling silver. Sugg. Ret. $35.00 **Our Price $19.95**

D. Lenox '86 Colonial Wreath Christmas Plate, "New Hampshire." Sugg. Ret. $70.00 **Our Price $56.00**



Call Toll-Free. Orders received by Dec. 15th assured Christmas delivery. Add $3.50 for shipping. Use VISA, MC or Am. Exp. Money Back Guarantee.

Ross-Simons Jewelers
136 Route 5, Dept. BHG12, Warwick, RI 02886



GIANT CAST IRON PIGGY BANK

only $10.98
plus $3.25 shipping

An inspiration for savers—*and* collectors! A most unusual door stop or hearth decoration too, as this hog is made from 100-year-old antique foundry molds. Not your everyday, run-of-the-mill piggy bank—he weighs a hefty 4 pounds and is nearly a foot long. With his voracious appetite this amazingly realistic porker can hold hundreds of dollars. MC, VISA. SPECIAL: Two for $21 plus $4.95 shpg.

ESSEX HOUSE
Dept. G12-6, Rahway, NJ 07065

SHOP AT HOME & SAVE
on Designer Wall Coverings

ALL FIRST QUALITY MERCHANDISE
Only $2.95 to $9.95 per single roll
SCHUMACHER • WAVERLY • GEAR
PLUS MANY OTHER FAMOUS MAKER WALL COVERINGS AT TREMENDOUS SAVINGS!
For your FREE Designer Sample Kit
Call 7 Days- 9AM to 7PM E.S.T | TOLL FREE 1-800-922-7773 In N.Y. State 1-212-595-3800

BEN FRANKLIN WALLCOVERINGS

GREAT COLOR WALLETS and ENLARGEMENTS

EXPRESS PHOTO SERVICE ONLY $2.50



FULL COLOR • BORDERLESS
Five choices only $2.50 each

- ★ 40 Wallets
- ★ 32 Wallets & One 5"x 7"
- ★ 8 Wallets & Four 5"x 7"s
- ★ 2 Custom 8" x 10"s
- ★ 20 Jumbo Wallets

Vibrant Permaprint™ copies on KODAK paper. Send any instant print or photo up to 8x10 (returned). Add 75¢ each set for handling and postage. For Rush Express Photo Service add $2.00 per order. Enclose check or M.O. with return address, send to:
RELIANCE COLOR LABS, INC.
STUDIO E814-12, P.O. BOX 159, STAMFORD, CT 06904

Country Curtains®

FREE COLOR CATALOG



Country Curtains are a tradition . . . years of old-fashioned quality and conscientious service. Curtains in cotton muslin or carefree permanent press, some with ruffles, others with fringe or lace trim. Also tab curtains, insulated curtains, charming balloon and lace curtains, wooden curtain rods . . . wonderful items for your home. Free color catalog. Please call **413-243-1300** or write us. **Satisfaction guaranteed.**

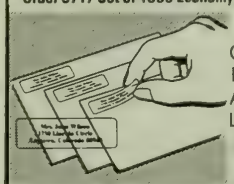
☐ PLEASE SEND FREE CATALOG
Name
Address
City
State Zip

COUNTRY CURTAINS®
At The Red Lion Inn
Dept. 5056, Stockbridge, Mass. 01262



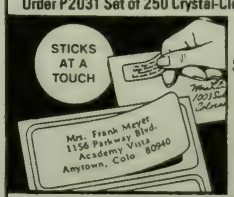
1000 RETURN ADDRESS LABELS **$1.49**

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) . . $1.49



250 Crystal-Clear RETURN ADDRESS LABELS **$2.98**

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $2.98



250 Self-Stick WHITE GLOSS LABELS **$2.98**

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $2.98

Walter Drake 305-C Drake Building Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
_____ S717 1000 Labels @ $1.49 $_____
_____ P2031 Crystal-Clear Labels@$2.98 $_____
_____ P6030 White Gloss Labels@2.98 $_____
Add 30¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

32 COLOR PHOTO SPECIALS $2.45



Full color quality copies of your favorite photo—at low, low prices! Send any color slide or photo (up to 8"x10")— no negs or c photos, please! Your original returned unharmed. Order by item number below:

Walter Drake Photo Labs
205-C Drake Bldg., Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____

P6359 32 Wallet Photos @$2.45	$
P6360 16 Wallets, Two 5"x7"@$2.45	$
P6362 16 Wallets, Four 3½"x5"@$2.45	$
P4082 Two 5"x7", One 8"x10"@$2.45	$
P6406 Two 8"x10"@$2.45	$
Add 55¢ per set for shipping & handling	$
SATISFACTION OR YOUR MONEY BACK! Total	$



SNEAKER NAMEPLATES

Stylish way to tag and identify your sports and jogging shoes. 1½" lifetime solid brass plate with holes to slip onto bottom rung of any shoelace. Handsome, decorative nameplate engraved any way you wish. Neat ID's for joggers and children. Helps identify your child.

WE SHIP IN 24 HOURS **$2.50 each Ppd.**

Gemini Engraving Co. Dept. 1408-A, 5695 Xenon Way Arvada, Colorado 80002



The KENYA® Gem

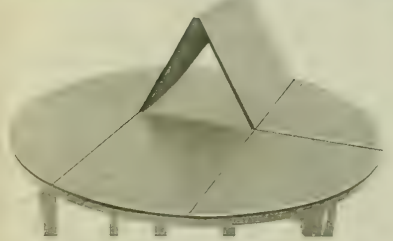
It rivals the finest blue-white diamond with a scintillating brilliance that never fades; no one but your jeweler will know the difference. To enjoy yourself or give as a gift for someone very special. Women's and men's styles set in 14K white or yellow gold (please specify). Priced from $75 a carat. Write for free color booklet. KENYA® Gem, Dept. BH-12, 1760 North Howard St., Philadelphia, Pennsylvania 19122.

Create braids



Weave dozens from basic English, French and Dutch braids to exotic hairstyles like an expert using this easy-to-follow 64-pg. book. Step-by-step diagrams and instructions show the braiding for all lengths and textures. $7.95 + 95¢ post. Valco Publishing, Box 2012, Dept. BHG126, New Rochelle, NY 10802.

FACTORY DIRECT TABLE PADS
GUARD YOUR TABLE AND SAVE!



Order with confidence from America's oldest and largest custom table pad manufacturer. No advance deposit or messy C.O.D. You pay nothing until you receive your table pads and are completely satisfied.

Phone 1-800/328-7237 — Ext. 210
108 Briarcliff, Thomasville, North Carolina, 27360
612/646-6778 — Ext. 210

Sentry TABLE PAD CO. SINCE 1911

©SENTRY, 1986

FRANKINCENSE & MYRRH

Celebrate this Christmas by giving the gift of the Magi. A unique gift recalling the first Christmas. Complete your Nativity scene with Frankincense and Myrrh. Brief History included. $9.95 plus 75¢ postage & handling. Vermont residents add 4% sales tax. Send check or money order to Dajen, Inc. P.O. Box 1219, Montpelier, VT 05602.

Lowest Prices! LEVOLOR BLINDS

UP TO 65% OFF SUGGESTED RETAIL, NOT INFLATED PRICE LISTS

LEVOLOR LIFETIME WARRANTY

THE #1 DISCOUNT DEALER IN THE USA SELLS MORE BECAUSE WE SELL FOR LESS. SHOP AND COMPARE OUR PRICES. DON'T BELIEVE DISCOUNT CLAIMS. USE SUGGESTED RETAIL AND DISCOUNT PERCENTAGE FOR COMPARISON ONLY. SHOP AND COMPARE.

NOBODY BEATS OUR LEVOLOR PRICES

MONACO 1" MINI BLIND	65% OFF
VERTICAL BLINDS	UP TO 60% OFF
RIVIERA 1" BLIND	CALL FOR PRICE
WOOD MINI BLINDS	CALL FOR PRICE
PLEATED SHADES	CALL FOR PRICE

CALL TOLL FREE 1-800-547-8982
FREE UPS SHIPPING (48 STATES)
FREE LEVOLOR BUYERS GUIDE

WELLS INTERIORS, INC. (9 Calif. locations)
7171 Amador Plaza, Dublin, CA 94568

1952 JUNE 28 FRIDAY

WHAT HAPPENED ON THE DAY YOU WERE BORN?

- What Day of the week were you born?
- How much was a loaf of bread, milk, new car?
- What was the average income then?
- Most popular song, movie, actor, actress?
- Items in newspapers around that date.
- President, world series winner, etc?

A unique, inexpensive gift for friends and family. A printout of fascinating information for any birthdate from 1900 thru 1985. Fun for all ages! Factual. 8½ x 11 inches, mailed flat for framing.

SEND TO: WINDOW IN TIME
288 Esteban Way, Dept. B1, San Jose, CA 95119
$1.50 for each date plus .50 mailing. List all dates.

WORLD'S LARGEST INVENTORY!
DISCONTINUED China & CRYSTAL



ALL major brands of bone china, earthenware & crystal. Make your treasured settings complete Write or call for a list of pieces available from our huge stock of discontinued patterns

USE VISA, M'CARD.
• BUY or SELL (919) 275-7224

REPLACEMENTS, LTD.
1510-G12 HOLBROOK ST., GREENSBORO, N.C. 27403-2785



Dilly's PRESENTS
"Timmy and Becky" MUSIC BOXES from
"Children's World" Collectibles

These creations in fine porcelain are hand painted in soft pastels and suspend a very special world in time as they play "Tomorrow."

6" tall, $19.95 ea. Add $2.50 each shipping and handling. Please allow four weeks for delivery.

Dilly's

Send check or money order to: 7609 Grandview Arvada, CO 80003

Discount Wallcovering THE PHONE WAY 30%-50%

Buy Direct-All Brands - First Quality
Free Delivery
No Sales Tax (outside PA)

VISA MasterCard

SHOP IN YOUR NEIGHBORHOOD
Write Down Pattern Number/Book; Then Call
SILVER WALLPAPER, INC.
3001-11 Kensington Ave., Phila., PA 19134
Toll Free 1-800-426-6600

PERSONALIZED GOLF TEES

2 1/8" Tees, asst'd. colors. 17 letters & spaces Same name on each set. Allow 4 weeks for delivery. Check with order. **100 Tees - $5.00.**

Send Check To
ATLAS PEN & PENCIL CORP.
P.O. Box 600, Dept. H126, Hollywood, FL 33022

BASEMENT TOILET FLUSHES UP

To Sewer or Septic Tank
No Digging Up Floors
Install It Yourself - Anywhere
Write McPherson, Inc., Dept. 28
Box 15133 Tampa, Florida 33684



Pet Identification Tags
For Pet's Sake! Don't worry about your dog or cat getting lost! Stainless steel lifetime I.D. tag ensures a safe return. Engraved with pet's name, your name, address, phone. Handy hook attaches to animal's collar. WE SHIP IN 48 HOURS. Send $3.00 ppd. Order from Gemini Engraving Co., Dept. 412-B, 5695 Xenon Way, Arvada, CO 80002.



Free
Cross Stitch magazine
Packed with over 23 gorgeous projects, full-size charts and instructions for exclusives like Keepsake Sampler, Kinfolk Doll Series, etc. Close-up pictures and step-by-step photos. Fun contests and enjoyment for needle lovers. Full-color photography, EZ-read two-color charts. If you like you can get 6 big issues a year for only $14.97. Cross Stitch, Box 2840, Dept. 5EAH6, Boulder, CO 80322.

LEVOLOR & *BALI 60-75% OFF LIST!

Guaranteed lowest prices. *Shipped in 7 days. 1" minis, 1/2" micros & 1" & 2" wood. Free UPS shipping on custom blinds in 48 states. No sales tax where applicable. Master Charge, Visa.

CALL FOR FREE KIT
Including informative color brochure, instructions, order form, color chart, etc.



40% OFF SCHUMACHER, MARIMEKKO & LAURA ASHLEY WALLCOVERINGS!

SINCE 1912
PINTCHIK
HOMEWORKS
1 (800) 847-4199
in N.Y. (718) 996-5580

FIRST QUALITY **FAMOUS BRAND WALLCOVERING!**
Wholesale-Direct Prices!

Any brand name. Any book. Any pattern. Any style. All the traditional standards plus all the latest designer patterns. *Most are $9.95 or less a single roll! You save because of our **Wholesale-Direct Prices**. You save state and local taxes (excl. NJ). We ship direct to your home in just a few days and we even pay the freight. Plus your satisfaction with our product and our service is **fully guaranteed!** Simply shop around in your hometown then call us **toll-free.**

$9.95 PER ROLL OR LESS*

PRICED-RITE Wallcoverings
Babo, Inc.
P.O. Box 1031
Rahway, NJ 07065

CUT OUT & SAVE THIS AD! THEN CALL
TOLL FREE **1-800-634-6330**
WEEKDAYS 9 to 9 (EST)
SATURDAYS 9 to 6 (EST)
CALL OPERATOR 31

GIVE US THIS INFO

FREE 20-page, fully illustrated *"How To Hang Wallcovering"* Guide included with any order.

BRAND NAME _____
BOOK NAME _____
PATTERN NUMBER _____
PAGE NUMBER _____

imperial wallcoverings
A Babo, Inc. & Imperial Company

VISA MasterCard

THE ONION THAT'S SWEET ENOUGH TO EAT LIKE AN APPLE!

WALLA WALLA SWEET ONION

FREE CATALOG

It's almost too good to cook! Eat it raw to really enjoy its wonderful taste. The extra-large slices are perfect for sandwiches. It's the best-tasting and biggest onion we've ever come across. And it's one of more than 4,000 items in Gurney's new spring catalog. **25¢** Pkt.



GURNEY'S
Seed & Nursery Co.
Yankton, SD 57079

Gurney's, Dept. 83-1263 Page St., Yankton, SD 57079
☐ Here's my 25¢. Please send my onion seed and Gurney's FREE catalog

Name _____
Street _____
P.O. Box _____ Rt. ____ Box ____
City _____
State _____ ZIP _____
Clip coupon or use extra paper. ZIP speeds delivery.
LIMIT ONE OFFER PER FAMILY.



FREE COLOR CATALOG - Exciting 56 pages of quality, no-iron curtains, bedspreads and deep drop dust ruffles. Colonial and country reproductions you cannot find elsewhere. Send for yours today.

Name _____
Address _____
City _____ State ____ Zip _____

COLONIAL MAID CURTAINS
Dept. CAS-AX, Mamaroneck, N.Y. 10543



REMOVE HAIR FOREVER

Perma Tweez® is the **ONLY** home electrolysis instrument recommended by 4 medical textbooks (titles on request). 'Tweezer-like' action **permanently** removes hair from face, arms, legs and body. Save hundreds of dollars over salon electrolysis.

14 DAY MONEY BACK GUAR.
$16.95 (check/M.O.)
Cal. residents add 6% sales tax.

A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

☐ Enclosed $16.95 full payment.
☐ MasterCard/Visa # / Exp. date.

© 1985 GEN MED CO

GENERAL MEDICAL CO., Dept. BH-233
1935 Armacost Ave., Los Angeles, CA 90025

Park Seed



Big New 1987 Catalog

Gardening is more fun with **Park High Performer®** varieties — vegetables with better taste and higher yield, flowers more beautiful and easy to grow. Plus over 2,100 exciting varieties, all fully guaranteed. Our big, 132 page catalog has color so lusciously real you can almost taste the vegetables and smell the flowers!

"Home Garden Seed Specialists Since 1868"

☐ **Send full Color Catalog** **FREE!** APB

Name _____
Please Print
Address _____
_____ Apt. ____
City _____
State _____ Zip _____

Park Seed Co.
P. O. Box 46, Greenwood, S. C. 29648-0046

THE MAN NEXT DOOR

Liz Randall, mother of six, reports that buying gifts for her kids isn't the budget-buster you might think. "Every time another came along, everyone else shortened their wish list a little." I guess that's one more example of the "balance of nature."

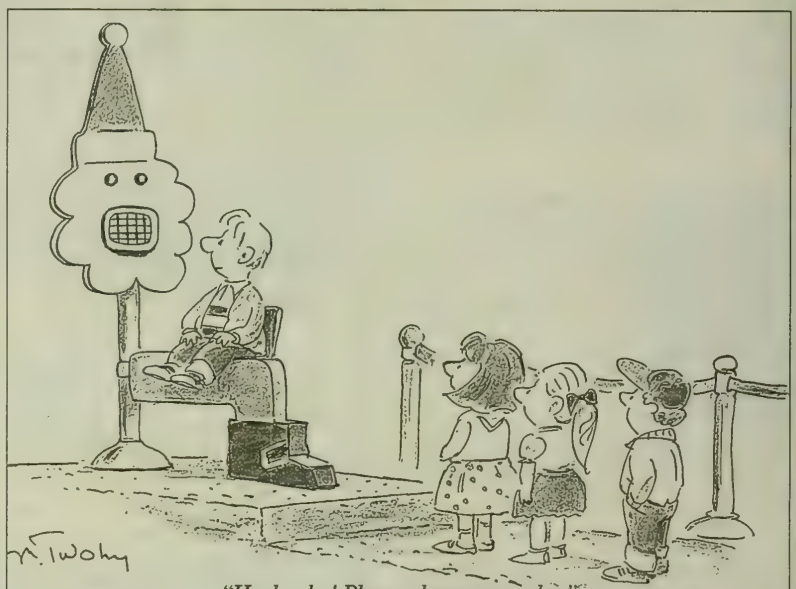
Our Judy, 11, has suddenly decided she wants braces. "All my friends have them," she pleaded. Without success, I might add.

I listened with fascination one recent evening as Burt, Jr., and a couple of his friends debated the merits of several brands of video cassette recorders, computers, compact disk players, and stereos. And this, I thought, is the young man who claims he can't figure out how to operate a snow blower.

Happiness, says Dick Norman, is discovering the supermarket is giving coupons with double-the-value off, and frustration is discovering that the ones you've been saving are past their expiration dates.

Lee Bayless likes to tell us he can remember every Christmas since he was 5 years old, but for some reason he can't keep track of the number of times he's told us about them.

"Couples are getting married later and later," observed editor Earl Reeves. "One of these days grandparents might even start to look old enough to be grandparents."



"Ho, ho, ho! Please place your order."

Christine really appreciates the winter season, because after a busy day at her real estate office, she can walk in the front door and immediately tell who's home and who isn't by the boots lined up there.

Grandpa Hillis was telling us how the hum of a microwave can't compare with the friendly crackle of a wood fire in an old-fashioned kitchen stove, when Grandma Hillis interrupted: "That depends on who's doing the cooking." Good point.

Our friend Elaine Cowan pointed out that the thing she likes best about her old TV set is that it makes all the exercisers look fat.

"With all this talk about updating the language in the Bible," the Rev. George Hall noted last Sunday, "I wouldn't be surprised to read that 'Man does not live by bran alone.'"



"Mom, I can't hibernate."

A nice young couple just moved in down the street. Sally and Ed Newton are expecting their first child in about a month, and sold their one-bedroom condominium to buy this two-bedroom house. It will be nice having an infant in the neighborhood again.

Now, a baby is a wonderful thing, but for my money the parents are the real show. Suddenly, they act as if they've just fallen in love. They talk quietly, arm in arm, on long walks. It's as if no one else existed.

I also enjoy watching the love that grows between parent and baby. It was there in a manger 2,000 years ago, and it will be there when we build cities on the moon. Right now, I see it plain as day in Sally's and Ed's eyes.

Having a baby at this time of year seems especially appropriate. No matter how much we dislike the chorus of "buy, buy, buy," there's a lot of genuine love and affection in the air. Adding one more child seems a fitting way to multiply that feeling. In fact, I can't think of a nicer gift to offer the world.

Burton Hillis

© Philip Morris Inc. 1986

PLAYERS LIGHTS 25's

Now... 50 free per carton!

Extra! Extra!



5 free per pack!

Kings & 100's
Regular and Menthol

Mfr's. suggested pricing based on full-price brands.

Kings: 10 mg "tar," 0.8 mg nicotine—
100's: 12 mg "tar," 0.9 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.



In 1770, the best way to get a great portrait was to hire a professional.

Kodak

© Eastman Kodak Company, 1986